



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILDING SKILLS THAT LAST A LIFETIME

SWIM, SPORTS, PLAY
Swim Lessons, WINTER 2012

MONTECITO FAMILY YMCA
a branch of the Channel Islands YMCA

**Each level will increase your
child's swim fundamentals
and stroke ability.**

Financial assistance is available

**Contact James Heidlebaugh,
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See reverse side for details

591 Santa Rosa Ln, 805.969.3288

ciymca.org

Youth Swim Lessons WINTER 2012

MONTECITO FAMILY YMCA, a branch of the Channel Islands YMCA

Parent / Child Swim Lessons (6mo.-3yrs)

Parent/Child T/Th 2:30-3:00pm Sat 12-12:30pm	This program promotes water enrichment and swim readiness for your 6 months to 3 year old child. The Parent and Child program helps build the child's self confidence in the water and fosters a stronger bond with the parent
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Skippers Swim Program (3-5 years)

To enroll in...	You must...
Pike Sat 12:35-1:05pm	Beginning swimmer. Children will work toward kicking, front and back floating, breath control.
Eel / Ray M/W & T/TH 3:00- 3:30 pm Sat 1:10-1:40pm	Children are comfortable in the water and can swim 5-10ft feet. Work toward coordination of the front crawl, kicking on their front and back, deep water adjustment.
Starfish M/W & T/TH 3:00- 3:30 pm Sat 1:50-2:20pm	Children are learning to coordinate the front crawl stroke with their side breathing, backstroke, treading water and deep water swimming.

Youth Swim Program (6 - 12 years)

To enroll in...	You must...
Polliwog M/W & T/TH 3:30-4:10pm Sat 12:20-1:00pm	6 - 12 years, a beginner swimmer
After School Swim Clinic M/W & T/TH 3:30 - 4:10 pm Sat 11:30-12:10pm	6 - 12 years, Able to swim 25 yds. on front without assistance. This class is a combination of Guppy-Fish. See ASSC flyer for more details

Lessons will be cancelled if there are fewer than 3 participants registered.

Specialty Classes

Adult Swim Clinic

Tuesdays 5:30 - 6:30 p.m.

or

Thursdays 6:30-7:30pm

Wetball

Ages 6-14

Wednesdays 6:30-7:30pm

Sundays 2:00-3:30pm

Specialty Classes will be cancelled if there are fewer than 3 participants registered.

Two 5 Week Sessions:

Mon/Wed or Tue/Thu

Session I: 1/9 - 2/9

Session II: 2/13 - 3/15

GROUP LESSON COST

Y Facility Member: \$65
(\$6/lesson)

Y Community Member: \$115
(\$11/lesson)

5 Week SATURDAY LESSONS:

\$36 Member/ \$66 Non

Sat Session I: 1/14 - 2/11

Sat Session II: 2/18 - 3/17