

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 8:00 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.

FEES

	Before 1st Class	After 1st Class
Cancellations	\$5.00	50%
Transfers	\$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.

YMCA Of Glendale
140 N. Louise Street
Glendale, CA 91206
Glendale, CA 91206

Phone: 818-240-4130
Fax: 818-500-1737

Email: ymca@glenymca.org
Web: www.glendaleymca.org

Swim Lessons

LEXINGTON CENTER
APRIL 2012

CLASSES BEGIN
Monday & Wednesday
April 4

Tuesday & Thursday
April 3

All Group Lessons Are
45 Minutes
2 Pike Classes Added for
30 Minutes


Please Register at:
YMCA MAIN OFFICE
140 North Louise, Glendale

SWIM CLASS LOCATION:
Lexington Program Center
735 E. Lexington St

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



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

NEW for APRIL
30 minutes Swim Lessons At Lexington Pike (3 to 5 year old beginners) M/W 3:30-4:00 T/TH 3:30-4:00
30 Minute Group Class Rates:
Youth Member \$53 Family Plus \$41 Non-Member \$78




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 4:40 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
4:00 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
7:00 pm to 7:45 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 15 yards to join in this class.

Monday & Wed. 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

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

Tues. & Thursday 3:13 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




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
4:00 pm to 4:45 pm
4:45 pm to 5:30 pm
6:15 pm to 7:00 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 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




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



DOLPHIN (PRE-SWIM TEAM)

Tues./ Thurs. 7 pm to 7:45 pm Lexington Pool

\$65.00 per month, plus all competition fees and team activities. There are NO make up classes and NO credits. Prerequisite: Completion of Shark is required. \$88.00 Non member Rate

ALL NEW APPLICANTS MUST SPEAK TO CATHERINE BEFORE REGISTERING. (818) 240-4130, EXT 25

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

\$65.00 per month, plus all competition fees and team activities. There are NO make up classes and NO credits. \$88.00 Non member Rate

ALL NEW APPLICANTS MUST SPEAK TO CATHERINE BEFORE REGISTERING. (818) 240-4130 EXT. 25

Group Lessons Monthly Rate

Youth Membership: \$65.00

Family PLUS Membership: \$53.00

Non-members: \$88.00

Classes: Monday/Wednesday
Tuesday/Thursday

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): \$81.00 per month 30 min session

Twice per week (8 lessons): \$135.00 per month 30 min session

Semi-Private (4 lessons): \$125.00 per month 45 min session

Semi-Private (8 lessons): \$202.00 per month 45 min session

Non Member Rate

Once Per week (4 Lessons): \$99 per month
Twice Per Week (8 Lessons): \$155 per month
Semi-Private (4 Lessons): \$145 per month
Semi-Private (8Lessons): \$225 per month