

SWIM SAFELY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MILLINGTON FAMILY YMCA

7725 NAVY CIRCLE EAST

P 901 873 1434 F 901 873 1438

www.ymcamemphis.org

AQUATICS GUIDE – MILLINGTON FAMILY YMCA – HOLIDAY 2016



FUN WITH A SPLASH OF CONFIDENCE

Every day, children learn the basics of swimming at the Y or enhance their skills with our progressive lessons that turn beginners into experts, polliwogs into sharks. And our kids are having fun, being healthy, learning safety and building confidence all at the same time!

The Y ensures a **low instructor-to-student ratio** to make sure your kids get plenty of personal attention: 1 instructor for every 6 preschoolers and 1 instructor for every 8 youth.

And with our **wide selection of classes and schedules**, you're sure to find one that fits your child's needs and your schedule.

Choose from **Preschool & Youth Lessons** designed to grow their confidence in the water no matter their skill level. And remember our **Parent/Child Classes** introduce infants and toddlers to the water while teaching parents how to guide and supervise them, have fun, and build trust and confidence.

It's never too late to learn how to swim, **Adult Lessons** are also available.

SWIM INSTRUCTORS & COACHES

MICHAEL MOORE

Senior Program Director
Michael.Moore@YMCAMemphis.org

CARIN DIJKSTRA

Aquatic Coordinator
Swim Team Coach
Carin.Dijkstra@YMCAMemphis.org

SARA WOELM

Swim Instructor

CAELEN WRIGHT

Swim Instructor

ZACH PROVINES

Swim Instructor

ALEXIS OZDEN

Swim Instructor

SHERRIE FOSTER

Swim Instructor

KATIE DeSALVO

Swim Instructor

KENDALL FORD

Swim Instructor

QUINN COWAN

Swim Instructor

FINDING THE RIGHT CLASS FOR YOU . . .

To help you find the correct swim lesson level for your child, the Y has divided the levels by age and ability.

- **PARENT/CHILD:** Ages 6 months-3 years. This class teaches water safety and water adaptation, through songs and games for children and their parents. Parents will become confident handling their babies in the water while teaching water movement skills.
- **PRECHOOL:** Ages 3-5. There are 4 different levels, Pike, Eel, Ray and Starfish. **Pike:** Beginner. No water experience. This level teaches the basic fundamentals of swimming while the instructors ensure a positive learning experience. **Eel:** Beginner/Intermediate. Beginners who are swimming at least 5 feet without assistance on front and back. **Ray:** Intermediate/Advanced. Intermediate who can swim 15 feet on front, back, and side & beginning more advanced swimming techniques. **Starfish:** Advanced. For advanced preschoolers, who can swim at least 30 feet without assistance on front, back, side, beginning breaststroke, elementary backstroke, and diving.
- **YOUTH:** Ages 6-13. There are 7 different levels, Polliwog, Guppy, Minnow, Fish, Flying Fish, Shark and Porpoise. We only offer lessons through Fish level, because we offer a developmental/competitive swim team for more advanced youth swimmers. **Polliwog:** Beginner. For beginners with no water experience. This level teaches the fundamentals of swimming. **Guppy:** Beginner/Intermediate. Swimmers must be able to put face in water, breathe side to side, float on their front & back, kick and glide. **Minnow:** Intermediate/Advanced. Swims easily on stomach in deep water using crawl stroke, can breathe on side & swim back crawl. **Fish:** Advanced. Can complete 25 yards of front and back crawl, breaststroke, 3 minute survival float, and be able to dive

Tuesday & Thursday Lesson Schedule

- 10:00am-10:30am PIKE/EEL
- 10:30am-11:00am RAY/STARFISH
- 11:00am-11:45am ADULT

- 6:00pm-6:45pm POLLIWOG & GUPPY
- 6:30pm-7:00pm PIKE/EEL

Friday Parent/Child Class Schedule

- 10:30am-11:00am Morning Session
- 6:00pm-6:30pm Evening Session

HOLIDAY 2016 SESSION

Tuesdays & Thursdays

Session I: Nov. 8 – Dec. 1
(No class on Thursday November 24, class will be held on Monday November 21.)

Register: Oct. 31- Nov. 6

Session II: Dec. 6 – Dec. 29

Register: Oct. 31- Dec. 4

HOLIDAY SATURDAY SESSION

Saturdays

There will not be a Saturday session starting in the months of November and December. A new session will be starting in January 2017.

If you are not able to participate in the Tuesday/Thursday sessions private lessons are available for Saturdays.

