



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN WITH A SPLASH OF CONFIDENCE

## MARIN Y SWIM LESSON GUIDE



**MARIN YMCA**  
1500 Los Gamos Dr.,  
San Rafael, CA 94903  
415-492-YMCA  
[www.ymcasf.org/marin](http://www.ymcasf.org/marin)

# AQUATICS PROGRAM DESCRIPTIONS

## **PARENT/CHILD** (Lessons are 30 minutes)

### **Shrimp** (ages 6 months-18 months)

### **Perch** (ages 19 months-36 months)

These classes will provide a fun and inviting environment for babies and toddlers alike through the use of toys, songs, and companionship with other similarly aged participants. Children become aware of the differences between dry land and water, while parents are taught how to keep their child safe in and around the pool. The child must be accompanied by a responsible adult in the water.

## **PRESCHOOL** (Lessons are 30 minutes)

### **Pike - Beginner** (ages 3-5)

This class is designed for new swimmers and aims to develop a positive feeling about the pool as well as learn safe pool behaviors and adjust to being in the water. Understand that the first time your child goes swimming or participates in swim lessons it may bring up stress for the child. However, our instructors will make the transition from dry land into the pool as smooth and fun as possible with games, toys, and a friendly attitude. Pikes learn pool safety, kicking skills, bubble blowing, and breath control, among other things.

### **Eel - Advanced Beginner** (ages 3-5)

This level is for children who are comfortable in the water and is key in their development as a swimmer. Eels are on the outer cusp of being able to swim and need specific instruction on taking the next step. Participants should be able to go under water, hold their breath for a brief time, and know how to kick. Eels are taught arm movements and learn to combine their skills to achieve forward progress in the water. Focus will also be placed on gaining comfort on their back in preparation for backstroke and breaststroke kick.

### **Ray - Intermediate** (ages 3-5)

At the Ray level, participants will take all of their skills from previous lessons and develop into polished swimmers. Before joining this class, participants should be able to move with over-arm strokes and kicks, as well as back float, and have knowledge of backstroke and breaststroke. Rays will improve their freestyle with side-breathing, learn a sustainable backstroke, and build a quality breaststroke.

### **Starfish - Advanced** (ages 3-5)

This level is a gateway to lap swimming. Participants should know how to swim freestyle, backstroke, and breaststroke, as the focus will be on improving technique and endurance for these strokes. Starfish instruction includes treading water and an introduction to the butterfly stroke. By the end of this level, children will be swimming at least one length of the pool and will be well equipped to join a swim team.

## **YOUTH** (Lessons are 40 minutes)

### **Polliwog - Beginner** (ages 6-13)

Students are acquainted with the pool environment and safety in addition to stroke and kicking skills. Polliwogs focus on holding their breath, floating, and basic movements for freestyle, backstroke, and breaststroke.

### **Guppy - Advanced Beginner** (ages 6-13)

Guppies should be comfortable and able to move themselves through the water. Participants learn to integrate arm movements and kicks into three basic strokes: freestyle, breaststroke, and backstroke. This level is a huge step in a swimmer's development because it bridges non-swimmers and swimmers at a key stage in the learning process.

### **Minnow - Intermediate** (ages 6-13)

This level is an introduction to lap swimming. Minnows should be able to swim freestyle, backstroke, and breaststroke about 10 yards or halfway across pool. Students refine the basic strokes from previous classes and also learn butterfly.

### **Fish - Advanced** (ages 6-13)

Participants should be able to swim a whole lap of freestyle, backstroke, and breaststroke. The Fish class emphasizes endurance and techniques that focus on the competitive strokes: butterfly, backstroke, breaststroke, and freestyle with flip turns. By the end of this level, Fish will have a head-start on competitive swimming and be ready for swim team.

## **SWIM TEAM**

### **Sea Horses - Swim Team Prep** (ages 4-8)

Sea Horses will allow participants a smooth transition onto a swim team. Focus will be placed on building endurance and good form. Swimmers will participate in one swim meet at the end of the season. Participants should be able to swim about 15 yards freestyle and be comfortable swimming backstroke.

### **Dolphins (Fall and Winter)/ Sea Dragons (Spring and Summer)**

### **Swim Team** (ages 5-16)

A non-competitive swim team that gives young swimmers at all levels the experience of being on a swim team. Emphasis is placed on increasing endurance, technique, and speed while having fun and building relationships with teammates. Upon the conclusion of the session, a swim meet will be held in order for all swimmers to display their stroke and speed development. Participants must be able to swim the length of the pool using both freestyle and backstroke.

## **ADULT** (Lessons are 40 minutes)

### **First Step** (ages 14+)

This beginning level class will focus on basic swim skills such as breath control, floating, and kicking. The group setting creates a supportive atmosphere between classmates, with additional reassurance by the instructor. Even adults learn to swim; it's never too late!

### **Stroke Enhancement** (ages 14+)

This advanced class emphasizes developing endurance and refined technique for freestyle, backstroke, breaststroke, and butterfly. Flip turns and open turns are covered and individual goals will be incorporated where appropriate. Participants should be fairly comfortable swimming both freestyle and backstroke, and have a knowledge of breaststroke. This is a great class for anyone that wants to start lap swimming as a workout or anyone wanting to refine their swimming skills/technique.

## **Y-Swimmers**

We offer coached practice 4 days a week. Coaches provide speed and endurance training, motivation, drills, stroke technique, and fun workouts. Free for facility members and guests using a pass. Mondays and Wednesdays, 8:00-9:00 p.m. with Larry L. Mondays and Wednesdays, 12:00-1:00 p.m. with Jamieson.

