

# AQUATICS CLASS DESCRIPTIONS

## Parent/Child (Ages 6 months - 3 years)

The primary objective of this class is to get both you and your child comfortable in the water. Classes are designed for parents to help guide their children in learning aquatics skills.

## Pike (Ages 3-5)

This level is designed for new swimmers, teaching basic paddle strokes and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding their face in the water while blowing bubbles and swimming. Ratio: 1-4

## Eel (Ages 3-5)

This class reinforces the techniques that are taught in Pike with an independent twist. This level is where the swimmers have the confidence to swim with and without assistance of IFDs or PFDs for a total distance of at least 3 yards with their faces in the water. Ratio: 1-4

## Ray/StarFish (Ages 3-5)

This level is geared for swimmers who have mastered all of the skills that are taught in the previous levels. The swimmer is required to swim without a flotation device for a minimum of 5 yards in the lap pool. Ratio: 1-4

## Polliwog (Ages 6-14)

This is the beginning level for school-age children. Here, the swimmers become acquainted with the pool, taught the fundamentals of floating, pool safety, and rudimentary skills of swimming with and without the use of IFDs and PFDs. Ratio: 1-5

## Guppy (Ages 6-14)

This class is designed for swimmers to develop their strokes and build their stamina in order to swim nearly the length of the pool. They are introduced to the front and back crawl, side-stroke, breaststroke, and elementary backstroke. Ratio: 1-5

## Minnow (Ages 6-14)

This is the initial intermediate level which is taught in a lap lane. Swimmers are expected to swim the length of the pool while further polishing their four main strokes: backstroke, breaststroke, butterfly, and freestyle. Ratio: 1-6

## Private Swim Lessons (Ages 3+)

Private swim lessons are designed to provide personal instruction and help to improve stroke technique, enhance ability, and improve endurance and strength. Lessons are taught according to your ability and skill level. Private lessons are available to swimmers ages 3 and up, and each lesson is 30 minutes long. Private swim lessons are taught 1-on-1. Semi-private lessons are 2 swimmers to 1 instructor. Participants should find similarly skilled partners. We do not match swimmers for semi-private lessons.

## Adult Swim Lessons (Ages 14+)

This class is for both beginner and intermediate students. Adults who do not feel at ease in the water or who would like to work on stroke development/endurance should enroll in this class. Non-swimmers are taught basic swimming skills and water safety. Skills taught are based on class needs. Ratio: 1-6

## Masters Swim Team

We offer coached practices 5 days a week. There is no limit to the number of morning or evening workouts you can attend each week. Coaches provide speed and endurance training, motivation, drills, stroke technique, and fun workouts.

### Prerequisites:

- Know 3 out of 4 competitive strokes
- Swim 2000 meters in an hour and be prepared to do a variety of workouts including short and long sets, kicking sets, pull sets, drill sets, sprints, etc.

Mon., Wed., Fri.	12:00 - 1:00pm
Tues., Thurs.	7:00 - 8:00pm

## Youth Swim Team

Looking for a non-competitive swimming experience? Our youth swim team is for swimmers ages 7-16 years old. We offer swimmers of many levels a positive, healthy environment to grow and learn. Swimmers practice year-round and participate in various swim meets. To try out for swim team, please call 650 294 2620. Participants must be approved by swim coach prior to entry.

Pre-Swim Swim Team	Saturday	9:30 - 10:30am
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Pre-Swim Swim Team	Mon., Wed., Fri.	3:30 - 4:30pm
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Swim Team	Mon., Wed., Fri.	4:30 - 5:30pm
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Facility Member	Program Member
Saturdays: \$40/month	Saturdays: \$70/month
Weekdays: \$100/month	Weekdays: \$160/month

## FOR MORE INFORMATION:

Jon Iiyama  
 Aquatics Director  
 650 294 2620  
[jiiyama@ymcasf.org](mailto:jiiyama@ymcasf.org)



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TEACHING VALUES ONE LAP AT A TIME

## YMCA AQUATICS PENINSULA FAMILY YMCA



PENINSULA FAMILY YMCA  
 1877 South Grant Street  
 San Mateo, CA 94402  
[www.ymcasf.org/peninsula](http://www.ymcasf.org/peninsula)

