

YMCA SWIM CLASS DESCRIPTIONS

INFANT/TODDLER

PARENT/CHILD: The Parent/Child Aquatic Program promotes water enrichment and aquatic readiness activities for children from six months up to three years of age. This program develops kids' skills and confidence; it strengthens the bonds between parents and children, teaches them to enjoy the water and to understand water safety concepts. Ages 6 months-36 months.

YOUTH

SKIPPER (Pre-school): The main emphasis at this level is to help the child develop safe pool behavior, adjust to and develop independent movement in the water.

POLLIWOG (Beginner): This is the beginning level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and floating. By the end of this level, they should know the front and back paddle, as well as sidestroke.

GUPPY (Adv. Beginner): This advanced beginner level is for children that can swim one length of the pool on their front, back and side for 25 yards with a floatation belt. Children will be introduced to the lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke.

MINNOW/FISH (Intermediate): This intermediate level is for children who can swim 25 yards on their front and back using alternating paddles. Children will further refine front and back crawl, focusing on rotary breathing and flutter kick. They will also work on the fundamentals of breaststroke.

TEEN/ADULT

IN THE SWIM OF THINGS (Beg. Teens): This class is for individuals 12-17 who have not had swimming lessons before, or who are not comfortable in the water. Basic swimming and water safety skills will be taught in a relaxed, fun way.

FEAR NO MORE (Afraid of Swimming): This class is for adults who are afraid of the water. Instructors work with students in a small group to help them overcome their fears and begin to develop basic swim skills.

BEGINNER ADULTS: This class is for adults that have limited swimming experience and are seeking improvement with their stroke and rhythmic breathing.

COMPETITIVE

SEA OTTERS (ADVANCED): This program is geared for young, competitive hopefuls. All four strokes will be taught, as well as starts and turns. This program is perfect for those children with the desire to become a part of our Seals Swim Team!

SEALS SWIM TEAM: The swim team is designed for ages 6-15. This level continues to improve stroke technique, also introduces all the competitive swim strokes and concepts. Team members are encouraged to swim YMCA local meets.

Y PRIVATE SWIM LESSONS: Private lessons are offered to adults and children. Private swim lessons allow the individual to excel at a quicker rate, improving their swimming skills and abilities with the help of an experienced and certified swim instructor. See Jamie for details.

ADULT COMPETITIVE-MASTERS SWIM TEAM: The masters swim team is for all abilities of swimmers from novice to the competitive: to be able to train in a group environment, to develop more efficient stroke technique and be better conditioned. Whether you are swimming for fitness, training for an event or wanting to compete at masters swim meets, our coaches are there to accommodate your needs. 19 years and up.

YMCA Pool Rules

- No obscenities or inappropriate language allowed.
- No diving, running, or rough play allowed
- **All swimmers must shower before entering pool.**
- All **non-swimming children** 12 & under during swim must be accompanied by a parent or guardian in the water at all times.
- Children 2 years and younger must wear swim diapers or liners at all times. Please use changing tables in locker rooms to change your child's suit or diaper.
- No Gum, glass bottles, soap, food, etc. in pool area.
- Children in Kindergarten and older must use gender approved locker rooms.
- Proper swim attire must be worn. No cut-offs or tee shirts allowed.
- Swimmers with long hair must wear a swim cap or tie their hair back.
- If more than 2 swimmers per lane everyone must circle swim.
- Spitting, blowing of the nose or discharge of bodily waste in the pool or on the deck is prohibited.
- No alcohol, drugs or illegal substances allowed on YMCA property.
- Sitting or hanging on float lines is not allowed.
- All personal floatation devices must be Coast Guard Approved.
- Obey the Lifeguard at all times. Individuals under the influence of alcohol or drugs, breaking YMCA rules or perceived threat to the safety of others will be asked to leave and may have their membership revoked.

Y Family Members w/ 8-12 years Olds

Recreational Swimming

Children 8-12 years of age w/ a Y Family Membership may swim while a parent is working out in Y facility. The child must be signed into the pool and be able to swim 1 length of the pool without assistance (1 1/2 hr max.). This service is available during recreation swim times only. All **non-swimming children** 12 & under during swim must be accompanied by a parent or guardian in the water at all times.



