

Scott County Family Y

Y SWIM LESSONS™

Parent/Child *For participants ages 6 months to 3 years with parents.*

Parent-Tot This adult/child class offers adults and children time to bond and socialize with others. Songs and activities are used to promote confidence and independence. One-two adults are in the water with child. **Class Level: 6 months to 3 years; Max 2 parents p/child.**

Parent-Tot- 8wks	NOR	T	1/5/2010	2/23/2010	10:00AM	10:30AM	5AQ002	\$28	\$56
Parent-Tot- 8wks	BET	T	1/5/2010	2/23/2010	06:15PM	06:45PM	6AQ002A	\$28	\$56
Parent-Tot- 8wks	DAV	W	1/6/2010	2/24/2010	05:30PM	06:00PM	1AQ003	\$28	\$56
Parent-Tot- 8wks	BET	Th	1/7/2010	2/25/2010	05:15PM	05:45PM	6AQ004C	\$28	\$56
Parent-Tot- 8wks	BET	S	1/9/2010	2/27/2010	09:00AM	09:30AM	6AQ006	\$28	\$56
Parent-Tot- 7wks	NOR	S	1/9/2010	2/27/2010	09:30AM	10:00AM	5AQ006	\$25	\$50
Parent-Tot- 8wks	DAV	S	1/9/2010	2/27/2010	10:30AM	11:00AM	1AQ006	\$28	\$56
Winter 1 Begins January 4					Winter 2 Begins March 1				
Parent-Tot- 7wks	NOR	T	3/2/2010	4/13/2010	10:00AM	10:30AM	5AQ002	\$25	\$50
Parent-Tot- 7wks	BET	T	3/2/2010	4/13/2010	06:15PM	06:45PM	6AQ002A	\$25	\$50
Parent-Tot- 7wks	DAV	W	3/3/2010	4/14/2010	05:30PM	06:00PM	1AQ003	\$25	\$50
Parent-Tot- 7wks	BET	Th	3/4/2010	4/15/2010	09:15AM	09:45AM	6AQ004	\$25	\$50
Parent-Tot- 7wks	BET	T	3/4/2010	4/15/2010	05:15PM	05:45PM	6AQ004C	\$25	\$50
Parent-Tot- 7wks	DAV	S	3/6/2010	4/17/2010	10:30AM	11:00AM	1AQ006	\$25	\$50
Parent-Tot- 7wks	NOR	S	3/6/2010	4/17/2010	09:30AM	10:00AM	5AQ006	\$25	\$50
Parent-Tot- 7wks	BET	T	3/6/2010	4/17/2010	09:00AM	09:30AM	6AQ006	\$25	\$50

Perch This class promotes independence and swimming readiness. Students in this class will learn floating, paddling, and wearing an IFD (Inflatable Floatation Device.) The instructor will interact with child during class and eventually the adult will take a secondary role, in preparation for the next level. Adult is in the water with the child. **Class Level: 2 years – 3 years old**

Perch- 8wks	DAV	M	1/4/2010	2/22/2010	05:15PM	06:00PM	1AQ001	\$43	\$86
Perch- 8wks	BET	T	1/5/2010	2/23/2010	10:00AM	10:45AM	6AQ002	\$43	\$86
Perch- 8wks	NOR	Th	1/7/2010	2/25/2010	09:45AM	10:30AM	5AQ004	\$43	\$86
Perch- 8wks	BET	Th	1/7/2010	2/25/2010	06:00PM	06:45PM	6AQ004A	\$43	\$86
Perch- 7wks	NOR	S	1/9/2010	2/27/2010	10:05AM	10:50AM	5AQ006A	\$38	\$76
Perch- 8wks	BET	S	1/9/2010	2/27/2010	10:25AM	11:10AM	6AQ006A	\$43	\$86
Winter 1 Begins January 4					Winter 2 Begins March 1				
Perch- 7wks	DAV	M	3/1/2010	4/12/2010	05:15PM	06:00PM	1AQ001	\$38	\$76
Perch- 7wks	BET	T	3/2/2010	4/13/2010	10:00AM	10:45AM	6AQ002	\$38	\$76
Perch- 7wks	BET	Th	3/4/2010	4/15/2010	06:00PM	06:45PM	6AQ004A	\$38	\$76
Perch- 7wks	NOR	S	3/6/2010	4/17/2010	10:05AM	10:50AM	5AQ006A	\$38	\$76
Perch- 7wks	BET	S	3/6/2010	4/17/2010	10:25AM	11:10AM	6AQ006A	\$38	\$76

Preschool Lessons *For participants ages 3 to 5.*

Open Swim Lessons A new approach to make the YMCA swimming lesson program easier to get your kids registered! Participants will be divided into groups based on skill level and will learn the same skills and progress the same as in our regular classes. Open Swim Lessons is a great way to make sure you can get all of your youth, from preschool on up, into swim lessons at the same time. Ages 3 to 17.

