

**THE FOLLOWING RULES APPLY TO ALL SWIM PROGRAM ACTIVITIES:**

- ◆ It is California state law as well as YMCA of Glendale policy that all swimmers take soap showers before entering the pool areas.
- ◆ Swimmers are required to swim in proper swimming attire (No street clothes or cut-offs). Infants must wear plastic pants or swim diapers under their swimming suits.
- ◆ Hair longer than shoulder length must be confined under a cap or tied back.
- ◆ Band-Aids may not be worn into the pool. No open wounds or sores in the pool.
- ◆ No one other than class participants or swimmers are allowed on the pool deck. Persons waiting or observing are asked to do so from either the sun patio or balcony areas.
- ◆ Always enter the pool from the shallow end.
- ◆ Please enter and exit through locker rooms when bringing or picking up children from class.
- ◆ The YMCA of Glendale strongly maintains that profanity, improper or threatening behavior has no place at the Y, and members or guests failing to control their behavior will be asked to leave.
- ◆ **All other rules which are posted or printed for the YMCA of Glendale apply.**
- ◆ All Students must provide their own towel.
- ◆ Do not show up any earlier than 5 minutes prior to your swim lesson.

**REGISTRATION GUIDELINES APPLY TO ALL SWIM PROGRAMS:**

1. For returning members registration begins on the last day of class. (Please bring your certificate or progress report). For new members registration begins on the first of every month at 9:00 am.
2. No Financial Assistance will be processed on Swim Sign Up Day. You must apply for Financial Assistance in advance.
3. For those unsure of the appropriate level for enrollment, evaluations are available by appointment only. Call (818) 240-4130 x 45.
4. Late Fee is \$5.00 after 1st of the month.
5. Limited cancellations to one or two classes per session.
6. There will be no makeup or credit for missing classes. Credits are given by a doctors note only! You must notify the Aquatics Director the same day your child is sick and bring a doctors note by 23rd of each month.

**FEEES**

	Before 1st Class	After 1st Class
<b>Cancellations</b>	\$5.00	50%
<b>Transfers</b>	\$5.00	\$5.00

**THINGS TO KNOW TO ENJOY OUR SWIM PROGRAM:**

1. Each student will progress at his/her own pace.
2. It is not unusual for a student to repeat a level several times before mastering all the necessary skills to pass.
3. We strongly encourage all parents to participate actively in their child's swimming experience here at the YMCA of Glendale by communicating with the child's instructor.
4. We encourage all participants in the swim lesson programs to practice during open swim times.

**ASSISTANCE WITH FEES**

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

**RIGHTS RESERVED**

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.


**YMCA of Glendale**

**Our Mission**  
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

140 N. Louise Street  
Glendale, CA 91206

Lexington Program Center  
735 E. Lexington St  
Glendale, CA 91206

Phone: 818-240-4130 Fax: 818-500-1737  
Email: [yymca@glenymca.org](mailto:yymca@glenymca.org)  
Web: [www.glendaleymca.org](http://www.glendaleymca.org)

 Youth Programs are partially sponsored by Brand Blvd of Cars.

**Y SWIM LESSONS**

*We build strong kids, strong families, strong communities.*

**LEXINGTON CENTER**

**SWIM LESSONS AUGUST 2010 CLASSES BEGIN**

**Monday & Wednesday Aug. 4**

**Tuesday & Thursday Aug. 5**

**All Group Lessons Are 45 Minutes**

**Please Register at:**

**YMCA MAIN OFFICE  
140 North Louise, Glendale**


*For More Information Contact:  
Catherine (818) 240-4130 x 25*

*We Build Strong Kids,  
Strong Families, Strong Communities.*

**YMCA**  **Glendale**

  
**Your Family Place**

# Lexington Center Aquatics Program




**PIKE**  
3 to 5 Year Old

For the non-swimmer, emphasis is on comfort in the water and beginning development of the front crawl.

**Monday & Wed.** 4:00 pm to 4:45 pm  
5:30 pm to 6:15 pm

**Tues. & Thursday** 4:45 pm to 5:30 pm  
6:15 pm to 7:00 pm




**GUPPY**  
6 to 14 Year Old

For the students who have completed polliwog, or can do the following: Float on front and back with kicking and paddle stroke 25 yards.

**Monday & Wed.** 3:15 pm to 4:00 pm  
5:30 pm to 6:15 pm  
6:15 pm to 7:00 pm

**Tues. & Thursday** 3:15 pm to 4:00 pm  
4:00 pm to 4:45 pm  
4:45 pm to 5:30 pm  
6:15 pm to 7:00 pm




**FLYFISH**  
6 to 14 Year Old

Completion of fish level or can do the following: 50 yards each of front crawl, backstroke, elementary backstroke and dolphin kick. The class introduces the butterfly.

