



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

OCTOBER-DECEMBER 2017

<div style="background-color: #00c090; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> A WATER DISCOVERY </div> <p>Ages: 6-30 months w/Adult Max: 8 , Min 3 Pair 1 parent/1 child Blow Bubbles; Front Tow: chin in water, assisted; Water Exit: parent & child together; Water Entry: parent & child together; Back Float: assisted, head on shoulder; Roll: assisted; Front Float: chin in water, assisted; Back Tow: assisted, head on shoulder; Wall Grab: assisted</p>				<div style="background-color: #00a0e0; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> B WATER EXPLORATION </div> <p>Ages: 21-36 months Max: 8 , Min 3 Pair 1 parent/1 child Blow Bubbles: mouth & nose submerged, assisted; Front Tow: blow bubbles, assisted; Water Exit: assisted; Water Entry: assisted; Back Float: assisted, head on chest; Roll: assisted; Front Float: blow bubbles, assisted; Back Tow: assisted, head on chest; Monkey Crawl: assisted, on edge, 5 ft.</p>				
Saturday	12:30-1:00pm	Britni		Family: \$45 Yth/Student: \$60 Program: \$110	Friday	5:00-5:30pm	Ani	Family: \$45 Yth/Student: \$60 Program: \$110
<div style="background-color: #ff00ff; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> 1 WATER ACCLIMATION </div> <p>Ages: 3-5 years Max: 6 students, Min: 3 students Submerge: bob independently; Front Glide: assisted, to wall, 5 ft.; Water Exit: independently; Jump, Push, Turn, Grab: assisted; Back Float: assisted, 10 secs., recover independently; Roll: assisted; Front Float: assisted, 10 secs., recover independently; Back Glide: assisted, at wall, 5 ft.; Swim, Float, Swim: assisted, 10 ft.</p>				Monday/ Wednesday	4:00-4:30pm 5:00-5:30pm	Reed Reed	Family: \$84 Yth/Student: \$120 Program: \$260	
				Tuesday/ Thursday	4:00-4:30pm 5:00-5:30pm	Britni Britni		
				Saturday	10:00-10:45am 10:45-11:30am 11:30-12:15pm	Coach Ed Britni Eric	Family: \$57 Yth/Student: \$65 Program: \$135	
<div style="background-color: #ff4500; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> 2 WATER MOVEMENT </div> <p>Ages: 3-5 years Max: 6 students, Min: 3 students Submerge: look at object on bottom; Front Glide: 5-10 ft.; Water Exit: independently; Jump, Push, Turn, Grab; Back Float: 10-20 secs.; Roll; Front Float: 10-20 secs.; Back Glide: 5-10 ft.; Tread Water: 10 secs., near wall, & exit; Swim, Float, Swim: 5 yd.</p>				Monday/ Wednesday	4:30-5:00pm 5:30-6:00pm	Reed Reed	Family: \$84 Yth/Student: \$120 Program: \$260	
				Tuesday/ Thursday	4:30-5:00pm 5:30-6:00pm	Britni Britni		
				Saturday	10:00-10:45am 10:45-11:30am	Britni Coach Ed	Family: \$57 Yth/Student: \$65 Program: \$135	

October Swim Lessons:
 Monday/Wednesday:
 October 2, 4, 9, 11, 16, 18, 23, 25

 Tuesday/Thursday:
 October 3, 5, 10, 12, 17, 19, 24, 26

 Friday Private Lessons:
 October 6, 13, 20, 27

 Saturday Lessons:
 October 7, 14, 21, 28

**November-December Swim Lessons:
 6 Week Session**
 Monday/Wednesday:
 November 6, 8, 13, 15, 20, 22, 27, 29
 December 4, 6, 11, 13
 Tuesday/Thursday:
 November: 7, 9, 14, 16, 21, 23, 28, 30
 December 5, 7, 12, 14
 Friday Private Lessons:
 November: 3, 10, 17, 24
 December 1, 8
 Saturday Lessons:
 November 4, 11, 18, 25
 December 2, 9

