

**For information contact:**

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FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIMMING BUILDS STRENGTH

**Adult Group Swim Lessons  
EMBARCADERO YMCA  
2012**



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FOR SOCIAL RESPONSIBILITY

## LEVEL DESCRIPTIONS

### Level 1 Introduction to swimming:

Activity Pool (10 meters long, 3 ½ feet deep)

Introduction to swimming is for adults who have discomfort, or fear of the water, but also have a strong willingness to learn. The class covers the most basic principles of moving through water. Safety is the priority in helping adults develop breathing rhythms and rudimentary swimming techniques for aquatic fitness and recreation. **Class objectives: by the end of this level students should be able to feel comfortable in the water, float, and swim a safety stroke.**

### Level 2 Beginner fundamentals:

Activity Pool (10 meters long, 3 ½ feet deep)

This beginning-level class is for students who are comfortable floating with their face in the water. Safety strokes are taught early to develop stroke and kicking fundamentals; students then learn flutter kick and alternating stroke techniques. Front crawl, backstroke, and breaststroke are introduced and developed. **Class objectives: by the end of this level students should be able to swim 25 meters front crawl, 15 meters backstroke, and 15 meters breaststroke.**

### Level 3 Intermediate:

Lap Pool (25 meters long, 4 feet deep)

Students in this class should be able to swim 25 meters of front crawl (freestyle), 15 meters of backstroke, and 15 meters of breaststroke. Goals of this class include refining the mechanics and timing of strokes, kicking and coordinated breathing. Dolphin kick, streamlining, somersaults, and push-off techniques are encouraged to prepare students for Level 4. **Class objectives: students at the end of this level should be able to swim laps efficiently and consistently for 30 minutes using front crawl, backstroke, and breaststroke.**

### Level 4 Advanced-stroke refinement:

Lap Pool (25 meters long, 4 feet deep)

Students in the advanced class are expected to have the endurance to swim 100 meters of any stroke and be able to swim for 30 minutes with breaks, if necessary. Student refine skills for the four competitive strokes (butterfly, backstroke, breaststroke and front crawl) and build stamina through an understanding of workout designs and executing efficient flip-turns. **Class objectives: by the end of this level students should be able to swim 1500-meter workouts over the course of one hour.** The Introduction to Fitness Swimming and/or private lessons would be recommended as a next level from this course.

### Intro to Fitness Swimming:

Lap Pool (25 meters long, 4 feet deep)

Introduction to lap swimming is for adults who have a good understanding of swimming technique and who would like to expand and improve their workout routine. Designed as a bridge between the group swim lessons and the Masters program, it is a great opportunity for current lap swimmers to improve technique in a structured workout. **Each participant must be able to swim at least 1500 meters in one hour and know three out of the four competitive strokes (butterfly, backstroke, breaststroke and butterfly).** Classes will consist of full workouts, stroke clinics, specialty classes and personal instructor feedback.

**Level 1:** Monday 7:30-8:30pm  
Thursday 7:00-8:00pm

**Level 2:** Tuesday 7:00-8:00pm  
Wednesday 7:30-8:30pm  
Saturday 12:15-1:15pm

**Level 3:** Wednesday 6:30-7:30pm  
Thursday 6:00-7:00pm

**Level 4:** Monday 6:30-7:30pm

**Intro to Fitness Swimming:** Tuesday 6:00-7:00pm



**Session 1:** Jan 9 – Feb 20 (no class 1/16, MLK Day)  
Registration starts: Dec 12

**Session 2:** Feb 25 – Apr 5  
Registration starts: Feb 6

**Session 3:** Apr 9 – May 19  
Registration starts: Mar 26

**Session 4:** Jun 4 – Jul 19 (no classes 7/2-7/5)  
Registration starts: May 7

**Session 5:** Jul 21 – Aug 30  
Registration starts: Jul 9

**Session 6:** Sep 10 – Oct 20  
Registration starts: Aug 20

**Session 7:** Oct 22 – Dec 8 (no classes 11/19-11/24)  
Registration starts: Oct 8

**All sessions: Six 60-minute classes.  
Includes Saturday and weekday lessons.**

## ADULT GROUP SWIM LESSON PROGRAM POLICIES

### REGISTRATION & CLASSES:

- All participants must be members of the Embarcadero YMCA for the duration of the swim session. We do offer a Program membership for \$50 a year. Call (415) 957-9622 for information.
- Payment in full is required at the time of registration.
- All lessons are 60 minutes in length unless otherwise noted.
- Register in person at the Member Services Desk or online at [www.ymcasf.org/embarcadero/aquaticsregistration](http://www.ymcasf.org/embarcadero/aquaticsregistration).
- Participants on the waitlist will be called and notified if space becomes available.
- We do not offer make-up classes at this time.
- Prior to the start of the session, if there are 3 empty spaces in the class, that class may be canceled. Should this occur, participants will be transferred into another class of the same level at a different time. If no class is available, a refund or credit will be issued.
- The Y does supply up to 2 towels per person per visit. Instructors do recommend participants bring their own swim goggles to class on the first day.

### FINANCIAL ASSISTANCE:

- We offer financial assistance for our Adult Group Swim Lessons. Please pick up an application at the front desk. There is no financial assistance available for the annual \$50 Program Membership fee.

### INSTRUCTORS:

- We strive to have a consistent instructor for the duration of the swim session, however substitutes may be necessary.
- All instructors are certified and have equivalent experience and each has his/her own approach to teaching. Every individual learns differently.

### CANCELLATIONS / RESCHEDULING:

- Call Colby Wiley, Aquatics Director, at (415) 615-1326
- Refunds/Credits will be granted up to three days prior to the beginning of a swim session.
- After the session begins, no refunds or credits will be granted.

## FEES

### Levels 1-4

Facility members: \$90 per session

Program members: \$120 per session

### Introduction to Lap Swimming

Facility members: \$30 per month

Program members: \$45 per month