**Monday & Wed.** 4:45 pm to 5:30 pm  
5:30 pm to 6:15 pm

**Tues. & Thursday** 4:00 pm to 4:45 pm  
5:30 pm to 6:15 pm




**POLLIWOG BEGINNER**  
6 to 14 Year Old

For the non-swimmer, emphasis is on water adjustment and water safety, as well as floating, kicking, rhythmic breathing and the paddle stroke.

**Monday & Wed.** 3:15 pm to 4:00 pm  
4:00 pm to 4:45 pm  
4:45 pm to 5:30 pm  
5:30 pm to 6:15 pm  
6:15 pm to 7:00 pm

**Tues. & Thursday** 3:15 pm to 4:00 pm  
4:45 pm to 5:30 pm  
5:30 pm to 6:15 pm  
6:15 pm to 7:00 pm




**MINNOW**  
6 to 14 Year Old

For those who have completed Guppy or can do the following: Swim 50yds. Emphasis is on improving the front crawl with rotary breathing, as well as, backstroke and water safety.

**Monday & Wed.** 3:15 pm to 4:00 pm  
4:00 pm to 4:45 pm  
6:15 pm to 7:00 pm

**Tues. & Thursday** 3:15 pm to 4:00 pm  
4:45 pm to 5:30 pm  
6:15 pm to 7:00 pm

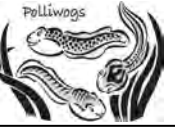


**SHARK**  
6 to 14 Year Old

Completion of Fly Fish or the ability to do the following: 50 yards each of Butterfly, Backstroke, Breaststroke, Freestyle.

**Monday & Wed.** 4:45 pm to 5:30 pm  
5:30 pm to 6:15 pm

**Tues. & Thursday** 4:00 pm to 4:45 pm  
5:30 pm to 6:15 pm




**POLLIWOG ADVANCED**  
6 to 14 Year Old

Emphasis is on kicking, rhythmic breathing and paddle stroke. Children need to be able to swim at least 10 yards.

**Monday & Wed.** 3:15 pm to 4:00 pm  
4:00 pm to 4:45 pm  
6:15 pm to 7:00 pm

**Tues. & Thursday** 3:15 pm to 4:00 pm  
5:30 pm to 6:15 pm



**FISH**  
6 to 14 Year Old

Completion of Minnow or the following: able to swim one length using front crawl, and backstroke. Class introduces complete breaststroke and dolphin kick as well as basic First Aid and rescue techniques.

**Monday & Wed.** 3:15 pm to 4:00 pm  
4:00 pm to 4:45 pm  
6:15 pm to 7:00 pm

**Tues. & Thursday** 4:45 pm to 5:30 pm  
6:15 pm to 7:00 pm

**JUNIOR CYCLONE SWIM TEAM**  
Tues./ Thurs. 7 pm to 8 pm Lexington Pool  
Sundays 11:45 am-1:00 pm Louise Pool

\$62.00 per month, plus all competition fees and team activities. There are NO make up classes and NO credits. Prerequisite: Completion of Shark is required. \$85.00 Non member Rate

ALL NEW APPLICANTS MUST SPEAK TO THE SWIM COACH or NORBERTO BEFORE REGISTERING.

**CYCLONE SWIM TEAM**

M/W 7:00 pm to 8:00 pm - Lexington  
Fri: 7:30 pm to 8:30 pm - Louise  
Sun.: 11:45 am to 1:00 pm - Louise

\$62.00 per month, plus all competition fees and team activities. There are NO make up classes and NO credits. \$85.00 Non member Rate

ALL NEW APPLICANTS MUST SPEAK TO THE SWIM COACH or NORBERTO BEFORE REGISTERING.

**Water Polo** Ages 8 to 18  
(Participants must be willing to take a test)

**Tues & Thurs.** 7:00 to 8:00 pm at Lexington  
**Saturday** 5:00 to 6:00 pm at Louise

**\$55.00 member**  
**\$65.00 non-member**

**Group Lessons Monthly Rate**

**Members:**  
**Monday/Wednesday** \$62.00  
**Tuesday/Thursday** \$62.00

**Non-members: \$85.00**

**PRIVATE LESSONS MONTHLY RATE**

Lessons are available by appointment only, with minimum enrollment of 4 classes or 8 classes. Call the Aquatics Director Catherine to arrange days and time (818) 240-4130 x 25 .

(24 Hour Notice required for cancellation. Limited cancellations to one or two classes per session).

**Member Rate**  
Once per week (4 lessons):  
\$79.00 per month  
30 min session

Twice per week (8 lessons):  
\$130.00 per month  
30 min session

Semi-Private (4 lessons):  
\$120.00 per month  
45 min session

Semi-Private (8 lessons):  
\$195.00 per month  
45 min session

**Non Member Rate**  
Once Per week (4 Lessons): \$99 per month  
Twice Per Week (8 Lessons): \$150 per month  
Semi-Private (4 Lessons): \$140 per month  
Semi-Private (8 Lessons): \$220 per month