



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ADULT GROUP SWIM LESSONS

EMBARCADERO YMCA

Session Schedule

All classes are twice a week, and 45 minutes in duration except for Level 5, which is one hour.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
MONDAYS & WEDNESDAYS	6:45pm	7:30pm	6:45pm	7:30pm	
TUESDAYS & THURSDAYS	7:45pm	7:00pm	8:00pm		6:00pm (1 hour)

Session Dates

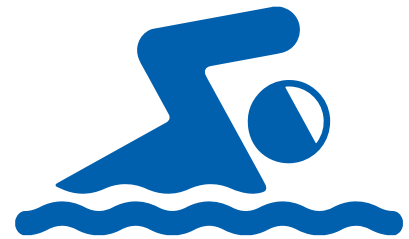
	LESSON DATES	REGISTRATION OPENS
JANUARY	Mondays and Wednesdays, 1/9-2/1 (no lesson on 1/16*)	12/10
	Tuesdays & Thursdays, 1/10-2/2	
FEBRUARY	Mondays and Wednesdays, 2/6-3/1	1/19
	Tuesdays & Thursdays, 2/7-3/2	
MARCH	Mondays and Wednesdays, 3/6-3/29	2/16
	Tuesdays & Thursdays, 3/7-3/30	
APRIL	Mondays and Wednesdays, 4/3-4/26	3/16
	Tuesdays & Thursdays, 4/4-4/27	

Pricing Information

Payment is required, in full, at time of registration.

*January's Monday/Wednesday will be prorated for seven lessons.

	FACILITY MEMBER	PROGRAM PARTICIPANT
LEVELS 1-4	\$100	\$155
LEVEL 5	\$105	\$165



How to Register

Current Participants:

Register in person at the Member Services desk or online at www.ymcasf.org/programs/adult-swim-embarcadero.

New Participants:

New students are required to have one of our Swim Instructors conduct a swim evaluation. To schedule an evaluation, please contact Haylei Plageman, our Aquatics Coordinator, (hplageman@ymcasf.org), 415-615-1317, or visit Member Services.

Financial Assistance:

For those that qualify, we offer financial assistance for our program fees. Please speak with a Member Services representative to pick-up an application.

Policies:

- We do not offer make-up classes.
- Refund requests for cancellations must be emailed to Jimmy Beckland, our Aquatics Director, (jbeckland@ymcasf.org), no less than five days prior to the session start date. Cancellation refund requests by phone will not be honored.
- All cancellations are subject to a \$10 processing fee.
- Any request for refunds received four days or less prior to the start of session or after the session has started will not be granted.

Level Descriptions: (on back)



ADULT GROUP SWIM LESSONS

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LEVEL DESCRIPTIONS

Level 1: Beginner 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 Y's main priority, so the class will focus adults to develop breathing rhythms and rudimentary swimming techniques for aquatic fitness and recreation. Class objectives: Students who take this level should feel more comfortable in the water, floating, and swimming a safety stroke.

Level 2: Beginner 2 – Learning the Fundamentals

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

Students in Learning the Fundamentals should be comfortable floating on their front and back as well as submerging their face and whole body in the water. Safety strokes will be taught early to develop stroke and kicking fundamentals. Then learn flutter kick and alternating stroke techniques. Front crawl, backstroke, and breaststroke will be introduced and developed. Class objectives: Students in this level will learn to swim 25 meters front crawl, 20 meters backstroke, and 20 meters breaststroke.

Level 3: Intermediate – Swimming Building Blocks

Lap Pool (25 meters long, 4 feet deep)

Students in Swimming Building Blocks should be able to swim 25 meters of front crawl (freestyle), 20 meters of backstroke, and 20 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 in this level will learn to be able to swim laps efficiently and consistently for 45 minutes in the front crawl, backstroke, and breaststroke.

Level 4: Advanced – Stroke Refinement

Lap Pool (25 meters long, 4 feet deep)

Students in Stroke Refinement 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 the class.

Level 5: Bridge to Masters (60 Minutes)

Lap Pool (25 meters long, 4 feet deep)

Students taking the 'Bridge to Masters' Level 5 are expected to have a great 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 our 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 1000 meters in 45mins 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.

CONTACT:

Jimmy Beckland

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Aquatics Coordinator
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Embarcadero YMCA

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Hours

Monday-Friday: 5:30am-9:45pm
Saturday: 8:00am-7:45pm
Sunday: 9:00am-5:45pm

