



# YMCA SWIM LESSONS

Teaching safety, skills and fun for over 90 years

## Preschool (Ages 2-5)

Preschool classes consist of four levels: Pike, Eel, Ray and ending with Starfish. The beginning level introduces the children to beginning swimming skills and basic water safety. The more advanced levels will teach the four basic swim strokes, personal safety and non-swimming lifesaving skills.

## Poliwog (Beginner 6-14 year old)

Beginning level designed to teach basic swimming skills, personal safety and non-swimming lifesaving skills.

## Guppy (Advanced Beginner)


Designed for the beginning swimmers that have achieved swimming the width of the pool. Skills taught: back and front float, front stroke, backstroke, and symmetrical strokes.

## Minnow (Intermediate)

Refine the fundamentals of the basic strokes. Work on self discipline, introduce top breaststroke, elementary back, butterfly and underwater swimming.

## Fish (Advanced)

Refine all swim strokes, introduce turns and diving.



**PIKE**  
3-5 yr olds

*Beginner I*

**Bassett High School**


9:30 am 1:30 pm  
10:30 am 3:00 pm

**Los Altos High School**

10:30 am 1:30 pm

**Workman High School  
(session 1 & 3 only)**

2:00 pm 2:30 pm



**EEL**  
3-5 yr olds

*Beginner II*

**Bassett High School**


9:00 am 11:00 am  
3:30 pm

**Los Altos High School**

11:30 am (session 4 only)  
2:00 pm

**Workman High School  
(session 1 & 3 only)**

2:00 pm



**RAY**  
3-5 yr olds

*Advanced Beginner I*

**Bassett High School**


2:00 pm

**Los Altos High School**

1:30 pm

**Workman High School  
(session 2 & 4 only)**

2:00 pm



**STARFISH**  
3-5 yr olds

*Advanced Beginner II*

**Bassett High School**

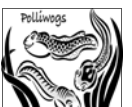
11:00 am

**Los Altos High School**

2:00 pm

**Workman High School  
(session 2 & 4 only)**

2:00 pm



**POLLIWOG**  
6-13 yr olds

*Introductory*

**Bassett High School**


10:00 am 3:00 pm

**Los Altos High School**

10:00 am  
11:30 am (session 4 only)

**Workman High School**

2:00 pm (session 2 & 4 only)  
2:30 pm (session 1 & 3 only)



**GUPPY**  
6-13 yr olds

*Beginning*

**Bassett High School**


10:30 am 2:30 pm

**Los Altos High School**

10:30 am

**Workman High School**

2:00 pm (session 1 & 3 only)



**MINNOW**  
6-13 yr olds

*Intermediate*

**Bassett High School**


9:30 am 1:30 pm

**Los Altos High School**

12:00 pm (session 4 only)  
2:30 pm

**Workman High School**

2:30 pm (session 1 & 3 only)



**FISH**  
6-13 yr olds

*Swimmer*

**Bassett High School**

9:00 am 2:00 pm

**Los Altos High School**

12:00 pm (session 4 only)  
2:30 pm

**Workman High School**

2:30 pm (session 1 & 3 only)

**PARENT/CHILD**  
(6 - 36 months)

**Bassett High School** 10:00 am

**Los Altos High School** 10:00 am

**ADULT**  
(14 + years)

**Bassett High School** 3:30 pm

**RECREATION SWIM**

**Bassett High School**  
youth - .50 adults - \$1.50  
M-Th. 11:30am - 1:30pm

**Los Altos High School**  
youth - 1.00 adults - \$2.00  
M-Th. 12:30pm - 1:30pm

**Workman High School**  
youth - 1.00 adults - \$2.00  
M-Th. 1:00pm - 2:00pm

**SWIM SESSIONS**

All classes run Mon-Thurs. - 1/2 hour

Session 1 June 22 - July 3  
Session 2 July 6 - 16  
Session 3 July 20 - 30  
Session 4 Aug. 3 - 13

YMCA Community Members:  
\$30 per session  
Non-Members: \$40 per session

*There is a \$5 fee to change classes.  
Choose your classes wisely.*