***PRIVATE SWIM LESSONS AVAILABLE—SEE OUR PRIVATE AQUATICS FLYER FOR ADDITIONAL INFORMATION**



3 WATER STAMINA Ages: 5-12 years Max: 6 students, Min: 3 students Submerge: retrieve object in chest-deep water; Swim On Front: 10-15 yd.; Water Exit: independently; Jump, Swim, Turn, Swim, Grab: 10 yd.; Swim On Back: 10-15 yd.; Roll; Tread Water: 30 secs.-1 min. & exit; Swim, Float, Swim: 15-25 yd.	Monday/ Wednesday	3:30-4:15pm 4:15-5:00pm 5:00-5:45pm	Coach Ed Jacquie Jacquie	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/ Thursday	3:30-4:15pm 4:45-5:30pm 5:30-6:15pm	Coach Ed Reed Reed	
	Saturday	10:45-11:30am 11:30-12:15pm	Eric Coach Ed	Family: \$57 Yth/Student: \$75 Program: \$145
4 STROKE INTRODUCTION Ages: 5-12 years Max: 6 students, Min: 3 students Endurance: any stroke or combination of strokes, 25 yd.; Front Crawl: rotary breathing, 15 yd.; Back Crawl: 15 yd.; Dive: sitting; Resting Stroke: elementary backstroke, 15 yd.; Tread Water: scissor & whip kick, 1 min.; Breaststroke: kick, 15 yd.; Butterfly: kick, 15 yd.	Monday/ Wednesday	3:30-4:15pm	Jacquie	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/ Thursday	4:00-4:45pm 4:15-5:00pm	Reed Coach Ed	
	Saturday	10:00-10:45am 11:30-12:15pm	Eric Britni	Family: \$57 Yth/Student: \$75 Program: \$145
5 STROKE DEVELOPMENT Ages: 5-12 years Max: 6 students, Min: 3 students Endurance: any stroke or combination of strokes, 50 yd.; Front Crawl: bent-arm recovery, 25 yd.; Back Crawl: pull, 25 yd.; Dive: kneeling; Resting Stroke: sidestroke, 25 yd.; Tread Water: scissor & whip kick, 2 min.; Breaststroke: 25 yd.; Butterfly: simultaneous arm action & kick, 15 yd.	Monday/ Wednesday	4:15-5:00pm	Coach Ed	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/ Thursday	5:00-5:45pm	Coach Ed	
	Saturday	12:15-1:00pm	Coach Ed	Family: \$57 Yth/Student: \$75 Program: \$145
6 STROKE MECHANICS Ages: 5-12 years Max: 6 students, Min: 3 students Endurance: any stroke or combination of strokes, 150 yd.; Front Crawl: flip turn, 50 yd.; Back Crawl: pull & flip turn, 50 yd.; Dive: standing; Resting Stroke: elementary backstroke or sidestroke, 50 yd.; Tread Water: retrieve object off bottom, tread 1 min.; Breaststroke: open turn, 50 yd.; Butterfly: 25 yd.	Monday/ Wednesday	5:00-5:45pm	Coach Ed	Family: \$94 Yth/Student: \$130 Program: \$270
	Tuesday/Thursday	5:45-6:30pm	Coach Ed	
	Saturday	1:30-2:15pm	Coach Ed	Family: \$57 Yth/Student: \$75 Program: \$145
7 SWIM TEAM Ages: 8-16 years Max: 18 students Skill Requirement: Swimmers must be able to swim a 100 meter butterfly, backstroke, breaststroke and butterfly without assistance. Swimmers will continue to refine all four strokes, learn turns and starts.	Monday/ Wednesday	6:00pm-7:15pm	Coach Ed	Family: \$120 Yth/Student: \$150 Program: \$300
	Tuesday/ Thursday	6:30-7:45pm	Coach Ed	
ADULT BEGINNER Ages: 15 and up Max: 8 students, Min: 3 students	Saturday	9:15-10:00am	Coach Ed	Family: \$45 Yth/Student: \$60 Program: \$110

Instructors in Both pools are Subject to Change Without Notice
For questions and information, please contact our Aquatics Department
818.845.8551 ext. 284 or Jennifer@burbankymca.org

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