

Class requirements

The skills listed are what the participants will need to know before enrolling in that level. Participants will be learning more advanced skills within the level in order to meet the next class requirements.

6-36 months

With Parent

Skip (ages 6-18 months) No skills necessary for enrollment. This class acclimates children to the water and guides parents in working with their child safely in the pool.

Skip Plus (ages 18-36 months) This class teaches some independent swimming and water safety skills in addition to the skills learned in SKIP.

3-5 years old

Without Parent

Pike: Acclimates children to the water and helps them gain confidence in the small pool.

No experience necessary. **Progress to Polliwoog when turning 6.**

Eel: Child is comfortable submerging their head, swimming with just a noodle as assistance and can swim 5 feet and back float 10 sec without any floatation or assistance in the large pool.

Progress to Polliwoog when turning 6.

Ray: Child can swim 15 feet front and back, float for 20 seconds and can jump in the large pool then return to the edge. **Progress to Polliwoog when turning 6.**

Starfish: Child can swim front and back 1/2 the length of the pool, change from front crawl to back float and swim underwater to touch the bottom of the shallow end of the large pool.

Progress to Guppy when turning 6.

Dolphin: Child can swim front and back crawl 25 yards each.

Progress to Minnow when turning 6.

6-12 years old

Without Parent

Polliwoog: Acclimates children with the water. Class takes place in the large pool.

Guppy: Child swims on front and back 1/2 the length of the pool, swims underwater, and jumps in; all with no assistance.

Minnow: Child swims front and back crawl the length of the pool, floats for 30 seconds.

Fish: Child uses proper form to swim back & front crawl, with rotary breathing and rudimentary breaststroke.

Flying Fish: Child swims 50 yards using front & back crawl and breaststroke and can swim 50 yards using butterfly.

Shark: Child swims 100 yards using front & back crawl and breaststroke and can swim 50 yards using butterfly.

13+ years old

Beginner: Participants will learn the basics of floating and rudimentary stroke development.

Intermediate: Participants are looking to improve on front & back crawl and breaststroke. Must be able to swim 25 yards without stopping.

Endurance: Participants who are seeking to improve their endurance, learn advanced strokes & turns, and improve efficiency. Must be able to swim 50 yards consistently.

We do not offer make up classes due to maintaining class ratios.

Private & Semi Private Lessons

Private: Lessons that allow you to work with one of our instructors one on one in a more individualized setting.

Semi-Private: Lessons that have a two children and one instructor ratio.

****These lessons are non-refundable and may only be credited when accompanied by medical documentation. Classes are for the instructor and student(s) only. You must sign up at least 24 hours in advance****



Fall Swim Lessons



Session 1: September 5-October 8, 2017

***The YMCA will be closed Monday, September 4th in observance of Labor Day.
** No private lessons Saturday September 16.**

**Member Registration: August 21
Non-Member Registration: August 28**

Group Lesson Rates

Once per Week Classes

Family/Adult Members
\$19.20*/24.00

Youth Members
\$23.20*/29.00

Non Members
\$45.60*/57.00

Private Lesson Rates

Members \$25.00/30 min
Non Members \$50.00/30 min

Semi-Private Lessons **2 People per time slot**

Members \$18.00 pp/30 min
Non Members \$45.00 pp/30 min

pp= per participant

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Group Lessons

Infant/Toddler Ages 6 –36 mo. 30 Minute Lessons			
	Wed	Sat	Sun
SKIP	10:00a	9:30a	
SKIP Combo			3:30p
SKIP+	10:45a	10:30a	

Preschool Ages 3-5 Years 30 Minute Lessons							
	*Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pike	4:30p	4:30p	4:30p	3:30p	3:30p	9:00a	3:00p
						10:00a	4:00p
						11:00a	5:00p
						11:30a	5:30p
Eel	3:30p	4:30p	3:30p	4:30p	4:30p	10:30a	3:00p
						11:00a	4:30p
						11:30a	5:00p
Ray	4:30p		3:30p	4:30p		9:00a	3:30p
Starfish		3:30p					

Youth Ages 6-12 Years 45 Minute Lessons							
	*Mon	Tue	Wed	Thu	Fri	Sat	Sun
Polliwog	3:30p	3:30p	4:15p	3:30p	3:30p	10:30a	3:00p 4:00p
Guppy	4:15p	4:15p	3:30p	3:30p	4:15p	9:00a 9:45a	3:30p 4:30p
Minnow	3:30p	3:30p	4:15p	4:15p	4:15p	9:45a 10:30a	3:00p 5:00p
Fish	3:30p	4:15p	3:30p	4:15p	3:30p	11:15a	4:00p
Flying Fish	4:15p	3:30p				9:30a	5:00p
Shark			4:15p	3:30p		10:30a	6:00p



Adults Ages 13 and up 45 Minute Lessons	
	Sunday
Beginner	6:00p
Intermediate	6:00p



Private & Semi Private Lessons

30 Minute Lessons							
	*Mon	Tue	Wed	Thu	Fri	**Sat	Sun
Private	5:00p	5:00p	5:00p	5:00p	5:00p	12:00p	10:00a
	5:30p	5:30p	5:30p	5:30p	5:30p	12:30p	10:30a
	6:00p	6:00p	6:00p	6:00p	6:00p	1:00p	11:00a
Semi-Private		5:00p				12:00p	
		5:30p				12:30p	
		6:00p				1:00p	

****What do I do if the class I want is full?***

Your name and **phone number** can be placed on a **waiting list**. The Aquatics Coordinator makes a concerted effort to open up more spots in classes, given adequate instructors and pool space.

Gym & Swim

5-Week Session Ages 3-5 (Preschool)

Tuesdays OR Fridays 10:30a-11:30a

The first half of this class takes place in the gym exploring movement through games and imaginative play. The second half takes place cooling off in the pool, exploring pool space, learning basic swimming skills and self confidence.

Cost per Session:

Family Member: \$24.00 **Youth Member:** \$29.00

Non-Member: \$57.00

****When am I allowed to sign up for next session?***

Members may register up to two weeks before session begins.

Non-members may register up to one week before session begins.