

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Private Swim

Lessons

Swimming lessons in 30 minute sessions designed just for you or your child.

Cost:

Members

\$25/lesson

Program Members

\$35/lesson

Non-Member (adults 16 & up)

\$35/lesson

*Space is limited and participants must register with Brittany Rosendahl, Aquatics Director. Private lesson start dates coincide with the start date of each swim lesson session.

YMCA of Arlington

Cooper Street YMCA

7120 S. Cooper St.

Arlington, Texas 76001

Phone: 817.419.9629

Fax: 817.419.9640



Financial Aid may be available

Swim Lesson Session Dates

Weekday Classes (Mon/Wed or Tues/Thurs)

#1 January 4th—28th

#2 February 1st—25th

#3 March 1st—April 1st*

#4 April 5th—29th

#5 May 3rd—27th

Saturday Classes

#1 January 9th—30th

#2 February 6th—27th

#3 March 6th—27th

#4 April 3rd—24th

#5 May 1st—22nd

*No lessons will be held the week of Spring Break (March 15th—18th).

Class Fees Parent/Child (Sat.) Preschool (Sat.) Youth/Adult (Sat.)

Full Member	\$30	(\$15)	\$45	(\$20)	\$55	(\$25)
Program Member*	\$40*	(\$20)*	\$65*	(\$30)*	\$75*	(\$35)*

*Participation in YMCA of Arlington programs requires either a program membership or full membership. Program memberships are available for those who wish to participate in YMCA of Arlington programs only. Individual memberships are \$25/year or \$40/year for family plus the registration fee for each program.

Classes (descriptions on back)	Session # 1, 2, 3, 4, 5 (Mon/Wed) or (Tues/Thurs)	Sessions # 1, 2, 3, 4, 5 Saturday
Parent/Child 6 mo. to 3 years (30 minutes)	11:00 a.m. 6:30 p.m.	11:15 a.m.
Preschool 3 to 5 years old (35 minutes)	9:00 a.m., 10:00 a.m. 4:15 p.m. 5:00 p.m., 5:45 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m.
Youth 6 to 12 years old (50 minutes)	4:00 p.m., 5:00 p.m. 6:00 p.m., 7:00 p.m.	8:30 a.m., 9:30 a.m. 10:30 a.m., 11:15 a.m.
Teen 12 to 15 years old (50 minutes)	7:00 p.m. (M/W)	11:30 a.m.
Adult 13 and up (50 minutes)	7:00 p.m. (T/TH)	7:30 a.m. 11:30 a.m.

If you have any additional questions please feel free to contact the front desk or Aquatics Director, at (817) 419.9629 x 211

Cooper Street Branch Swimming Programs

****When selecting a level for Preschool or Youth swim lessons, participant must be able to perform skills required for that level and all previous levels.****

Parent/Child Program

- ⇒ Ages 6 months to 3 years of age
- ⇒ 3 to 10 people per class
- ⇒ 30 minutes in length
- ⇒ Must wear "Swimming Diapers" (water proof)

Parent/Child

- ◆ Classes are designed to allow the child to have fun in the water while the parent guides him/her to learn aquatic skills and safety.
- ◆ The skills that are focused on range from water orientation and exploration to children moving independently through the water under their parent's guidance.
- ◆ Parent, guardian or parent approved adult must participate.
- ◆ The instructor will guide parents/children to work on skills that will lead to children independently swimming.

Preschool Program

- ⇒ Ages 3 to 5 years of age
- ⇒ 3 to 5 children per class
- ⇒ 35 minutes in length

Pike

- ◆ Beginner Level. Children develop safe pool behavior, adjust to the water, practice breath control, front/back floats with kicking and jumping in off the edge of the pool.

Eel

- ◆ In the Eel level, child must be able to perform the following skills: submerge full head underwater, perform a 5 second front and back float, jump in unassisted from the edge of the pool, and paddle 15 feet with assistance.

Rays

- ◆ In the Ray level, child must be able to perform the following skills: front and back float with kick for 10 feet, jump in and paddle 5 feet then return to the wall unassisted, and paddle stroke front and back with flotation device for 20 feet.

Starfish

- ◆ In the Starfish level, child must be able to perform the following skills: rotary breathing, front and back stroke without flotation device for 15 feet and with flotation device for 15 yards, elementary back stroke and back stroke for 20 feet, and jump in and paddle 15 feet then return to wall unassisted.

Teen & Adult Program

- ⇒ 50 minute lessons with 3 to 5 students per class
- ⇒ Teen (12 to 15 years of age)
- ⇒ Adult (13 years of age & up)

Adult Beginner

- ◆ Adults are taught front and back floats, rudimentary front and back strokes progressing into front, back, and breast strokes.

Adult Intermediate

- ◆ Adults work on proper technique and endurance for the front, back, and breast strokes, while being introduced to flip-turns, butterfly, and the sidestroke.

Youth Program

- ⇒ Ages 6 to 12
- ⇒ Polliwog - Shark levels: 3 to 6 students per class.
- ⇒ 50 minutes in length

Polliwog

- ◆ Beginner Level. Children are taught front and back paddle stroke, and front and back floats.

Guppy

- ◆ In the Guppy level, child must be able to perform the following skills: submerge full head underwater, hold breath underwater for 10 seconds, front and back floats for 10 seconds, front and back float with kick for 10 feet, pick up a submerged object, paddle stroke on front and back with assistance, and jump in chest deep water and return to the side.

Minnow

- ◆ In the Minnow level, child must be able to perform the following skills: rhythmic breathing, front and back float with proper kick 20 feet, breast stroke with assistance 20 feet, elementary backstroke and backstroke 15 yards, and roll over from front to back and back to front.

Fish

- ◆ In the Fish level, child must be able to perform the following skills: front stroke with proper breathing for 25 yards, breast stroke and side stroke for 15 yards, elementary backstroke and backstroke 25 yards, dolphin kick for 15 yards, swim on front and back for 25 yards with flotation device, and tread water for 1 minute.

Flying Fish

- ◆ In the Flying Fish level, child must be able to perform the following skills: front stroke with proper breathing for 50 yards, correct breast stroke technique with open turns for 50 yards, elementary backstroke, sidestroke and backstroke for 50 yards (all with correct form), butterfly for 15 yards, tread water for 2 minutes, swim underwater for 20 feet, and perform front and back flip turns.

Shark

- ◆ In the Shark level, child must be able to perform the following skills: front stroke and backstroke for 100 yards with flip turns, breast stroke with open turns for 100 yards, elementary backstroke and sidestroke for 100 yards, butterfly for 15 yards, tread water for 3 minutes using 2 kicks, and swim any combination of strokes for 300 yards. (In this level, all strokes must be performed with correct technique.)

Bettas Competitive Swim Team

- ⇒ 5 to 21 years of age
- ⇒ Beginner through Advanced levels
- ⇒ Must be able to swim 25 yards Freestyle and Backstroke
- ⇒ Practice is held at Tarrant County College SE

- ◆ Swimmers will work on stroke technique, diving, turns, and endurance.

- ◆ All swimmers will be able to participate in swim meets which are held with the Dallas YMCA Swim League.

- ◆ For more information, see Swim Team flyer.