Open Swim Lessons - 8wks	BET	M	1/4/2010	2/22/2010	04:15PM	05:00PM	6AQESMONOPEN	\$56	\$112
Open Swim Lessons - 8wks	BET	T	1/5/2010	2/23/2010	04:15PM	05:00PM	6AQTUEOPEN	\$38	\$76
Open Swim Lessons - 8wks	BET	W	1/6/2010	2/24/2010	04:15PM	05:00PM	6AQESWEDOPEN	\$56	\$112
Open Swim Lessons - 8wks	BET	Th	1/7/2010	2/25/2010	04:15PM	05:00PM	6AQTHUOPEN	\$38	\$76
Open Swim Lessons - 8wks	BET	S	1/9/2010	2/27/2010	09:35AM	10:20AM	6AQSATOPEN	\$38	\$76
Open Swim Lessons	NOR	Su	1/10/2010	2/28/2010	01:00PM	02:00PM	5AQSUNLSN-P	\$38	\$76
Winter 1 Begins January 4					Winter 2 Begins March 1				
Open Swim Lessons - 7wks	BET	M	3/1/2010	4/12/2010	04:15PM	05:00PM	6AQESMONOPEN	\$49	\$98
Open Swim Lessons - 7wks	BET	T	3/2/2010	4/13/2010	04:15PM	05:00PM	6AQTUEOPEN	\$33	\$66
Open Swim Lessons -7wks	BET	W	3/3/2010	4/14/2010	04:15PM	05:00PM	6AQESWEDOPEN	\$49	\$98
Open Swim Lessons - 7wks	BET	Th	3/4/2010	4/15/2010	04:15PM	05:00PM	6AQTHUOPEN	\$33	\$66
Open Swim Lessons -7wks	BET	S	3/6/2010	4/17/2010	09:35AM	10:20AM	6AQSATOPEN	\$33	\$66
Open Swim Lessons	NOR	Su	3/7/2010	4/18/2010	01:00PM	02:00PM	5AQSUNLSN-P	\$33	\$66

Pike The Pike class is a great way to introduce new little swimmers to the pool and help them develop safe water habits in a fun and encouraging environment. Caring instructors guide children to adapt to the pool and to learn how to move independently through the water.

Skills learned in this class: Basic front, side and back paddle strokes, kicking skills, blowing bubbles, floating, pool safety and proper use of personal floatation devices.

Pike skills needed to progress to Eel: Float on their front and back; Paddle 15 yards on their front, side and back with a float belt; Paddle 10 yards front, side and back without belt. **Red Cross Equivalent: Level 1 & 2**

Pike- 8wks	WES	M	1/4/2010	2/22/2010	05:30PM	06:15PM	7AQ111	\$38	\$76
Pike- 8wks	NOR	M	1/4/2010	2/22/2010	05:35PM	06:20PM	5AQ111	\$38	\$76
Pike- 8wks	BET	W	1/6/2010	2/23/2010	09:15AM	10:00AM	6AQ113	\$38	\$76
Pike- 8wks	BET	W	1/6/2010	2/24/2010	01:00PM	01:45PM	6AQ113A	\$38	\$76
Pike- 8wks	DAV	Th	1/7/2010	2/25/2010	09:00AM	09:45AM	1AQ114	\$38	\$76
Pike- 6wks	NOR	Th	1/7/2010	2/26/2010	05:35PM	06:20PM	5AQ114	\$28	\$56
Pike- 8wks	NOR	F	1/8/2010	2/26/2010	01:00PM	01:45PM	5AQ115	\$38	\$76
Pike- 7wks	NOR	S	1/9/2010	2/27/2010	09:30AM	10:15AM	5AQ116	\$33	\$66
Pike- 8wks	BET	S	1/9/2010	2/27/2010	11:15AM	12:00PM	6AQ116A	\$38	\$76
Pike- 8wks	BET	S	1/9/2010	2/22/2010	05:00PM	05:45PM	6AQ111	\$38	\$76
Winter 1 Begins January 4					Winter 2 Begins March 1				
Pike- 7wks	BET	M	3/1/2010	4/12/2010	05:00PM	05:45PM	6AQ111	\$33	\$66
Pike- 7wks	WES	M	3/1/2010	4/12/2010	05:30PM	06:15PM	7AQ111	\$33	\$66
Pike- 7wks	NOR	M	3/1/2010	4/12/2010	05:35PM	06:20PM	5AQ111	\$33	\$66
Pike- 7wks	BET	W	3/1/2010	4/18/2010	09:15AM	10:00AM	6AQ113	\$33	\$66
Pike- 7wks	BET	W	3/3/2010	4/14/2010	01:00PM	01:45PM	6AQ113A	\$33	\$66
Pike- 7wks	DAV	Th	3/4/2010	4/15/2010	09:00AM	09:45AM	1AQ114	\$33	\$66
Pike- 7wks	NOR	F	3/5/2010	4/16/2010	01:00PM	01:45PM	5AQ115	\$33	\$66
Pike- 7wks	NOR	S	3/6/2010	4/17/2010	09:30AM	10:15AM	5AQ116	\$33	\$66
Pike- 7wks	BET	S	3/6/2010	4/17/2010	11:15AM	12:00PM	6AQ116A	\$33	\$66