### **Private Swim Lessons** (Lessons are 30 minutes, ages 3+)

Private swim lessons are designed to meet individual needs. This individualized attention will help improve stroke technique, enhance ability, and improve endurance and strength. Lessons are taught according to the swimmers ability and skill level. Private lessons are 1-on-1. Semi-private lessons are 2 swimmers to 1 instructor. For semi-private, participants should find similarly skilled partners. The Marin Y does not match swimmers for semi-private lessons.

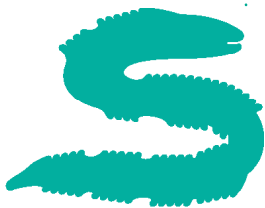
# GROUP SWIM LESSONS

## MONDAY/WEDNESDAY

4:00 p.m.... Pike  
..... Ray

4:35 p.m.... Eel  
..... Polliwog  
..... Minnow

5:20 p.m.... Guppy  
..... Fish



## TUESDAY/THURSDAY

10:00 a.m .... Pike

10:35 a.m .... Eel

11:10 a.m..... Parent/Child (6-36mo)

4:00 p.m..... Pike  
..... Polliwog

4:35 p.m..... Guppy  
..... Eel

5:20 p.m..... Minnow

5:30 p.m..... Rays

6:00 p.m.... Stroke Enhancement (Adult)



## SATURDAY

10:00 a.m .... Parent/Child (6-18mon.)  
..... Pike  
..... Polliwog

10:35 a.m .... Eel  
..... Pike

10:40 a.m .... Parent/Child (18-36 mon.)  
..... Ray

11:10 a.m..... Eel  
..... Minnow  
..... Fish

11:15 a.m..... Starfish

11:45 a.m .... Pike

12:00 p.m .... Guppy  
..... First Step (Adult)



\*Program descriptions on page 2.

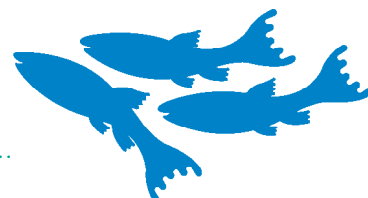
## GROUP SWIM SCHEDULE

September 4\*-27 | Mondays and Wednesdays  
September 5-28 | Tuesdays and Thursdays  
September 9-30 | Saturdays  
\*(no lessons 9/4, lessons prorated)

October 2-28 | Mondays and Wednesdays  
October 3-26 | Tuesdays and Thursdays\*  
October 7-28 | Saturdays

October 30-November 22 | Mondays and Wednesdays  
October 31-November 23 | Tuesdays and Thursdays  
November 4-25 | Saturdays  
\*(no lessons 11/25, lessons prorated)

November 27-December 20 | Mondays and Wednesdays  
November 28-December 21 | Tuesdays and Thursdays\*  
December 2-23 | Saturdays



## GROUP SWIM FEES

(Facility Membership/Community Participant)

	M/W	T/Th	Sat
Parent/Child.....	\$103/\$128		\$50/\$72
Preschool.....	\$100/\$131	\$105/\$131	\$50/\$72
Youth.....	\$116/\$145	\$116/\$145	\$55/\$72
Adult .....	\$110/\$145		\$55/\$72

## MEMBERSHIPS

As a Facility Member, you will be able to sign up for programs, in addition to working out at the Y. Facility members receive a reduced rate when signing up for programs that we offer.

A Community Participant is someone who wants to enroll in a program, but does not want to have access to other amenities that the Y offers in the facility.

Please call our Member Services desk for more information, 415-492-9622.

# PRIVATE & SEMI-PRIVATE SWIM LESSONS

## PRIVATE LESSONS

	Facility Membership	Community Participant
1 Lesson.....	\$40.....	\$48.....
4 Lessons.....	\$125.....	\$150.....
8 Lessons.....	\$215.....	\$258.....

## SEMI-PRIVATE LESSONS

	Facility Membership	Community Participant
2 Lessons.....	\$56.....	\$67.....
4 Lessons.....	\$86.....	\$103.....
8 Lessons.....	\$148.....	\$177.....

Being registered as a facility member or community participant is required. This is not reflected in the fees listed above.

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

Please contact Andrea Deason at 415-446-2106 or [adeason@ymcasf.org](mailto:adeason@ymcasf.org) for more information about the Marin Y's private and semi-private swim lessons. The private and semi-private lessons request form is available on-line or at Member Services.



## REGISTRATION

Registration can be done online at [www.ymcasf.org/marin](http://www.ymcasf.org/marin) or in person at the Marin or Novato Y Member Services Desk. First time participants must register in person.

## FINANCIAL ASSISTANCE

At the Y, we welcome everyone. We count on the generosity of the people like you to contribute to our Annual Giving Campaign, which provides financial assistance for people who need us the most. To apply for financial assistance or to make a donation, go to [www.ymcasf.org/marin](http://www.ymcasf.org/marin) or visit the Y today. We handle all applications confidentially.

## 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.
- Instructors may combine classes with similar levels without exceeding student/instructor ratio.
- If there are 4 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 who are not potty trained.

## CREDIT & REFUND POLICY

You must cancel your reserved space 72 hours before a program begins. When canceling, you may choose one of the following options:

- A transfer to another Y program during the session, provided space is available
- A credit for future use of Y programs; must be used within one month of issued date.
- A refund to your credit card or allow 15 business days for a check to be mailed to you. No refunds will be issued within 24 hours of the start of a session or after a session has begun.

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

- A credit for future use of YMCA programs; must be used within one month of issued date.
- A refund to your credit card or allow 15 business days for a check to be mailed to you.