



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2012 AQUATICS

www.ymca-knoxville.org

PARENT CHILD CLASSES

This 30-minute class introduces safety awareness and pre-swimming skills to the child with parent assistance in the water. Skills are learned in a comfortable and fun atmosphere. Classes are for children between the ages of 6 months to 36 months.

PRESCHOOL CLASSES (3-5yrs)

All preschool classes are 30 minutes and are limited to 4 students per instructor.

PIKE

This class is for beginners who are leery of the water and cannot swim on their own. Children will learn submersion, blowing bubbles, kicking and floating on their stomach and back.

EEL

Swimmers who can float on their front and back and can comfortably put their face in the water and can swim a short distance without support. Children begin to learn over arm paddle stroke, breathing, and swimming on their back.

RAY

Swimmers who can travel 15 feet without support on their front and back. Children begin to work on stroke development and increasing endurance.

YOUTH CLASSES (6-14yrs)

All youth classes are 45 minutes long and are limited to 6 students per instructor.

GUPPY

Swimmers build confidence through basic skill development, learning to submerge, float, kick, and use a rudimentary paddle. Students also learn self-help and basic rescue skills. The objective of this level is to give students success with basic skills.

FISH

Swimmers are comfortable in the water and have basic swimming skills of front and back floating, and comfort with their face in the water. Children begin to learn the crawl stroke and the fundamentals of rotary breathing and treading water. The objective of this level is to build on the skills in Guppy by providing additional guided practice.

SHARK

Swimmers are able to swim front crawl with rotary breathing 25 yards and have comfort with the back crawl. There is more focus on the breast stroke, side stroke, butterfly and more advanced rescue skills. The objective of this level is for participants to gain endurance through continuing stroke development and to improve other aquatic skills.

ADULT CLASSES

These classes are 45 minutes long and designed for people ages 15 and up who are interested in learning to swim or gaining additional comfort in their current knowledge and abilities. It is never too late to learn!

PRIVATE LESSONS

Private lessons are available to every age group and level of swimming ability. Private lessons are scheduled through each branch's Aquatic department. Classes are 30 minutes in length and provide one on one interaction with a swim instructor. These are sold in packages of 4 lessons.

BUDDY PRIVATE LESSONS

Buddy lessons are available for two swimmers of similar swimming ability. Buddy lessons are scheduled through each branch's Aquatic department. Classes are 30 minutes in length and give a student one on one attention from an instructor with the addition of being able to learn and enjoy the water with a friend. These are sold in packages of 4 lessons.

LIFEGUARD TRAINING COURSES

The YMCA of East Tennessee proudly offers American Red Cross Lifeguard Certification courses. During this course you will learn all skills necessary to be an American Red Cross certified Lifeguard. Take your certification anywhere in the USA or apply for a job in your community or with the YMCA!

SESSION DATES, COST & REGISTRATION

SESSION DATES	REGISTRATION DATES	
	MEMBER	PROG. MEMBER
January 2 – January 26	December 13	December 15
January 30 – February 23	January 17	January 19
February 27 – March 15 *3 Week Session – 6 Lessons	February 14	February 16
April 2 – April 26	March 20	March 22
April 30 – May 24	April 17	April 19
June 4 – June 28 *NS Only	May 22	May 24
June 4 – June 14	May 22	May 24
June 18 – June 28	May 22	May 24
July 9 – August 2 *NS Only	June 26	June 28
July 9 – July 19	June 26	June 28
July 23 – August 2	June 26	June 28
August 6 – August 30 *NS Only	July 24	July 26
September 4 – September 27	August 21	August 23
September 10 – September 26 *3 Week Session – 6 Lessons	August 21	August 23
October 1 – October 25	September 18	September 20
October 29 – November 15 *3 Week Session – 6 Lessons	October 16	October 18
COST	MEMBER	PROG. MEMBER
Regular Session – 8 lessons	\$55	\$70
Short Session – 6 lessons	\$40	\$55
Saturday Session – 4 lessons	\$25	\$37
Private Lessons – 4 lessons	\$70	\$105
Buddy Private Lessons – 4 lessons	\$60/student	\$85/student

SWIM LESSON POLICIES

Classes must be paid for in full at the time of registration. Classes where no one has registered will be cancelled the day prior to start date.

Three students must register for a class to continue as scheduled (full session). If only two students register for a class, the class will meet 6 times instead of 8. If only one student registers for a class we will provide 4 private lessons instead of 8 group lessons.

Make-up days are provided only if the YMCA cancels a class. THERE ARE NO REFUNDS FOR CLASSES OR SESSIONS NOT ATTENDED. The YMCA has discretion for credits due to extenuating circumstances. Make-up classes may not always be done at the regularly scheduled class time or date.

In case of thunder or lightning the pool will close. If these conditions occur please call your YMCA. If at all possible we will try to contact you prior to your lesson.

Depending on availability, registration for classes will end 48 hours before the session start date.

LIFEGUARD TRAINING PREREQUISITES

Must be 15 years of age on or before the last day the course

Able to swim 300 yards using the Front Crawl and Breast Stroke with rhythmic breathing

Able to retrieve a 10 lb brick from the deep end and swim 20 yards with head above water in under 1 minute 30 seconds

CLASS DATES	LOCATION
March 1 - 4	West Side
March 8 - 11	Davis
March 19 - 23	West Side
March 29 - April 1	Cansler
April 12 - 15	North Side
April 19 - 22	Davis
April 26 - 29	West Side
May 3 - 6	Cansler
May 10 - 13	Davis
May 17 - 20	North Side
May 31 - June 3	Davis
June 21 - 24	Cansler
June 7 - 10	North Side

COST

Prerequisite Testing *Non-Refundable, Required for full course	\$25
Lifeguarding Course	\$145