

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

San Bernardino Family YMCA

Fall 2007 – Winter 2008

Preschool I (Pike)

Our Beginner Level is designed to help swimmers feel more comfortable and confident in and around the water. This class emphasizes water safety, kicking, submerged bubble blowing and floating with and without assistance. To complete Preschool I swimmers must be able to float on their front and back unassisted.

M/W 5:00 – 5:30

T/T 5:00 – 5:30

Preschool II (Eel/Ray)

Our Intermediate Level is designed for swimmers who are comfortable and confident in the water. Swimmers will practice streamlines, front crawl, back crawl, elementary backstroke, and safety skills. To complete Preschool II swimmers must be able to swim the width of the pool unassisted.

M/W 5:30 – 6:00

T/T 5:30 – 6:00

Fees:

\$38 per child per session facility member

\$58 per child per session basic

Youth I (Polliwog/Guppy)

Our Beginner Level is designed for swimmers who have had minimal or no previous swimming experience. This class emphasizes water adjustment, floating, kicking, streamlines and water safety. Swimmers will be challenged to float on their front and back unassisted. To complete Level I swimmers must swim the width of the pool unassisted.

M/W 5:00 – 5:30

T/T 5:00 – 5:30



Youth II (Minnow)

Our Intermediate Level is designed to refine basic swimming skills including rotary breathing for front crawl, breaststroke kick, and elementary backstroke. As a key YMCA level, swimmers will begin to work on building endurance. To complete Level II swimmers must swim one length of the pool both front crawl and back crawl.

M/W 6:30 – 7:00

T/T 6:30 – 7:00



Youth III (Fish/Flying fish)

Our Advanced Level is designed for swimmers who must have a strong aquatic knowledge and abilities in a variety of strokes. Students at this level are refining their strokes while continuing to build endurance. They will be introduced to butterfly, sidestroke, flip turns and rescue skills. The focus for this level is on technique and advanced skills

M/W 6:00 – 6:30

T/T 5:30 – 6:00



YMCA of the East Valley San Bernardino Branch
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