

# Adult Group Swim Lessons

Embarcadero YMCA 2011

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Mondays 7:30-8:30pm	Tuesdays 7:00-8:00pm	Wednesdays 6:30-7:30pm	Mondays 6:30-7:30pm
Thursdays 7:00-8:00pm	Wednesdays 7:30-8:30pm	Thursdays 6:00-7:00pm	Tuesdays 6:00-7:00pm
Saturdays 1:15-2:15pm	Saturdays 12:15-1:15pm		

Facility Members: \$90 per session      Program Members: \$120 per session  
Register at the front desk or online at [enroll.ymcasf.org](http://enroll.ymcasf.org)

All Classes: (6 week sessions, 60 minute classes):

Session 1: January 8 <sup>th</sup> – February 17 <sup>th</sup>	Registration starts: Dec. 6 <sup>th</sup>
Session 2: February 19 <sup>th</sup> – March 31 <sup>st</sup>	Registration starts: Feb. 7 <sup>th</sup>
Session 3: April 2 <sup>nd</sup> – May 20 <sup>th</sup> (no classes 4/23-4/28)	Registration starts: Mar. 21 <sup>st</sup>
Session 4: June 4 <sup>th</sup> – July 21 <sup>st</sup> (no classes 7/2-7/7)	Registration starts: May 9 <sup>th</sup>
Session 5: July 23 <sup>rd</sup> – September 1 <sup>st</sup>	Registration starts: July 11 <sup>th</sup>
Session 6: September 10 <sup>th</sup> – October 20 <sup>th</sup>	Registration starts: Aug. 22 <sup>nd</sup>
Session 7: October 22 <sup>nd</sup> – Dec. 8 <sup>th</sup> (no classes 11/21-11/26)	Registration starts: Oct. 10 <sup>th</sup>

(all dates include Saturday and weekday lessons)

## LEVEL 1

### Introduction to Swimming

*Activity Pool (15 meters long, 3 ½ feet deep)*

Introduction to swimming is for adults who have discomfort, or even 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 prioritized 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 swim 15 meters in a modified or safety stroke and be able to float on their front and back.*

Saturday: 1:15-2:15pm  
Monday: 7:30-8:30pm  
Thursday: 7:00-8:00p

## LEVEL 2

### Beginner Fundamentals

*Activity Pool (15 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. *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.*

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

Please see other side for more classes

### **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 and kicking and coordinated breathing. Dolphin kick, streamlining, somersaults, and push-off techniques are encouraged to prepare students for Level 4. *Class objectives: through learning a variety of drills for efficiency and how to rest with intervals, 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.*

**Wednesday: 6:30-7:30pm**

**Thursday: 6:00-7:00pm**

### **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 meter of any stroke and be able to swim for 30 minutes with breaks, if necessary. Skills for the four competitive strokes (butterfly, backstroke, breaststroke and front crawl) are refined, and stamina is built 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 2000 meter workouts over the course of one-hour. The Embarcadero Masters swim team and/or private lessons would be recommended for taking your swim training and fitness to the next level.*

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

**Tuesday: 6:00-7:00pm**

## **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 more Membership 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 Front Desk or online at [enroll.ymcasf.org](http://enroll.ymcasf.org)
- WAITLIST will be called and notified if and when a space becomes available.
- We do NOT prorate for late enrollment.
- 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.
- The YMCA does supply up to 2 towels per person per visit. Instructors do recommend participants to bring their own swim goggles to class on the first day.

**Register Online!**  
[enroll.ymcasf.org](http://enroll.ymcasf.org)

### **FINANCIAL ASSISTANCE:**

We offer financial assistance for our Adult Group Swim Lessons. Please pick up applications at the front desk. There is not financial assistance available for the yearly \$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 their own approach to teaching since every individual learns differently.

### **CANCELLATIONS / RESCHEDULING:**

- Call 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.

### **CONTACT:**

Colby Wiley, Associate Aquatics Director: 415-615-1326 or [cwiley@ymcasf.org](mailto:cwiley@ymcasf.org)