YMCA POOL Schedule

Revised Marc24,08	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00 am	Lap Swim (3 lanes) Water walking (8:30-9:00)	Lap Swim Masters Swim (6:15-7:30) 2 Lanes each	Lap Swim (3 lanes) Water walking (8:00-9:00)	Lap Swim Masters Swim (6:15-7:30) 2 lanes each	Lap Swim (3 lanes) Water walking (8:00-9:00)	YMCA Opens at 7:30 am Lap Swim	
9:00-Noon	Aqua Aerobic (9:15- 10:15am) (4 Lanes) Lap Swim (1 Lane) Swim Lessons (10:30 - 11:40 a.m.) <i>No rec. swim during swim lessons</i>	Men's Group (9:30-10:30 am) Lap Swim (4 Lanes) Recreational Swim (10:30-4:00) (2 Lanes)	Aqua Aerobic (9:15- 10:15 am) (4 Lanes) Lap Swim (1 Lane) Swim Lessons (10:30 - 11:40a.m.) <i>No rec. swim during swim lessons</i>	Men's Group (9:30-10:30 am) Lap Swim (4 Lanes) Recreational Swim (10:30-4:00) (2 Lanes)	Aqua Aerobic (9:15- 10:15am) (4 Lanes) Lap Swim (2 lanes) Recreational Swim (10:15-4:30)	Lap Swim (2 lanes) Recreational Swim (10:15-5:00pm)	
Noon-4 pm	Lap Swim (2 Lanes) Recreational Swim (2 Lanes)	Lap Swim (4 Lanes) Recreational Swim (2 Lanes)	Lap Swim (2 Lanes) Recreational Swim (2 Lanes)	Lap Swim (4 Lanes) Recreational Swim (2 Lanes)	Lap Swim (2 Lanes) Recreational Swim (2 Lanes)	Lap Swim (4 Lanes) Recreational Swim (2 Lanes)	YMCA Opens at 12:00 pm Lap Swim (4 Lanes) Recreational Swim (2 Lanes)
4:00-6:00 pm	Lap Swim (1 lane) Seals Swim Team (4:30-5:30 pm) (5 lanes) <i>No rec. swim</i>	Lap Swim (2 lanes) Swim Lessons (4:00-7:00pm) <i>No rec. swim during swim lessons</i>	Lap Swim (1 lane) Seals Swim Team (4:30-5:30 pm) (5 lanes) <i>No rec. swim</i>	Lap Swim (2 lanes) Swim Lessons (4:00-7:00 pm) <i>No rec. swim during swim lessons</i>	Lap Swim (1 lane) Seals Swim Team (4:30-5:30 pm) (5 lanes) <i>No rec. swim</i>	YMCA closes at 5:00 pm	YMCA closes at 5:00 pm
6:00-7:30 pm	Lap Swim (1 Lane) Swim Lessons (6:00-7:30 pm) <i>No rec. swim during swim lessons</i>	Lap Swim (4 lanes) Recreational Swim (2 Lanes)	Lap Swim (1 Lane) Swim Lessons (6:00-7:30 pm) <i>No rec. swim during swim lessons</i>	Lap Swim (4 lanes) Recreational Swim (2 Lanes)	Lap Swim (3 Lanes) Recreational Swim (3 Lanes) (5:30-9:00)		
7:30-9:00 pm	Lap Swim (4 Lanes) Rec Swim (2 Lanes)	Lap Swim (4 Lanes) Rec Swim (2 Lanes)	Lap Swim (4 Lanes) Rec Swim (2 Lanes)	Lap Swim (4 Lanes) Rec Swim (2 Lanes)	Lap Swim (4 Lanes) Rec Swim (2 Lanes)		

Stuart C. Gildred
Family YMCA
900 North Refugio Rd.
Santa Ynez, CA 93460
686-2037
FAX 686-1424

This schedule is subject to change at any time, without notice.
We make it a priority to open the pool during all hours of operation, however due to a lifeguard vacancy, equipment failure, or less than perfect water chemistry it may be necessary to close the pool. Safety is our number one concern. Lane assignments are tentative. At least one lap lane will be available to members at all times during pool hours.

YMCA Hours of Operation:
Monday-Friday 5:30 am-9 pm
Saturday 7:30 am-5 pm
Sunday Noon-5 pm