



Greater Lynn YMCA
 20 Neptune Blvd, Lynn, MA
 781-581-3105 – www.lynnymca.org

Summer Session I: July 6th to August 1st

Summer Session II: August 3rd to August 29th

Swim Lessons

Members
\$28.00

Community
\$56.00

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| Parent Tot: | | | | <i>Saturday</i> | <i>11:00am – 11:30am</i> |
| Pike: | <i>Tuesday</i> | <i>5:45-6:30pm</i> | <i>OR</i> | <i>Saturday</i> | <i>10:00-10:45am</i> |
| Eel: | <i>Tuesday</i> | <i>5:45-6:30pm</i> | <i>OR</i> | <i>Saturday</i> | <i>10:00-10:45am</i> |
| Ray: | <i>Monday</i> | <i>5:45-6:30pm</i> | <i>OR</i> | <i>Saturday</i> | <i>10:00-10:45am</i> |
| Starfish: | <i>Monday</i> | <i>5:45-6:30pm</i> | <i>OR</i> | <i>Saturday</i> | <i>10:00-10:45am</i> |
| Polliwog: | <i>Thursday</i> | <i>5:45-6:30pm</i> | <i>OR</i> | <i>Saturday</i> | <i>11:00-11:45am</i> |
| Guppy: | <i>Thursday</i> | <i>5:45-6:30pm</i> | <i>OR</i> | <i>Saturday</i> | <i>11:00-11:45am</i> |
| Fish: | <i>Monday</i> | <i>5:45-6:30pm</i> | <i>OR</i> | | |
| Adult: | | | | <i>Saturday</i> | <i>9:15-10:00am</i> |
| Killer Whales | <i>Tuesday 7:30-845pm and Wednesday 7:30-845pm</i> | | | | |

Private Lessons: Private lessons are a great way to learn to swim or to improve stroke techniques. Each lesson lasts 30 minutes. Lessons are arranged at your convenience by contacting the Aquatic Director.

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| <i>Cost for Private Lessons:</i> | <i>Member</i> | <i>Community</i> |
| <i>One class</i> | <i>\$30.00</i> | <i>\$60.00</i> |
| <i>Four classes</i> | <i>\$100.00</i> | <i>\$200.00</i> |
| <i>Eight classes</i> | <i>\$160.00</i> | <i>\$220.00</i> |

If you are unsure of which level to sign up for, do not hesitate to call our Aquatics Director to schedule a lesson evaluation or discuss options at 781-581-3105 extension 232 or via email – smoore@lynnymca.org

Summer SWIM LESSONS

All participants should have a proper bathing suit, towel, and water shoes

Children still in diapers should wear swimming diapers under the bathing suits!

Registration begins one week prior to the start date of classes

Parent Tot: The primary objective of the class is to get both the parent and the child comfortable in the water. The child will become aware of the differences between moving on the water and on the dry-land and the parent will become aware of how to teach his or her child to be safer in and around the water. The child will be exposed to songs and games that use basic movements in the water, such as kicking, arm strokes, and breath control, based on the developmental abilities of the child. The child should be aged 8 months to 3 years..

Pike: An introductory level generally for young children. They will learn bubble blowing, independence, proper floating, paddling and kicking techniques as well as water safety in a fun and nurturing environment. Flotation devices are used at this level. Ages 3-6.

Eel: This level is a beginner level for children who have passed the Pike level. Your child will build endurance and correct their form on skills learned in the Pike level. Submerging their faces, gliding and becoming comfortable in deep water are new skills learned in this level. Minimal flotation is used and the child must be able to be in the water without direct assistance from the instructor. Ages 3-6

Ray: A beginner level for school age children with little experience in the water. It will acquaint your child with the pool, flotation devices, and floating. By the end of this level, they should know the front crawl and back stroke. In this level we will also learn proper floating, paddling and kicking technique. Rhythmic breathing is also introduced. Ages 5 – 10.

Starfish: This is a level for children who are somewhat comfortable in the water and their own independence in the water. Children will practice front and back crawl technique. We also introduce sitting and kneeling dives along with an introduction to the breast stroke. Ages 5 – 10

Polliwog: A beginner level for older children. Children begin to learn skills such as proper stroke technique, diving, treading water and swimming without flotation. Strength and endurance are key components at this level. Ages 6 and up.

Guppy: This is an advanced beginner level that reinforces prior skills learned. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform the progressive front crawl stroke. Children are also introduced and taught to do the back and breast strokes. They will be expected to swim without any flotation, and endurance is a must. Ages 6 and up.

Fish: Advanced intermediate level. All strokes that have been introduced to this point will be refined. Children will also learn dolphin kick and the butterfly stroke, and spend time perfecting their technique.

Adult: We offer beginning classes for adults. Depending on an individuals swim level, we will work towards being comfortable in the water as well as perfecting strokes depending on degree of experience.

Killer Whale Swim Team- Join us and learn the basics of how a swim team works, improve your strokes and find out what all that swim lingo means! Classes are structured like regular swim lessons, (once a week for 45 minutes) and the 6 week session will culminate in a scrimmage with another local swim team! Come with regular swim gear as well as goggles and a water bottle. Participants must be able to swim at least 25 yards without assistance. Ages 8 to 18

*** Age requirements are suggestion only- please contact Sarah Moore at 781-581-3105 x232 with questions ***