

Y SWIM LESSONS

We build strong kids, strong families, strong communities.

Monthly Member Rates

Monday & Wednesday	\$62.00
Tuesday & Thursday	\$62.00
Saturday	\$50.00

Non Member Rates

Monday through Friday	\$85.00
Saturday	\$75.00



YOUTH AND TEEN ACTIVITIES

After School Club-
Mon-Fri. 3-6pm
Games, swim, homework

Karate
 Basketball Leagues
 Swimming Lessons
 Swim Team
 Recreational Swim
 Gymnastics Lessons
 Rhythmic Gymnastics
 Strength Training— *15 yrs and up*
 Synchronized Swim Team

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, ext. 45.
4. Late Fee is \$5.00 after first of the month
5. Limited cancellations to one or two classes per session.
6. There will be no makeup or credit for missing classes.
7. **Credits are given by doctor's note only!** You must notify the Aquatics Director the same day your child is sick and bring a doctors note by the 23rd of each month.

FEES

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

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 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

Phone: 818-240-4130
 Fax: 818-500-1737
 Email: ymca@glenymca.org
 Web: www.glendaleymca.org

Y SWIM LESSONS

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SWIM LESSONS LOUISE CENTER

AUGUST 2010 CLASSES BEGIN ON:

Monday & Wednesday
 Aug. 4

Tuesday & Thursday
 Aug. 5

Saturday
 Aug. 7

**All Group Lessons Are
 45 Minutes**

For more information contact
 Norberto (818) 240-4130 x 45

We Build Strong Kids,
 Strong Families, Strong Communities.

YMCA Glendale

Your Family Place

YSWIM LESSONS™

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Baby Skipper Program Ages 6 month-3 yrs

This is a parent-child class that teaches water adjustment in a fun and supportive environment. A great way to start your child's water experience.

Plunge Pool Monday & Wednesday

10:30 am to 11:00 am

Tuesday & Thursday

6:00 pm to 6:30 pm

Saturday

9:30 am to 10:00 am

9:00 am to 9:30 am

Age 6 months - 3 yrs.

Non-member Fee:

Once a week Classes: \$52.00 per month
Twice per week Classes: \$63.00 per month

Member Rate

Once a week Classes: \$51.00 per month
Twice per week Classes: \$62.00 per month

PIKE - Beginner 3 - 5 yr. olds

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

For more classes please see the Lexington Schedule

Plunge Pool

Monday & Wednesday **Tues. & Thursday**

2:15 pm to 3:00 pm 9:15 am to 10:00 am

3:00 pm to 3:45 pm 2:15 pm to 3:00 pm

3:45 pm to 4:30 pm 3:00 pm to 3:45 pm

4:30 pm to 5:15 pm 3:45 pm to 4:30 pm

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

6:00 pm to 6:45 pm 5:15 pm to 6:00 pm

6:45 pm to 7:30 pm 6:35 pm to 7:20 pm

Saturday

10:00 am to 10:45 am 10:45 am to 11:30 am

Eel - Intermediate 3 - 5 yr. olds

For the students who have completed Pike, or can do the following: jump in the pool from the deck and swim 10 feet unaided.

Plunge Pool

Monday & Wednesday **Tuesday & Thursday**

3:45 pm to 4:30 pm 3:45 pm to 4:30 pm

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

Saturday

10:00 am to 10:45 am

RAY - Advanced 3 - 5 yr. olds

For the advanced student who has completed Eel, and is able to swim 25 yards unaided.

Plunge Pool

Monday & Wednesday **Tues. & Thursday**

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

Saturday

11:30 am to 12:15 pm

POLLIWOG - Beginner 6-14 yr. olds

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

Plunge Pool

Mon / Wed 1:30 pm to 2:15 pm 6:00 pm to 6:45 pm

2:15 pm to 3:00 pm 6:45 pm to 7:30 pm

Tues/Thurs 9:15 am to 10:00am 2:15 pm to 3:00 pm

1:30 pm to 2:15 pm 7:15 pm to 8:00 pm

Saturday 11:00 am to 11:45 am 11:45 am to 12:30pm



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POLLIWOG - Advanced 6-14 yr. olds

Main Pool

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

Saturday

11:15 am-12:00 pm

Private Lessons

Lessons are available by appointment only, with minimum enrollment of 4 classes or 8 classes. Call the Aquatics Director to arrange days and time (818) 240-4130x45.

Cost per 30-Minute lessons.

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

Member Rates

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 Rates

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

THE FOLLOWING RULES APPLY TO ALL SWIM PROGRAM ACTIVITIES:

1. It is California state law as well as YMCA of Glendale policy that all swimmers take soap showers before entering the pool areas.
2. 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.
3. Hair longer than shoulder length must be confined under a cap or tied back.
4. Band-Aids may not be worn into the pool. No open wounds or sores in the pool.
5. 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.
6. Always enter the pool from the shallow end.
7. Please enter and exit through locker rooms when bringing or picking up children from class.
8. 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.
9. All other rules which are posted or printed for the YMCA of Glendale apply.
10. All Students must provide their own towel.
11. Do not show up any earlier than 5 minutes prior to your swim lesson.

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