



SOUTH COUNTY FAMILY YMCA KIDS AQUATICS CLASSES

September 11th-October 22 (6 weeks)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
9 am-9:45 am Pike Pike + 9:00-9:30 am SKIP 1 Pre Pike 10:00-10:45 am Pike Pike +	*YMCA Preschool 9:30-10:30 a.m. 10:45-11:15 am S.K.I.P 1	* YMCA Preschool 9:30-10:30 a.m. 11:15-12 pm Pike Pike +	10:45-11:15 am S.K.I.P 1 11:15-11:45 am Pike Pike +		8:30-9:00 am S.K.I.P 1 9:00- 9:45 am Pike Pike + Ray Starfish
5:00-5:45pm Pike Eel Polliwog Guppy+	5:00-5:45pm Pike + Ray/Starfish* Polliwog + Fish/Flying Fish*	5:00-5:45pm Pike Eel Polliwog Minnow	5:00-5:45pm Pike + Ray/Starfish* Polliwog + Fish/Flying Fish*		9:45-10:30 am Pike + Polliwog + Fish Flying Fish
6:00-6:45 pm Pike + Ray Polliwog + Minnow	6:00-6:45 pm Pike Eel Polliwog Guppy	6:00-6:45pm Pike + Ray/Starfish Polliwog + Guppy	6:00-6:45pm Pike Pike + Polliwog Guppy		10:30-11:00 S.K.I.P 1 10:30- 11:15 am Ray Polliwog Guppy + Minnow 11:00-11:30 am S.K.I.P. 2
6:45-7:15 pm S.K.I.P 2	5:15-6:00 pm Pre-Comp 5:15-7:45pm Swim Club	6:45-7:15 pm S.K.I.P. 1	5:15-6:00 pm Pre-Comp 5:15-7:45pm Swim Club		11:30-12:00 am Pre-Pike
	6:45-7:15 pm Pre-Pike		6:45-7:15 pm Pre-Pike		
7:15- 8:00pm Polliwog Minnow Fish	7:15-8:00 pm Pike Polliwog	7:15-8:00 pm Polliwog Guppy Minnow	7:15-8:00 pm Pike+ Polliwog		11:15-12:00pm Pike Pike + Eel Guppy +
8:00-8:45pm Pre-Teen/Beginner	8:00-8:45pm Adult Beginner	8:00-8:45pm Pre-Teen/Beginner	8:00-8:45PM Adult Beginner		

<p style="text-align: center;">Contact Jean at 314.849.9622 ext. 272 jean.gerber@gwrymca.org for more information regarding Pre Comp Swim Club.</p>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Kids Aquatics Classes Prices</th> <th style="text-align: center;">Y Member</th> <th style="text-align: center;">Non-Y Member</th> </tr> </thead> <tbody> <tr> <td>30-minute class</td> <td style="text-align: center;">\$30</td> <td style="text-align: center;">\$60</td> </tr> <tr> <td>45-minute class</td> <td style="text-align: center;">\$34</td> <td style="text-align: center;">\$68</td> </tr> </tbody> </table>	Kids Aquatics Classes Prices	Y Member	Non-Y Member	30-minute class	\$30	\$60	45-minute class	\$34	\$68
Kids Aquatics Classes Prices	Y Member	Non-Y Member								
30-minute class	\$30	\$60								
45-minute class	\$34	\$68								
<p style="text-align: center;">There must be 3 members/nonmembers registered in a class for the class to run. If there are 4 waiting, a class will be opened.</p>	<p>If you are new to our swim program we require a PHONE CONSULTATION with our Aquatics Director, Jean (314) 849-9622, Ext 272 BEFORE you register to ensure that your child is placed in the appropriate class and level. Classes fill up fast so please register early. If class is full, please ask to be placed on a waiting list.</p>									