Pike ES

Pike-ES- 8wks	BET	M	1/4/2010	2/22/2010	09:30AM	10:15AM	6AQES111	\$56	\$112
Pike-ES- 8wks	BET	M	1/4/2010	2/22/2010	06:00PM	06:45PM	6AQES111B	\$56	\$112
Pike-ES- 8wks	BET	T	1/5/2010	2/23/2010	05:15PM	06:00PM	6AQES112A	\$56	\$112
Pike-ES- 7wks	NOR	T	1/5/2010	2/23/2010	06:25PM	07:10PM	5AQES112	\$49	\$98
Pike-ES- 8wks	BET	Th	1/7/2010	2/25/2010	06:00PM	06:45PM	6AQES114B	\$56	\$112
Pike-ES- 8wks	BET	F	1/8/2010	2/26/2010	09:15AM	10:00AM	6AQES115	\$56	\$112
Pike-ES- 7wks	NOR	S	1/9/2010	2/27/2010	10:20AM	11:05AM	5AQES116A	\$42	\$84
Pike-ES- 8wks	BET	S	1/9/2010	2/20/2010	10:25AM	11:10AM	6AQES116A	\$56	\$112
Winter 1 Begins January 4 Winter 2 Begins March 1									
Pike-ES- 7wks	BET	M	3/1/2010	4/12/2010	09:30AM	10:15AM	6AQES111	\$49	\$98
Pike-ES- 7wks	BET	M	3/1/2010	4/12/2010	06:00PM	06:45PM	6AQES111B	\$49	\$98
Pike-ES- 7wks	BET	T	3/2/2010	4/13/2010	05:15PM	06:00PM	6AQES112A	\$49	\$98
Pike-ES- 7wks	NOR	T	3/2/2010	4/13/2010	06:25PM	07:10PM	5AQES112	\$49	\$98
Pike-ES- 7wks	BET	Th	3/4/2010	4/15/2010	06:00PM	06:45PM	6AQES114B	\$49	\$98
Pike-ES- 7wks	BET	F	3/5/2010	4/16/2010	09:15AM	10:00AM	6AQES115	\$49	\$98
Pike-ES- 7wks	NOR	S	3/6/2010	4/17/2010	10:20AM	11:05AM	5AQES116	\$42	\$84
Pike-ES- 7wks	BET	S	3/6/2010	4/17/2010	10:25AM	11:10AM	6AQES116A	\$49	\$98

Pike/Eel

Pike/Eel-8wks	DAV	T	1/5/2010	2/23/2010	05:15PM	06:00PM	1AQ1122	\$38	\$76
Pike/Eel-8 Wks	WES	W	1/6/2010	2/24/2010	05:30PM	06:15PM	7AQ1123	\$38	\$76
Pike/Eel-8wks	DAV	S	1/9/2010	2/27/2010	11:00AM	11:45AM	1AQ1126	\$38	\$76
Pike/Eel-8 Wks	WES	S	1/9/2010	2/27/2010	10:00AM	10:45AM	7AQ1126	\$38	\$76
Winter 1 Begins January 4 Winter 2 Begins March 1									
Pike/Eel-7wks	DAV	T	3/2/2010	4/13/2010	05:15PM	06:00PM	1AQ1122	\$33	\$66
Pike/Eel-7 Wks	WES	W	3/3/2010	4/14/2010	05:30PM	06:15PM	7AQ1123	\$33	\$66
Pike/Eel-7wks	DAV	S	3/6/2010	4/13/2010	11:00AM	11:45AM	1AQ1126	\$33	\$66
Pike/Eel-7 Wks	WES	S	3/6/2010	4/17/2010	10:00AM	10:45AM	7AQ1126	\$33	\$66

Eel The Eel class is for swimmers who are well adjusted to the water and are eager to learn more! Eel swimmers continue to build upon Pike skills. **Skills learned in this class:** Kicking, floating and progressive stroke techniques with and without float belts. **Skills needed to progress to Ray/Starfish:** Student can swim away from wall and swim back; Paddle on front, side and back 25 yards with a float belt; Paddle on front, side and back 15 yards without a float belt

Red Cross Equivalent: Level 3

Eel- 8wks	WES	M	1/4/2010	2/22/2010	05:30PM	06:15PM	7AQ121	\$38	\$76
Eel- 8wks	NOR	M	1/4/2010	2/22/2010	05:35PM	06:20PM	5AQ121	\$38	\$76
Eel- 8wks	BET	T	1/4/2010	2/28/2010	06:00PM	06:45PM	6AQ122A	\$38	\$76
Eel- 8wks	BET	T	1/5/2010	2/23/2010	01:00PM	01:45PM	6AQ122	\$38	\$76
Eel- 8wks	DAV	Th	1/7/2010	2/25/2010	09:45AM	10:30AM	1AQ124	\$38	\$76
Eel- 6wks	NOR	Th	1/7/2010	2/26/2010	05:35PM	06:20PM	5AQ124	\$28	\$56
Eel- 8wks	NOR	F	1/8/2010	2/26/2010	01:00PM	01:45PM	5AQ125	\$38	\$76
Eel- 7wks	NOR	S	1/9/2010	2/27/2010	09:30AM	10:15AM	5AQ126	\$33	\$66
Winter 1 Begins January 4 Winter 2 Begins March 1									
Eel- 7wks	WES	M	3/1/2010	4/12/2010	05:30PM	06:15PM	7AQ121	\$33	\$66
Eel- 8wks	NOR	M	3/1/2010	4/12/2010	05:35PM	06:20PM	5AQ121	\$33	\$66
Eel- 7wks	BET	T	3/1/2010	4/18/2010	06:00PM	06:45PM	6AQ122A	\$33	\$66
Eel- 7wks	BET	T	3/2/2010	4/13/2010	01:00PM	01:45PM	6AQ122	\$33	\$66
Eel- 7wks	DAV	Th	3/4/2010	4/15/2010	10:30AM	11:15AM	1AQ124	\$33	\$66
Eel- 7wks	NOR	Th	3/4/2010	4/15/2010	05:35PM	06:20PM	5AQ124	\$33	\$66
Eel- 7wks	NOR	F	3/5/2010	4/16/2010	01:00PM	01:45PM	5AQ125	\$33	\$66
Eel- 7wks	NOR	S	3/6/2010	4/17/2010	09:30AM	10:15AM	5AQ126	\$33	\$66

