



ARSENAL SCHOOL YOUTH SWIMMING LESSONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THELMA LOVETTE YMCA AT ARSENAL MIDDLE SCHOOL SPRING SESSION

At the Y, our swim lessons build skills, confidence and determination. Our instructors teach people of all ages and abilities how to be safe in the water while having fun. The Y staff will make sure that no matter what your goal is, they will help you achieve it.

Contact Info

Matthew Chase
Thelma Lovette YMCA
(412) 298-9944 mchase@ymcapgh.org

REGISTRATION IS ON THE BACK

- When:** October 12th – December 9th
Monday or Wednesday
- Time:** 5:00-7:30 p.m.
- Prices:** Skippers(6-36 months) \$35 (*Monday*)
Pike (Age 3-5) \$60 (*Monday or Wednesday*)
Polliwog (Age 6-9) \$65 (*Monday*)
Guppy (Ages 9-11) \$65 (*Wednesday*)
Minnow (Ages 11-15) \$65 (*Wednesday*)



Class Descriptions

Skippers (6-36 months **Parent/Child**) This is an introduction to the aquatic environment for parents and their infants. The infants learn basic skills and have fun playing with toys and floatation devices with the help of their parents. 30 minutes

Pike - This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding the face in the water while blowing bubbles and swimming. 30 minutes

Polliwog -This is the beginner level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and floating. By the end of this level, they should know the front paddle stroke, side and back paddle. Children can swim across the pool without assistance by the end of this level. 45 minutes**

Guppy - The children continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke Children can swim a length of the pool without assistance at the end of this level.

Minnow -This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming.

Registration Form

Participants

Name: _____

Birthday: _____ Age: _____

Address: _____

City: _____ State: _____

Zip: _____

Parents

Name: _____

Parents Email: _____

Parents Phone Number: _____

Session Enrollment

- Mondays (April 27, 2015)
- \$35 Skipper (5-530pm)
- \$60 Pike (530-6pm)
- \$65 Polliwog (6-645pm)
- Wednesdays (April 29, 2015)
- \$60 Pike (5-5:30pm)
- \$65 Guppy (5:30-6:15)
- \$65 Minnow (6:15- 7pm)

Payment Options:

- Cash Amount Enclosed: _____
- Check Check Number: _____
- Credit Card: _____ (Type)
Name on the card: _____
Card Number: _____
Expiration Date: _____
CVV Number: _____
Amount To Be Deducted: _____

Please return to the Main Office in the middle school or bring to the first day of class (15 minutes early). **

On-line Registration can be found at ymcaofpittsburgh.org

****There is a cap to each class, do to student to teachers ratios. First come, first served****