



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Monsanto Family YMCA Youth & Adult Swim Lesson Class Schedule

Indoor Pool

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|-----------|----------|--------------------------------------|---|--------|
| | | | | | Pike 8:45-9:30am Betty | |
| | | | | | Pike 9:30- 10:15am Michael/Betty | |
| | | | | | Polliwog 10:15- 11:00am Michael | |
| | Adult Swim 11:00- 11:45am Betty | | | | Adult Swim 11:00- 11:45am Betty | |
| Pike 5:30-6:15pm Michael/Betty | | | | Skip 5:30-6:00pm Michael/Betty | | |
| Polliwog 6:15-7:00pm Michael | | | | Eel 6:00-6:45pm Betty | | |
| | | | | Guppy 6:00-6:45pm Michael | | |
| Pike Plus 7:00-7:45pm Michael/Betty | | | | | | |
| Polliwog Plus 7:00-7:45pm Michael/Betty | | | | | | |

Monsanto Family YMCA
 5555 Page Blvd., St Louis, Missouri 63112
 P: 314.367.4646 <http://www.gwrymca.org/locations/monsanto-family-ymca>



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DESCRIPTIONS

Adult Swim – The YMCA helps adults develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction. This swim instruction class is for adults age 18 and up who want to improve stroke efficiency and endurance. NOTE: This is a fee-based class, registration is required.

Eel – Children who are comfortable in the water and able to swim 5 feet with face in water and no flotation. Children are taught to float, kick, and perform progressive arm movements across the pool. NOTE: This is a fee-based class, registration is required.

Guppy – Intermediate level for ages 6-12 who are able to swim 20 feet independently. Teaches swimming on front, back and side and taking a swim breath. NOTE: This is a fee-based class, registration is required.

Pike – Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, and pool safety. NOTE: This is a fee-based class, registration is required.

Pike Plus – Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, and pool safety. NOTE: This is a fee-based class, registration is required.

Polliwog – Beginner level for ages 6-12 who are uncomfortable or inexperienced in the water. Teaches basic skills including gliding with face in water, floating and kicking. NOTE: This is a fee-based class, registration is required.

Polliwog Plus – Beginner level for ages 6-12 who are able to swim 10-15 feet independently on front, back and side. Should be comfortable with face in water. Polliwog skills – including gliding with face in water, floating and kicking – are reinforced and extended. NOTE: This is a fee-based class, registration is required.

Skip – Ages 6-36 months. Introduction to water with adult in pool including songs, games, and basic waters.