

Swimming Lessons For Little Ones Ages 6 months to 5 years

Parent-Child Level 1 and 2 for Ages 6 months to 3 years with parent in the water. Limited to 12 kids.
Saturday mornings 9:00 - 9:30 am

Parent-Child Level 1 - This class introduces basic skills to children with their parent, such as submerging mouth, nose and eyes, floating on front and back, rolling from front to back and back to front, along with safety topics.



Parent-Child Level 2 - This class builds on the skills introduced in the first level and adds entering water by stepping in, jumping in and using a ladder or stairs, exploring the pool (in shallow water), and opening eyes and retrieving objects below the surface.

Preschool Level 1 - Ages 3 to 5

This class helps participants feel comfortable in the water and learn to enjoy the water safely. Skills taught will include, blowing bubbles through mouth and nose, glide on front and recover to a vertical position, treading with arm and hand actions, and recognizing lifeguards. Each class is limited to six students.
Saturday mornings 9:00 - 9:30 am

Preschool Level 2 - Ages 3 to 5

This level teaches participants fundamental skills such as floating and basic locomotion. Some examples include, exiting water using the ladder, steps or side, bobbing, and recognizing an emergency. Each class is limited to six students. Saturday mornings 9:40 - 10:10 am

Preschool Level 3 - Ages 3 to 5

This level improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions, through skills like recovering from a front and back float to a vertical position, changing direction of travel while swimming on front or back, and finning arm action on back. Each class is limited to six students.
Saturday mornings 9:40 - 10:10 am or
Saturdays 12:20 - 12:50 pm

Youth & Adult Swimming Lessons

Learn-to-Swim

American Red Cross Learn-to-Swim courses offer something for everyone. Through a progressive, six-level instructional approach, participants learn a variety of strokes, including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. They are also introduced to a wide range of personal safety skills and diving techniques. Courses are fun and interactive with hands-on training. More advanced-level students refine their skills, and learn to incorporate swimming into a lifetime fitness plan.

Learn to Swim Level 1 & 2

Saturday mornings 10:20 - 10:50 am

Level 1 & 2 Combo Saturdays 12:20 -12:50 pm

Level 1 - Introduction to Water Skills: helps students feel comfortable in the water Learn front & back floats and kicks, and front crawl stroke; safe practices by water.



Level 2 - Fundamental Aquatic Skills: gives students success with floating and recovering, basic rescue skills are covered.

Level 3 - Stroke Development: builds on the skills in Level 2 and coordinates front & back crawl, introduces elements of butterfly and treading water, safe head-first entries.
Saturday mornings 11:00 - 11:30 am

Level 4 - Introduction of elementary backstroke, butterfly, breaststroke and side stroke, basic turns. Work on distance swimming. Saturday mornings 11:00 - 11:30 am

Level 5 - Coordination of all strokes and increasing endurance. Flips and turns on front and back.
Saturday mornings 11:40 am - 12:10 pm

See back flap for registration form.

Youth & Adult Swimming Lessons Continued

Level 6 - Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. This level focuses on preparing students to participate in more advanced courses.
Saturday mornings 11:40 am - 12:10 pm

Adult Swim Lessons

Learn to swim and accomplish your own aquatic goals. These lessons are available upon request and pre-scheduled.

Private Swim Lessons

Many families find the flexibility of private lessons to be a great fit with their busy schedules. Private lessons are one-on-one instruction during four, 30-minute lessons. These must be pre-scheduled.

Semi-Private Swim Lessons

Semi-private lessons are ideal for kids or adults wanting to learn together but not as a part of a group. Families find these attractive since they can be scheduled around other activities. Lessons are limited to two people with one instructor for four, 30-minute lessons.

See back flap for registration form.



Registration

Child's name _____
Birth date _____ Grade _____
School _____
Parent names _____
Address _____
City _____ ST _____
Zip _____ Phone _____
Email _____
Class _____ Level _____
Member Y ___ N ___
Check enclosed _____ Credit Card _____ (enter number below)
Visa/MasterCard # _____
Exp date _____

I certify that my child is in good health. I waive and release all rights and claims for damages I may have against the organization, their agents, representatives, successors and assignors for any injuries incurred during the YWCA swimming lessons. I hereby give my consent for photographs with my child's likeness to be used in YWCA promotional materials or publications.

Parent's signature

Refunds: Please refer to the refund policies for swimming lessons, lifeguard classes, and WSI.

There are many Sioux Falls children without the ability to pay for swimming lessons. Sponsor a child's lessons today!

I would like to sponsor a child. My gift is enclosed.

For Office Use Only

Membership exp. date _____

Receipt # _____

Please return registration form and fee to:

YWCA ■ 300 W. 11th St. ■ Sioux Falls, SD 57104
Fax: 605-336-2238 ■ Credit Card Orders 336-3660



Schedule & Fees

Group Sessions: Levels 1 - 6

Fee 8 classes:

\$50/member \$57/non-member
(Prices subject to change without notice)

Group Schedule Options: 30 minute sessions

Summer 2012 (8 classes)

Sat Mornings, June 2 - July 21
or
Tuesday / Thursdays, July 10 - Aug 2

Fall 2012 Session (8 classes)

Sat. Mornings, Sept. 1 - October 20

Winter 2013 Session (8 classes)

Sat. mornings, Jan. 5 - Mar. 2
(No class Jan. 26)

Spring 2013 Session (8 classes)

Sat. mornings, Mar. 16 - May 4

Private Swimming Lesson Options:

Private Swimming Lessons:

Provides one-on-one instruction during four, 30 minute lessons.
\$65/member
\$75/non-member

Semi-Private Lessons:

Lessons with two students per one instructor during four, 30 minute lessons.
\$90/member
\$100/non-member

Refund Policy:

Refunds for swim lessons will be returned with a doctor's note if requested a minimum of 72 hours prior to start of lesson. \$10 administrative fee will be deducted from all refunds.

2012-2013

Infant - Adult

Swimming Lessons at the YWCA

... the swimming lesson leader in Sioux Falls for generations!



Downtown ■ 300 W. 11th St. ■ Sioux Falls
605.336.3660

Visit us online at www.ywca-sf.org

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