Eel ES

Eel-ES- 8wks	BET	T	1/5/2010	2/23/2010	10:45AM	11:30AM	6AQES122	\$56	\$112
Eel-ES- 7wks	NOR	T	1/5/2010	2/23/2010	06:25PM	07:10PM	5AQES122	\$49	\$98
Eel-ES- 8wks	BET	W	1/6/2010	2/24/2010	06:00PM	06:45PM	6AQES123	\$56	\$112
Eel-ES- 8wks	BET	S	1/9/2010	2/27/2010	10:25AM	11:10AM	6AQES126	\$56	\$112
Eel-ES- 7wks	NOR	S	1/9/2010	2/27/2010	10:20AM	11:05AM	5AQES126A	\$49	\$98
Winter 1 Begins January 4					Winter 2 Begins March 1				
Eel-ES-7wks	BET	T	3/2/2010	4/13/2010	10:45AM	11:30AM	6AQES122	\$49	\$98
Eel-ES- 7wks	NOR	T	3/2/2010	4/13/2010	06:25PM	07:10PM	5AQES122	\$49	\$98
Eel-ES- 7wks	BET	W	3/3/2010	4/14/2010	06:00PM	06:45PM	6AQES123	\$49	\$98
Eel-ES- 7wks	NOR	S	3/6/2010	4/17/2010	10:20AM	11:05AM	5AQES126	\$49	\$98
Eel-ES- 7wks	BET	S	3/6/2010	4/17/2010	10:25AM	11:10AM	6AQES126	\$49	\$98

Ray/Starfish The Ray/Starfish class is for swimmers ready to begin developing endurance as well as improving stroke skills. Ray/Starfish are also introduced to treading water, rhythmic breathing, personal water safety and underwater swimming skills. **Skills learned in this class:** Stroke development, treading water, building endurance, underwater swimming. **Skills needed to pass to youth program:** Age six or director approval to move up to youth program; Front and back floats with no assistance; Paddle front, back and side 25 yards without a float belt; Jumping in without assistance; Tread water 20 seconds without belt; Perform elementary backstroke arm movements 25 yards without belt.

Ray/Starfish- 8wks	WES	M	1/4/2010	2/22/2010	05:30PM	06:15PM	7AQ1341	\$38	\$76
Ray/Starfish- 8wks	BET	T	1/6/2010	2/23/2010	01:00PM	01:45PM	6AQ132	\$38	\$76
Ray/Starfish- 8wks	DAV	W	1/6/2010	2/24/2010	04:45PM	05:30PM	1AQ133	\$38	\$76
Ray/Starfish- 8wks	WES	W	1/6/2010	2/24/2010	05:30PM	06:15PM	7AQ1343	\$38	\$76
Ray/Starfish- 8wks	BET	W	1/6/2010	2/24/2010	06:00PM	06:45PM	6AQ133	\$38	\$76
Ray/Starfish- 7wks	NOR	S	1/9/2010	2/27/2010	09:30AM	10:15AM	5AQ136	\$33	\$66
Ray/Starfish- 8 wks	WES	S	1/9/2010	2/27/2010	10:00AM	10:45AM	7AQ1346	\$38	\$76
Winter 1 Begins January 4					Winter 2 Begins March 1				
Ray/Starfish- 7 wks	WES	M	3/1/2010	4/12/2010	05:30PM	06:15PM	7AQ1341	\$33	\$66
Ray/Starfish- 7wks	BET	T	3/2/2010	4/13/2010	01:00PM	01:45PM	6AQ132	\$33	\$66
Ray/Starfish- 7 wks	WES	W	3/3/2010	4/14/2010	05:30PM	06:15PM	7AQ1343	\$33	\$66
Ray/Starfish- 7wks	DAV	W	3/3/2010	4/14/2010	04:45PM	05:30PM	1AQ133	\$33	\$66
Ray/Starfish- 7wks	BET	W	3/3/2010	4/14/2010	06:00PM	06:45PM	6AQ133	\$33	\$66
Ray/Starfish- 7wks	NOR	S	3/6/2010	4/17/2010	09:30AM	10:15AM	5AQ136	\$33	\$66
Ray/Starfish- 7 Wks	WES	S	3/6/2010	4/17/2010	10:00AM	10:45AM	7AQ1346	\$33	\$66

Ray/Starfish ES

Ray/Starfish-ES- 8wks	BET	S	1/9/2010	2/27/2010	11:15AM	12:00PM	6AQES136	\$56	\$112
Winter 1 Begins January 4					Winter 2 Begins March 1				
Ray/Starfish-ES- 7wks	BET	S	3/6/2010	4/17/2010	11:15AM	12:00PM	6AQES136	\$49	\$98



No one is turned away due to an inability to pay!
Our Partner with Youth & Kids to Camp annual campaign,
in addition to our community partners,
make financial assistance available to those who qualify.