Class	Description
S.K.I.P. Shrimp/Kipper/Inia /Perch Combination Class (SKIP I ages 6-18 months SKIP II ages 19-36 months WITH PARENT)	(30 min) Introduction class where children participate WITH their parent. Includes safe exploration, songs, games and basic water skills. As class progresses, children add more water exploration and begin using arms and legs in class upon cue from parents and learn to move more independently through the water.
Pre-Pike (3 before end of session)	(30 min) Child must turn 3 before end of session. An easy approach to first lessons without Mom or Dad. Parent WILL be in water with the goal of children swimming by themselves by the end of the session!
Pike (3-5 year olds)	(45 min) Children adjust to the water, developing independent movement. Teaches basic stroke and kicking skills, floating and pool safety. May be combined with Pike Plus*
Pike Plus (3-5 year olds)	(45 min) Extends Pike skills for children who are comfortable in the water and able to move independently five yards with floatation device on front, back and side. May be combined with Pike or Eel*
Eel (3-5 year olds)	(45 min) For children who are comfortable in the water and able to move independently five yards with faces in the water and no floatation device. Children will learn to float, kick, dive and perform progressive arm movements across the pool. May be combined with Pike Plus or Ray*
Ray (3-5 year olds)	(45 min) For children who can swim 15 feet with faces in the water and no floatation device. Reviews and improves stroke skills on front, back and side, builds endurance, teaches treading water and progressive diving skills. May be combined with Eel or Starfish*
Starfish (3-5 year olds)	(45 min) For children who can swim 20 feet without floatation on front, back and side. This advanced level refines crawl and backstroke. May be combined with Ray*
Polliwog (6+ years)	(45 min) Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in the water, floating and kicking. May be combined with Polliwog Plus*
Polliwog Plus (6+ years)	(45 min) For children who can swim 10-15 feet without floatation device on front, back and side. Children should be comfortable with faces in the water. Polliwog skills will be reinforced and extended. May be combined with Polliwog or Guppy*
Guppy (6+ years)	(45 min) For children able to swim 20 feet without a floatation device. Teaches swimming on front, back and side and taking a breath while swimming. May be combined with Polliwog Plus or Guppy Plus*
Guppy Plus (6+ years)	(45 min) For children who can swim 25 yards front crawl with rhythmic breathing with or without floatation device and 15 yards back crawl. Will begin rotary breathing, and increase endurance on back and sidestrokes. May be combined with Guppy or Minnow*
	Goggles are highly recommended for the classes listed below. Masks are NOT allowed.
Minnow (6+ years)	(45 min) For children able to swim 25 yards on front and back with or without floatation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, and beginning breaststroke. May be combined with Guppy Plus*
Fish (6+ years)	(45 min) For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breaststroke, teaches butterfly, open turns and improves other strokes. May be combined with Flying Fish*
Flying Fish (6+ years)	(45 min) For children able to swim 50 yards front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards butterfly. Improves breaststroke and butterfly, teaches water rescues, and endurance. May be combined with Fish*
Pre-Competitive (5-14 years)	Designed to prepare swimmers for competitive swim teams. Personal achievement, racing stroke development and endurance are stressed. Swimmer must have COMPLETED Minnow level and be approved by Instructor. Contact Jean at 314.849.9622 ext. 272 jean.gerber@gwrymca.org for more details Y-members: \$50 Non-members: \$100
Gym & Swim (3-5 year olds)	(90 minutes) Includes 40-minutes of instruction in the Gymnastics Center, and a 45-minute swim lesson. One day per week (Tuesday, Wednesday Thursday or Saturday): Y-members: \$55 Non-members: \$110
Private Swim Lessons (Ages 3-adult)	(30-minute) Contact 314.849.9622 to get on the waiting list to arrange for special needs or private swim lessons. You will be asked when the best time you are available and what level your child is at. Y-members: \$98 Non-members: \$172
Pre-Teen & Teen Beginner Swim (10 – 17 years)	(45 min) Learn to swim with others of your own age group. Classes will be broken into groups of same age or skill level.

