

# Learn-to-Swim

## Summer 2011

Registration will begin May 18 @ 9:00AM

We offer two types of classes in the summer, daily and weekly. Daily classes run every day, Monday – Friday for two weeks. Weekly classes run once a week for 10 weeks. Class size is limited to 12 participates per class. Registration must be done in person here at the YMCA. Classes are only open to YMCA members. All Learn-to-Swim classes are free to family members with a \$36.00 fee to Youth members. Registration is done at the front desk.

### Ages 3 & 4 year olds

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|-------------------------|---------------------------------|
| ❑ Tuesdays:5:00-5:30 pm | June 14-August 16 (10 weeks)    |
| ❑ Tuesdays:5:30-6:00 pm | June 14-August 16 (10 weeks)    |
| ❑ Dailey:11:30-12:00 pm | June 20-July 1 (10 Classes)     |
| ❑ Dailey:11:30-12:00 pm | July 5-July 15 (9 classes)      |
| ❑ Dailey:11:30-12:00 pm | July 18-July 29 (10 classes)    |
| ❑ Dailey:11:30-12:00 pm | August 1-August 12 (10 classes) |

### Ages 5-12 year olds

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|--------------------------|---------------------------------|
| ❑ Mondays: 5:30-6:00 pm  | June 13-August 15 (10 weeks)    |
| ❑ Dailey: 10:45-11:30 am | June 20-July 1 (10 classes)     |
| ❑ Dailey: 10:45-11:30 am | July 5-July 15 (9 classes)      |
| ❑ Dailey: 10:45-11:30 am | July 18-July 29 (10 Classes)    |
| ❑ Dailey: 10:45-11:30 am | August 1-August 12 (10 classes) |

Adult Learn-to-Swim must have at least 6 registered participants to hold class. Membership is required. There is no fee for this class.

### Adult Learn-to-Swim

- **Mondays: 6:30-7:30 pm**      **June 14-August 16 (10 weeks)**

If you have any questions or concerns about Learn-to-Swim classes, please feel free to call or e-mail our Aquatic Director, Diane Billings, at any time.

Diane Billings  
704-982-1916 ext. 27  
[dianebillings@stanlyfamilyymca.org](mailto:dianebillings@stanlyfamilyymca.org)

# Progressive Swim Classes

Begin the week of June 13, 2011. Any parent that would like for their swimmer to participate can do so by scheduling an appointment with the Aquatic Director, Diane Billings, to see what class would be appropriate.

- Starfish: beginning swimmer
- Skipper: can swim width of pool on front and do something on their back
- Polliwog II: can swim width of pool on front and back
- Polliwog: can swim length of pool on front and width on back
- Guppy: can swim length of pool on front and back comfortably with no help or assistance from instructor.
- Minnow: can do two laps of front and back crawl and show competency in both stroke and rotate breath.
- Fish: can do three laps of front and back crawl and do breast stroke
- Flying Fish: can do four laps of front and back crawl and do breast stoke, side stroke, butterfly kick, bi-lateral breathing and flip turns.
- Shark: can do five laps of front and back crawl with bi-lateral breathing and flip turns, IM, butterfly and over arm side stroke.
- Porpoise: can do all the above skills, working toward being able to swim one mile (36 laps).

**Stanly County Swim Club** makes their home at the Stanly Family YMCA. They practice year round and join forces with RAC to compete. Anyone interested in joining the swim team may pick up an information packet at the front desk.