Youth Lessons *For participants ages 6 & up*

Open Swim Lessons A new approach to make the YMCA swimming lesson program easier to get your kids registered! Participants will be divided into groups based on skill level and will learn the same skills and progress the same as in our regular classes. Open Swim Lessons is a great way to make sure you can get all of your youth, from preschool on up, into swim lessons at the same time. Ages 3 to 17. **See Page #**

Open Swim Lessons -8wks	BET	M	1/4/2010	2/22/2010	04:15PM	05:00PM	6AQESMONOPEN	\$56	\$112
Open Swim Lessons - 8wks	BET	T	1/5/2010	2/23/2010	04:15PM	05:00PM	6AQTUEOPEN	\$38	\$76
Open Swim Lessons -8wks	BET	W	1/6/2010	2/24/2010	04:15PM	05:00PM	6AQESWEDOPEN	\$56	\$112
Open Swim Lessons - 8wks	BET	Th	1/7/2010	2/25/2010	04:15PM	05:00PM	6AQTHUOPEN	\$38	\$76
Open Swim Lessons -8wks	BET	S	1/9/2010	2/27/2010	09:35AM	10:20AM	6AQSATOPEN	\$38	\$76
Winter 1 Begins January 4					Winter 2 Begins March 1				
Open Swim Lessons -7wks	BET	M	3/1/2010	4/12/2010	04:15PM	05:00PM	6AQESMONOPEN	\$49	\$98
Open Swim Lessons - 7wks	BET	T	3/2/2010	4/13/2010	04:15PM	05:00PM	6AQTUEOPEN	\$33	\$66
Open Swim Lessons -7wks	BET	W	3/3/2010	4/14/2010	04:15PM	05:00PM	6AQESWEDOPEN	\$49	\$98
Open Swim Lessons - 7wks	BET	Th	3/4/2010	4/15/2010	04:15PM	05:00PM	6AQTHUOPEN	\$33	\$66
Open Swim Lessons -7wks	BET	S	3/6/2010	4/17/2010	09:35AM	10:20AM	6AQSATOPEN	\$33	\$66

Poliwog The Poliwoog class is the beginning level in the “Youth Lessons” category. Participants will become acquainted with the pool and adjust to the water. Poliwoog swimmers learn front and back floating skills, the paddle stroke, personal safety and the use of flotation device. **Skills learned in this class:** water adjustment and stroke development with and without float belts. **Skills needed to pass to Guppy:** Front and back floats; Paddle on front, side and back 25 yards with a float belt ; Paddle on front, side and back 15 yards without float belt. **Red Cross Equivalent: Level 1 & 2**

Poliwoog II- 8wks	BET	M	1/4/2010	2/22/2010	06:00PM	06:45PM	6AQ201	\$38	\$76
Poliwoog- 7wks	NOR	T	1/5/2010	2/23/2010	05:35PM	06:20PM	5AQ202	\$33	\$66
Poliwoog- 8wks	DAV	W	1/6/2010	2/24/2010	05:30PM	06:15PM	1AQ213	\$38	\$76
Poliwoog- 8wks	NOR	W	1/6/2009	2/24/2009	05:35PM	06:20PM	5AQ203A	\$38	\$76
Poliwoog I- 8wks	BET	Th	1/7/2010	2/25/2010	06:00PM	06:45PM	6AQ204A	\$38	\$76
Poliwoog- 7wks	NOR	S	1/9/2010	2/27/2010	09:30AM	10:15AM	5AQ206	\$33	\$66
Winter 1 Begins January 4					Winter 2 Begins March 1				
Poliwoog II- 7wks	BET	M	3/1/2010	4/12/2010	06:00PM	06:45PM	6AQ201	\$33	\$66
Poliwoog- 7wks	NOR	T	3/2/2010	4/13/2010	05:35PM	06:20PM	5AQ202	\$33	\$66
Poliwoog- 7wks	DAV	W	3/3/2010	4/14/2010	05:30PM	06:15PM	1AQ213	\$33	\$66
Poliwoog- 7wks	NOR	W	3/3/2010	4/14/2010	05:35PM	06:20PM	5AQ203A	\$33	\$66
Poliwoog I- 7wks	BET	Th	3/4/2010	4/15/2010	06:00PM	06:45PM	6AQ204A	\$33	\$66
Poliwoog- 7wks	NOR	S	3/6/2010	4/17/2010	09:30AM	10:15AM	5AQ206	\$33	\$66

Poliwoog ES (Extra special “ES” classes are available for Poliwoog, Guppy, Minnow. The ratio for child to instructor is smaller for more one on one attention.)

