



DENNY PRICE FAMILY YMCA OF ENID, OKLAHOMA
Youth Aquatics 2018

Swim Lesson Sessions

Tuesday and Thursday Evenings

- January 9-February 1 (sign-up 11/16-1/9)
- February 13-March 8 (sign-up 2/1-2/13)
- March 27-April 19 (sign-up 3/8-3/27)
- April 24-May 17 (sign-up 4/19-4/24)
- May 29-June 21 (sign-up 5/17-5/29)
- July 3-26 (sign-up 6/21-7/3)
- August 7-30 (sign-up 7/26-8/7)
- September 11-October 4 (sign-up 8/30-9/11)
- October 23-November 15 (sign-up 10/4-10/23)

Evening Times:

Parent/Child Aquatics Level 1 & 2

6 months-2 years 5:40-6:10 pm

Preschool Ages 3-5 years

Level 1-Beginner 5:40-6:10 pm

Level 2-Intermediate 6:15-6:45 pm

Level 3-Advanced 6:15-6:45 pm

Learn to Swim Ages 6-12 years

Level 1-Beginner 6:50-7:20 pm

Level 2-Intermediate 6:50-7:20 pm

Level 3-Advanced 7:25-7:55 pm

Teens-Ages 13-17 yrs 7:25-7:55 pm

Adults-Ages 18 yrs and older 7:25-7:55 pm

Intro to Swim Team 7:25-7:55 pm

Fee: Y-Members \$30 Non-Member: \$50

See page one for class descriptions

Mornings:

Monday through Thursday

- May 29-June 7 (sign-up 5/17-5/29)
- (week 1 of May class will be Tuesday-Friday)
- June 18-28 (sign-up 6/7-6/18)
- July 9-19 (sign-up 6/28-7/9)
- July 23-August 2 (sign-up 7/19-7/23)

Summer Morning Times:

Preschool Ages 3-5 years

Level 1-Beginner 9:50-10:20 am

Level 2-Intermediate 10:25-10:55 am

Level 3-Advanced 10:25-10:55 am

Learn to Swim Ages 6-12 years

Level 1-Beginner 11:00-11:30 am

Level 2-Intermediate 11:00-11:30 am

Level 3-Advanced 11:35-12:05 pm

Intro to Swim Level 4 & 5 11:35-12:05 pm

Water Rocket Swim Team is available for youth 5-18 years of age. Participants must be able to swim a strong 50 yd FR-BK-BR-FLY style stroke before joining. Members will be competing in swim meets with other teams in the state of Oklahoma. The YMCA provides opportunities for our swimmers to swim in a safe healthy environment while letting each participant pursue their own goals and personal development. Practice times:

Monday-Thursday-4:00-6:30 pm (August-May)

Monday-Thursday-2:00-3:30 pm (June-August)

Cost: \$42 per month

Schedules subject to change.

Scholarships available for those who qualify.





Swim Level Assessment

If your child has not been in our swim program before or has not been in attendance for two or more sessions, we strongly recommend your child be evaluated before registering for class to ensure proper and safe placement. **Contact our Aquatic Department** to schedule a time for your child.

Registration

Registration begins Thursday (the last day of the current session) and continues through the Sunday before the next class starting date. Class sizes are limited in order to maintain a small student ratio.

Parent/Child Aquatics Level 1 & 2 for ages

6 months-2 years of age: Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water.

Preschool Aquatics for ages 3-5 years of age: Offers children a first pool experience without parental assistance. They learn the basic skills that are the building blocks of swimming. Small class size of 1 instructor/4 students to allow for individual attention.

Preschool Level 1 (Beginner): Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practice in and around water.

Preschool Level 2 (Intermediate): Students will build on and improve on their progressive paddle stroke. Increase knowledge of water safety. Children are able to swim across the pool with/without individual floatation device assistance upon completion of class.

Preschool Level 3 (Advance): Increase proficiency and build on basic aquatic skills previously learned. Reinforce water safety and skills introduced in previous preschool levels. Children can swim across the pool on their back and front without assistance upon successful completion of class.



Parents' Day: Each session parents are encouraged to participate on the last day of lessons with their child/children. This is a great way for families to support each other and have fun by spending quality time with their children!

Learn to Swim for ages 6-12 years old: Organized on age/skill group system; allows child's skill level to be specifically addressed. Levels contain personal growth, stroke development, water sports, games and water safety. Small class size of 1 instructor/5 students to allow for individual attention.

Learn to Swim Level 1 (Beginner): Participants first learning to swim may be afraid of the water and others may have had little or no experience. Participants are oriented to the aquatic environment and will learn basic aquatic skills. These skills help them to relax and have fun in the water through water games.

Learn to Swim Level 2 (Intermediate): Participants will learn: front and back float, front, side and back stroke paddle, diving, water games and boating safety. Various safety skills will be introduced, such as reaching assists, throwing assists and rescue breathing, safety swim.

Learn to Swim Level 3 (Advance): Students learn how to set goals and establishing self-discipline. Continued development of swimming strokes, water safety and rescue skills are refined. Upon successful completion, the student will progress to Introduction to swim team.

Intro to Swim Team Levels 4-6: Participants may do a challenge swim test or pass Level 3 for entry to this class.

Teen Swim Lessons (ages 13-17 years) & Adults (18 & older): Instructors will help participants improve proficiency in basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water to help themselves or others in an aquatic emergency.