



For information contact:

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Embarcadero YMCA
169 Steuart Street
San Francisco, CA 94105
www.ymcasf.org/embarcadero

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 more membership information.
- Payment in full is required at the time of registration.
- All lessons are 30 minutes in length unless otherwise noted.
- Register in person at the Front Desk or online at 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 in this class 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. If necessary, the instructor may combine classes of similar level as long as the published instructor/student ratio is not exceeded.

FINANCIAL ASSISTANCE:

We offer financial assistance for our program fees. Please pick up applications 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/or have equivalent experience and each has his/her own approach to teaching. Every individual learns differently.
- Photography of swim lessons is prohibited in accordance with the YMCA's Child Abuse Prevention Policies.
- Cell phones and other electronics that have built in cameras are not allowed in the pool area or in the observation lobby during swim lesson programs.

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.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING VALUES ONE LAP AT A TIME

Youth Group Swim Lessons EMBARCADERO YMCA 2012

The Y has been teaching children to swim for more than 100 years. It is our goal to help each child grow in spirit, mind, and body. Our aquatic programs help to build children's confidence and character through the skills learned in swim lessons. We teach people of all ages and abilities how to be safe in the water while staying active and having fun.



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SATURDAY SWIM LESSONS 2012

Preschool (6 months–5 years old)

Youth (6–14 years old)

9:00am

Pike
Ray

Pollywog
Guppy

9:40am

Parent-tot Shrimp
Pike
Eel

Guppy

10:20am

Parent-tot Perch
Eel
Starfish

Minnow
Flying Fish (40 Minutes)

11:00am

Pike
Eel

Pollywog
Minnow
Fish (40 Minutes)

11:40am

Pike
Ray
Starfish

Guppy
Fish (40 Minutes)

BEFORE CLASS

Please bring your child to the Y in a swimsuit and have him/her use the restroom before the lesson begins. If your child is not potty trained s/he must wear a swim diaper. Children under the age of 13 must be accompanied by an adult at all times. Children over the age of 6 must use their gender's locker room. If necessary, please use our family changing room just outside the locker room. Bring your children early so that they are ready to go at the start of class. Meet at the pool entrance near the elevator on the second floor. The instructor will call their names at the beginning of every class.

DURING CLASS

A parent/guardian must stay on the second floor and be available to assist your child if necessary. You may watch your child through windows in the second floor lobby area.

AFTER CLASS

Your instructor will provide each child with a towel and escort them to the pool entrance. Please be ready to take your child and discuss your child's progress with the instructor.

NEAR THE END OF THE SESSION

On the second to last class each instructor will give your child a report card. The next level your child should register for will be written on the back of the report card. Feel free to discuss these with the instructor.

Session 1: January 14 – March 3

Session 2: March 17 – May 12
(no class 4/7, Easter)

Session 3: June 2 – July 21

Session 4: August 8 – September 29
(no class 9/1, Labor Day)

Session 5: October 13 – December 8
(no class 11/24, Thanksgiving)

Each session has eight Saturday classes.

CLASS DESCRIPTIONS

PARENT-TOT CLASSES

Shrimp (6–17 months)

Perch (18 months–2 years)

The primary objective of the Shrimp and Perch classes is to develop trust and safety between parents, children and the instructors. Parents are assisted in teaching their child to be safer in and around water. Children and instructors develop a bond that prepares them for classes without the parent. Ratio 1:12

PIKE (AGES 3–5)

Pike is designed for new swimmers. Children learn safe pool behavior, adjust to the water, and develop independent movement in the water. Children learn pool safety, kicking skills, bubble blowing and the first steps of rhythmic breathing. Ratio 1:4

EEL (AGES 3–5)

This advanced-beginner level is for children who are comfortable in the water and reinforces Pike skills. Children are taught arm movements and learn to integrate the kick and float for a progressive and independent paddle stroke. Children can swim independently by the end of this level. Ratio 1:5

RAY (AGES 3–5)

The Ray level improves skills and endurance. Students swim on their front and back in a more streamlined position. Instruction emphasizes more advanced personal safety and rescue skills, which includes treading water. Children can swim 10 yards without assistance by the end of this level. Ratio 1:6

STARFISH (AGES 3–5) Advanced 30 Minute Class

Children learn the fundamentals of lap swimming, swimming as part of a team, and the basics of the four competitive strokes. Children can swim 50 yards without assistance by the end of this level. Ratio 1:6

POLLIWOG (AGES 6–14)

Students are acquainted with the pool environment, safety, flotation devices, basic stroke and kicking skills. By the end of this level, students will learn front paddle stroke, breaststroke and elementary backstroke. Ratio 1:6

GUPPY (AGES 6–14)

The Guppy level continues to build on basic skills. Students learn to integrate the basic stroke and kick movements into three strokes: front crawl (freestyle), breaststroke, and backstroke. Students can swim independently by the end of this level. Ratio 1:6

MINNOW (AGES 6–14)

Minnow continues to refine the basic stroke skills from previous classes, learn sidestroke, advanced personal safety and rescue skills. Students are able to swim any basic stroke for 25 meters by the end of this level. Ratio 1:7

FISH (AGES 6–14) 40 Minute Class

The Fish level emphasizes endurance swimming and techniques that focus on the competitive strokes: butterfly, backstroke, breaststroke, and front crawl (freestyle) with turns. By the end of this level students are able to swim 50 meters continuously with a variety of strokes. Ratio 1:8

FLYING FISH (AGES 6–14) 40 Minute Class

The Flying Fish level provides a transition into our swim team. The class refines all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). The students will begin to have more structure training sessions that will prepare them for the swim team.

PRIVATE AND SEMI-PRIVATE SWIM LESSONS (ALL AGES)

Private and semi-private lessons provide all levels of swimmers with focused, individualized attention. Private and semi-private lessons provide you with more attention and more results. Semi-private lesson participants must be at the same skill level. Lessons are 30 minutes in length and are scheduled according to your availability. For more info, pick up a flyer or email privatelessons@ymcasf.org.

FEES

30 minute classes

Facility members: \$80 per session

Program members: \$105 per session

40 minute classes

Facility members: \$90 per session

Program members: \$115 per session