Poliwoog II -ES- 8wks	BET	T	1/5/2010	2/23/2010	06:00PM	06:45PM	6AQES2020	\$56	\$112
Poliwoog I-ES- 8wks	BET	W	1/6/2010	2/24/2010	06:00PM	06:45PM	6AQES203	\$56	\$112
Poliwoog II-ES- 8wks	BET	S	1/9/2010	2/27/2010	11:15AM	12:00PM	6AQES206	\$56	\$112
Winter 1 Begins January 4					Winter 2 Begins March 1				
Poliwoog II- ES- 7wks	BET	T	3/2/2010	4/13/2010	06:00PM	06:45PM	6AQES2020	\$49	\$98
Poliwoog I- ES- 7wks	BET	W	3/3/2010	4/14/2010	06:00PM	06:45PM	6AQES203	\$49	\$98
Poliwoog II- ES- 7wks	BET	S	3/6/2010	4/17/2010	11:15AM	12:00PM	6AQES206	\$49	\$98

Polliwog/Guppy This combination class allows participants to learn at the level most suited to their skills.

(See below for descriptions of each category.)

Polliwog/Guppy- 8wks	WES	M	1/4/2010	2/22/2010	06:30PM	07:15PM	7AQ212	\$38	\$76
Polliwog/Guppy- 8wks	DAV	T	1/5/2010	2/24/2010	04:00PM	04:45PM	1AQ2122	\$38	\$76
Polliwog/Guppy- 8wks	WES	W	1/6/2010	2/24/2010	05:30PM	06:15PM	7AQ2123	\$38	\$76
Polliwog/Guppy- 8wks	WES	S	1/9/2010	2/27/2010	10:00AM	10:45AM	7AQ2126	\$38	\$76
Polliwog/Guppy- 8wks	DAV	S	1/9/2010	2/24/2010	09:45AM	10:30AM	1AQ2126	\$38	\$76
Winter 1 Begins January 4 Winter 2 Begins March 1									
Polliwog/Guppy- 7wks	WES	M	3/1/2010	4/12/2010	06:30PM	07:15PM	7AQ212	\$33	\$66
Polliwog/Guppy- 7wks	DAV	T	3/2/2010	4/13/2010	04:00AM	04:45PM	1AQ2122	\$33	\$66
Polliwog/Guppy- 7wks	WES	W	3/3/2010	4/14/2010	05:30PM	06:15PM	7AQ2123	\$33	\$66
Polliwog/Guppy- 7wks	WES	S	3/6/2010	4/17/2010	10:00AM	10:45AM	7AQ2126	\$33	\$66
Polliwog/Guppy- 7wks	DAV	S	3/6/2010	4/17/2010	09:45AM	10:30AM	1AQ2126	\$33	\$66

Guppy: The Guppy class will continue to build confidence in their abilities by practicing paddle strokes skills, floating and rotary breathing without the aid of a float belt. **Skills learned in this class:** treading water, front crawl, backstroke, sidestroke, breaststroke, and elementary backstroke. **Guppy skills needed to progress to Minnow:** Front and back floats without a belt; Jumping in shallow and deep end without assistance; Tread water without belt; Front alternating paddle 25 yards without belt; Back alternating and back symmetrical paddling 25 yards without float belt. **Red Cross Equivalent: Level 3**

Guppy- 8wks	BET	M	1/4/2010	2/22/2010	06:00PM	06:45PM	6AQ211	\$38	\$76
Guppy- 7wks	NOR	T	1/5/2010	2/23/2010	05:35PM	06:25PM	5AQ212	\$33	\$66
Guppy- 8wks	NOR	W	1/6/2009	2/24/2009	05:35PM	06:25PM	5AQ213	\$38	\$76
Guppy- 8wks	DAV	W	1/6/2010	2/24/2010	06:15PM	07:00PM	1AQ223	\$38	\$76
Guppy- 7wks	NOR	S	1/9/2010	2/27/2010	09:30AM	10:15AM	5AQ216	\$33	\$66
Guppy- 8wks	BET	S	1/9/2010	2/27/2010	11:15AM	12:00PM	6AQ216A	\$38	\$76
Winter 1 Begins January 4 Winter 2 Begins March 1									
Guppy- 7wks	BET	M	3/1/2010	4/12/2010	06:00PM	06:45PM	6AQ211	\$33	\$66
Guppy- 7wks	NOR	T	3/2/2010	4/13/2010	05:35PM	06:25PM	5AQ212	\$33	\$66
Guppy- 7wks	NOR	W	3/3/2010	4/14/2010	05:35PM	06:25PM	5AQ213A	\$33	\$66
Guppy- 7wks	DAV	W	3/3/2010	4/14/2010	06:15PM	07:00PM	1AQ223	\$33	\$66
Guppy- 7wks	NOR	S	3/6/2010	4/17/2010	09:30AM	10:15AM	5AQ216	\$33	\$66
Guppy- 7wks	BET	S	3/6/2010	4/17/2010	11:15AM	12:00PM	6AQ216A	\$33	\$66

Guppy ES (Extra special "ES" classes are available for Polliwog, Guppy, Minnow. The ratio for child to instructor is smaller for more one on one attention.)

