

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 2:

October 9-November 12, 2017

*** No Spectrum Swim, Private or Semi-Private lessons
Tuesday, October 31.**

Member Registration: September 25 Non-Member Registration: October 2

Group Lesson Rates

Once per Week Classes

Family/Adult Members
\$*19.20/24.00

Youth Members
\$*23.30/29.00

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	3:30p	4:30p	3:30p	3:30p	9:00a	3:00p
						10:00a	4:00p
						11:00a	5:00p
						11:30a	5:30p
Eel		4:30p	3:30p	4:30p		9:30a	3:00p
						10:30a	4:30p
						11:30a	5:00p
Ray	4:30p			4:30p	4:30p	9:00a	3:30p
Starfish		4:30p	4:30p				5:30p

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

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



Spectrum Swim

The YMCA of Ithaca and Tompkins County, and the Ithaca Youth Bureau, are pleased to announce a class for children on the Autism spectrum on **Tuesdays 5:30p-6:15p**

These lessons are designed for children 5-9 years old with an ASD diagnosis. The child to adult ratio is 1:1. The lessons are held at the Ithaca YMCA small pool. The overall goal of this class is to help the kids adapt to a bigger class setting with less need of an aid in the water.

***There will not be lessons on October 31 (Halloween).**

Lesson price is altered for this change.



Gym & Swim

Ages 3-5 (Preschool)

Tuesdays 10:30a-11:30a OR Fridays 10:00a-11:00a



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 the water, learning basic swimming skills and gaining self confidence.

****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.

****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.

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 1:30p	11:00a 11:30a
Semi-Private	5:00p	5:00p					
	5:30p	5:30p					
	6:00p	6:00p					