# GROUP SWIM LESSONS

PENINSULA FAMILY YMCA

MON/WED		WEDNESDAY		SATURDAY	
3:15 pm	Polliwog	6:00 pm	Pike Eel Ray/Starfish	9:30 am	Pike Eel
3:30 pm	Pike Eel	6:35 pm	Polliwog Guppy Minnow	10:00 am	Parent/Child
4:00 pm	Guppy	7:45 pm	Adult Lesson	10:15 am	Polliwog Guppy
4:05 pm	Pike Eel			10:30 am	Pike Eel Ray/Starfish
4:45 pm	Polliwog Minnow			11:15 am	Polliwog Guppy Minnow
5:30 pm	Ray/Starfish			12:00 pm	Pike Eel
				12:10 pm	Polliwog Guppy
				12:45 pm	Adult Lessons

## GROUP SWIM SCHEDULE

Winter Session 1	
January 9 - February 1	Mon/Wed
January 11 - February 1	Wednesday
January 7 - 28	Saturday

Winter Session 2	
February 6 - 29	Mon/Wed
February 8 - 29	Wednesday
February 4 - 25	Saturday

Winter Session 3	
March 5 - 28	Mon/Wed
March 7 - 28	Wednesday
March 3 - 24	Saturday

## GROUP SWIM FEES

Session 1	Facility	Program
Mon/Wed	\$100	\$120
Wednesday	\$50	\$60
Saturday	\$50	\$60

Session 2	Facility	Program
Mon/Wed	\$100	\$120
Wednesday	\$50	\$60
Saturday	\$50	\$60

Session 3	Facility	Program
Mon/Wed	\$100	\$120
Wednesday	\$50	\$60
Saturday	\$50	\$60

Please register in person at the Membership Services Desk or call 650 286 9622 for more information.

# PRIVATE & SEMI-PRIVATE LESSONS

PENINSULA FAMILY YMCA

	FACILITY MEMBER PRIVATE	PROGRAM MEMBER PRIVATE	FACILITY MEMBER SEMI-PRIVATE	PROGRAM MEMBER SEMI-PRIVATE
2 lessons	\$64	\$87	\$46	\$60
4 lessons	\$128	\$174	\$92	\$120
6 lessons	\$192	\$261	\$138	\$180

A facility or program membership is required. This is not reflected in the fees listed above.

Semi-private lessons include 2 children per 1 instructor. Fees are listed per swimmer. You are responsible for identifying the second participant.

Please contact the Membership Services Desk at 650 286 9622 for more information about the Peninsula Family YMCA's private and semi-private swim lessons.

### REGISTRATION

Registration can be done online at [enroll.ymcasf.org](http://enroll.ymcasf.org) or in person at the Membership Services Desk. First time participants must register in person.

### POLICIES & PROCEDURES

- Parent or guardian must be in the facility for the entire duration of their child's swim lesson.
- Instructors reserve the right to move participants to a different level. If no appropriate level is available, a refund/credit will be issued.
- Instructors may combine classes with similar levels without exceeding student/instructor ratio.
- If there are 3 empty spaces before the start of a session, the class may be cancelled.
- Full payment is required to reserve a space in the class. No makeup classes are allowed.
- Swim diapers are required for children not potty trained.
- Parents or guardians must remain in the designated area of the pool deck.

### CREDIT & REFUND POLICY

You must cancel your reserved space 2 weeks before a program begins. When cancelling, you may choose one of the following options:

- A transfer to another YMCA program during the same session, provided space is available.
- A credit for future use of YMCA programs; must be used within one year of issue date. A \$10 processing fee for credits will apply.
- A refund to your credit card or allow 15 business days for a check to be mailed to you. A \$20 processing fee for refunds will apply.

If the YMCA cancels a program, you may choose one of the following options:

- A full credit to be used towards another Peninsula Family YMCA program.
- A full refund to be mailed to you within 15 business days.

The YMCA reserves the right to cancel any program due to low enrollment. There are no refunds or prorates after a program begins. Prior to the start of a program, credits may be available with Aquatic Director's approval or written doctor's note.