Guppy-ES- 8wks	BET	Th	1/7/2010	2/25/2010	06:00PM	06:45PM	6AQES214	\$56	\$112
Guppy-ES- 8wks	BET	S	1/9/2010	2/27/2010	10:25AM	11:10AM	6AQES216	\$56	\$112
Guppy-ES- 7wks	BET	Th	3/4/2010	4/15/2010	06:00PM	06:45PM	6AQES214	\$49	\$98
Guppy-ES- 7wks	BET	S	3/6/2010	4/17/2010	10:25AM	11:10AM	6AQES216	\$49	\$98



**No one is turned away due to an inability to pay!
Our Partner with Youth & Kids to Camp annual campaign,
in addition to our community partners,
make financial assistance available to those who qualify.**

Minnow The Minnow class will begin developing endurance through swimming strokes and treading water. **Skills learned in this class:** stroke development and endurance, sequencing lead-up strokes and basic rescue & safety skills. **Minnow skills needed to progress to Fish:** -Tread water one minute -Swim 25 yards each of front crawl with rhythmic breathing, backstroke, and elementary backstroke in moderate form. -Swim 25 yards of the breaststroke and sidestroke in basic form. **Red Cross Equivalent: Level 4**

Minnow- 8wks	BET	M	1/4/2010	2/22/2010	06:00PM	06:45PM	6AQ221A	\$38	\$76
Minnow- 8wks	WES	M	1/4/2010	2/22/2010	06:30PM	07:15PM	7AQ231	\$38	\$76
Minnow- 8wks	WES	W	1/6/2010	2/24/2010	06:30PM	07:15PM	7AQ233	\$38	\$76
Minnow- 8wks	WES	S	1/9/2010	2/27/2010	09:00AM	09:45AM	7AQ236	\$38	\$76
Minnow- 7wks	NOR	S	1/9/2010	2/27/2010	09:30AM	10:15AM	5AQ226	\$33	\$66
Minnow- 8wks	BET	S	1/9/2010	2/28/2010	10:25AM	11:10AM	6AQ226	\$38	\$76
Winter I Begins January 4 Winter 2 Begins March 1									
Minnow- 7wks	WES	M	3/1/2010	4/12/2010	06:30PM	07:15PM	7AQ231	\$33	\$66
Minnow- 7wks	BET	M	3/1/2010	4/12/2010	06:00PM	06:45PM	6AQ221A	\$33	\$66
Minnow- 7wks	BET	S	3/1/2010	4/18/2010	10:25AM	11:10AM	6AQ226	\$33	\$66
Minnow- 7wks	WES	W	3/3/2010	4/14/2010	06:30PM	07:15PM	7AQ233	\$33	\$66
Minnow- 7wks	WES	S	3/6/2010	4/17/2010	09:00AM	09:45AM	7AQ236	\$33	\$66
Minnow- 7wks	NOR	S	3/6/2010	4/17/2010	09:30AM	10:15AM	5AQ226	\$33	\$66

Minnow ES (*Extra special "ES" classes are available for Polliwog, Guppy, Minnow. The ratio for child to instructor is smaller for more one on one attention.*)

Minnow-ES- 8wks	BET	T	1/5/2010	2/23/2010	06:00PM	06:45PM	6AQES222	\$56	\$112
Minnow-ES- 8wks	BET	S	1/4/2010	2/28/2010	11:15AM	12:00PM	6AQES226	\$56	\$112
Winter I Begins January 4 Winter 2 Begins March 1									
Minnow-ES- 7wks	BET	T	3/2/2010	4/13/2010	06:00PM	06:45PM	6AQES222	\$49	\$98
Minnow-ES- 7wks	BET	S	3/6/2010	4/17/2010	11:15AM	12:00PM	6AQES226	\$49	\$98

Minnow/Fish

Minnow/Fish- 8wks	DAV	S	1/9/2010	2/24/2010	09:00AM	09:45AM	1AQ2346	\$38	\$76
Winter I Begins January 4 Winter 2 Begins March 1									
Minnow/Fish- 7wks	DAV	S	3/6/2010	4/17/2010	09:00AM	09:45AM	1AQ2346	\$33	\$66

Fish The Fish class will continue to work on stroke development techniques and endurance.