HOLIDAY PARENT/CHILD

Fridays

Session I: Nov. 11 – Dec. 9

(no class on Friday November 25)

Register: Oct. 31 – Nov. 9

GROUP LESSON PRICING

PARENT/CHILD

4 lessons 30 minutes

- \$25 Members/Millington Res.
- \$55 Non-Member

PRECHOOL

8 lessons 30 minutes

- \$50 Members/Millington Res.
- \$80 Non-Member

YOUTH & ADULT

8 lessons 45 minutes

- \$60 Members/Millington Res.
- \$100 Non-Member

PRIVATE LESSON PRICING

MEMBERS

- 1 Private Lesson \$40
- 4 Private Lessons \$100
- 1 Semi-Private Lesson \$30
- 4 Semi-Private Lessons \$90

NON-MEMBERS

- 1 Private Lesson \$65
- 4 Private Lessons \$140
- 1 Semi-Private Lesson \$55
- 4 Semi-Private Lessons \$120



DID YOU KNOW?

- The YMCA of Memphis & the Mid-South's Open Door Scholarship Program provides financial fee assistance through support in part by contributions to the "Annual Giving" campaign and United Way. Within our available resources, partial assistance is provided for those in need. Call our Aquatics Director for swim lesson/swim team assistance details.

DO YOU OFFER PRIVATE SWIM LESSONS?

YMCA Certified Swim Instructors are available to teach Private (One on One) or Semi-Private (One to Two) lessons. These lessons are flexible and can be taught around your schedule. Lessons will be offered Sunday through Saturday during facility hours, depending on the availability of an instructor.

- Each lesson will be 30 minutes in length.
- We ask that all participants in private or semi-private swim lessons be at least 3 years of age or older.
- Register at the Welcome Center. Payment must be received at the time of registration.
- An instructor will contact you to set up dates and times for the lessons within 7 days of registration. If you have a particular time or day that you would like to have the lessons, please indicate that on the registration form.
- There is no Millington Resident discount for private or semi-private lessons.
- No refunds will be given after the first lesson. If participant misses a lesson without at least 3 hours prior notice or the participant is over 15 minutes late the lesson will be forfeited and **no** make-up lesson will be scheduled.

FLYING FISH SWIM TEAM

The Millington YMCA Flying Fish Swim Team is a developmental swim team that focuses on introducing children to competitive swimming. They will be taught competitive swim strokes, as well as, starts and turns. The Flying Fish are a part of the Mid-South Swimming League and compete in monthly swim meets at different facilities in the Memphis area.

- Open to children 6 to 21 years old
- Practices Monday, Wednesday, and Friday from 5:30-7:00pm
- We take new registrations daily and we practice year round.
- All swimmers should have general knowledge of all 4 competitive swim strokes.
- All swimmers must be able to swim the length of the pool without stopping.
- Specific technique, diving starts, and turns will be taught during practice.

FLYING FISH SWIM TEAM PRICING

- **Member/Millington Resident** \$55 monthly
- **Non-Member** \$80 monthly

FREQUENTLY ASKED QUESTIONS

- **Can I pick my child's instructor?** Only if you sign up for private or semi-private swim lessons. Instructors for group lessons are chosen by the Aquatic Director.
- **What certifications do the instructors have?** All swim instructors have current YMCA Swim Instructor certifications. Some instructors also have additional YMCA certifications in parent/child, stroke/conditioning, and special needs. To find the correct instructor for your child, contact the Aquatic Director.
- **Do I need to be in the pool with my child?** Only if you are enrolled in the Parent/Child class. For all other classes, the parent/guardian must remain in the YMCA facility. For preschool lessons, we ask parents/guardians to remain close to the pool deck in case a child needs to use the restroom during lessons.
- **How many sessions does it take to pass from one level to the next?** YMCA Swim Lessons are designed to take 3 sessions to progress from one level to another. Some children will require more or less time in a level. We expect each child to learn and progress at his or her own rate. A child is advanced to the next level only when he or she can proficiently and safely perform the skills within his or her level.
- **Do you make up lessons if my child has to miss?** For group lessons, we do not make up classes for an individual child. If the entire class is cancelled because of weather the class will be made up on a Friday. If something does keep your child out of group lessons for over 3 lessons, they can be made up in the next session of the same class. Please call the Aquatics Director to set those up.

THE Y
IS
FOR YOU

MILLINGTON FAMILY YMCA

7725 NAVY CIRCLE EAST
MILLINGTON, TN 38053

P 901 873 1434 F 901 873 1438

www.ymcamemphis.org