Skills learned in this class: Front crawl, backstroke, elementary backstroke, sidestroke, breaststroke, butterfly stroke
Fish skills needed to progress to Flying Fish/Shark: Tread water three minutes with combo kicks; Swim 50 yrd front crawl, breast, back, elementary back and sidestroke using open turns; Swim 25 yrd butterfly with and without fins. **Red Cross Equivalent: Level 5**

Fish- 8wks	BET	M	1/4/2010	2/22/2010	06:00PM	06:45PM	6AQ231	\$38	\$76
Fish- 8wks	WES	M	1/4/2010	2/22/2010	06:30PM	07:15PM	7AQ241	\$38	\$76
Fish- 8wks	WES	W	1/6/2010	2/24/2010	06:30PM	07:15PM	7AQ243	\$38	\$76
Fish- 8wks	BET	S	1/9/2010	2/28/2010	10:25AM	11:10AM	6AQ236	\$38	\$76
Winter I Begins January 4 Winter 2 Begins March 1									
Fish- 7wks	BET	M	3/1/2010	4/12/2010	06:00PM	06:45PM	6AQ231	\$33	\$66
Fish- 7 wks	WES	M	3/1/2010	4/12/2010	06:30PM	07:15PM	7AQ241	\$33	\$66
Fish- 7 wks	WES	W	3/3/2010	4/14/2010	06:30PM	07:15PM	7AQ243	\$33	\$66
Fish- 7 wks	WES	S	3/6/2010	4/17/2010	09:00AM	09:45AM	7AQ246	\$33	\$66
Fish- 7wks	BET	S	3/6/2010	4/17/2010	10:25AM	11:10AM	6AQ236	\$33	\$66

Flying Fish/Shark: The Flying Fish/Shark class will focus on perfecting their strokes and further increase their endurance with open turns and flip turns. Students are introduced to three new strokes the inverted breaststroke, the trudgen crawl and the overarm sidestroke. **Skills learned in this class:** Stroke perfection, open and flip turns, introduction to inverted breaststroke, trudgen crawl and overarm sidestroke. **Red Cross Equivalent: Advanced Flying Fish/Shark Skills needed to progress to Porpoise/Advance Stroke:** Swim 50 yards of the following strokes overarm sidestroke, trudgen crawl, butterfly stroke with push-offs, front crawl, sidestroke, backstroke, elementary backstroke and breaststroke; swim a 200 yard individual medley.

FlyingFish/Shark-8 Wks	WES	W	1/6/2010	2/24/2010	06:30PM	07:15PM	7AQ2563	\$38	\$76
Flying Fish/Shark-8wks	BET	Th	1/7/2010	2/25/2010	06:00PM	06:45PM	6AQ244	\$38	\$76
FlyingFish/Shark-8 Wks	WES	S	1/9/2010	2/27/2010	06:30PM	07:15PM	7AQ2564	\$38	\$76
Flying Fish/Shark-8wks	BET	S	1/9/2010	2/13/2010	11:15AM	12:00PM	6AQ216	\$38	\$76
Winter 1 Begins January 4					Winter 2 Begins March 1				
FlyingFish/Shark-7 Wks	WES	W	3/3/2010	4/14/2010	06:30PM	07:15PM	7AQ2563	\$33	\$66
Flying Fish/Shark-7wks	BET	Th	3/4/2010	4/15/2010	06:00PM	06:45PM	6AQ244	\$33	\$66
FlyingFish/Shark-7 Wks	WES	S	3/6/2010	4/17/2010	06:30PM	07:15PM	7AQ2564	\$33	\$66
Flying Fish/Shark-7wks	BET	S	3/6/2010	4/17/2010	11:15AM	12:00PM	6AQ216	\$33	\$66

Adult Lessons

Adult Lessons Adult Lessons allow for people of any age to start learning to swim, or to pick up where they left off - yesterday, or yesteryear.

Adult Lessons - 8wks	BET	W	1/6/2010	2/24/2010	06:00PM	06:45PM	6AQ313	\$38	\$76
Winter 1 Begins January 4					Winter 2 Begins March 1				
Adult Lessons - 7wks	BET	W	3/3/2010	4/14/2010	06:00PM	06:45PM	6AQ313	\$33	\$66

Specialty Aquatics

Waterslide Class Think you've got what it takes to be a speedy waterslider? Try this class out and see how fast you are. Our Waterslide Class integrates basic youth core exercises and stretching, and, of course, trips down our two-story Waterslide! Ages 6 and up.

Waterslide Class - 8wks	BET	M	1/4/2010	2/28/2010	05:30PM	06:00PM	6AQWTRSLDMO	\$0	\$0
Waterslide Class - 7wks	BET	M	3/1/2010	4/18/2010	05:30PM	06:00PM	6AQWTRSLDMO	\$0	\$0

Swim FIT YMCA swim FIT program is designed to help swimmers improve fitness and/or train for specific goals, while providing active support for a healthy lifestyle through friendship and camaraderie. The YMCA swim Fit program will be a structured workout led by a coach on deck. The program will focus on the fitness swimmer but also allowing the opportunity for the competitive swimmer to participate. For more information please contact Andrea Gutierrez, North YMCA Aquatics Coordinator at 563-391-7771.

Swim Fit- 8wks	NOR	M	1/4/2010	2/22/2010	07:00PM	08:15PM	5AQSWMFIT-M	\$12	\$17
Swim Fit- 8wks	NOR	W	1/6/2010	2/24/2010	07:00PM	08:15PM	5AQSWMFT-W	\$12	\$17
Winter 1 Begins January 4					Winter 2 Begins March 1				
Swim Fit- 7wks	NOR	M	3/1/2010	4/12/2010	07:00PM	08:15PM	5AQSWMFT-M	\$12	\$17
Swim Fit- 7wks	NOR	W	3/3/2010	4/14/2010	07:00PM	08:15PM	5AQSWMFT-W	\$12	\$17