

Sign up for **summer swimming lessons** at the **Salem Family YMCA!**

*Give your children a gift that will last a lifetime
and may save their lives some day.*

Please call 503-399-2792 for more information.

Parent/Child

For children ages 6 months to 3 years and their parents. Instructors are caring and enthusiastic, placing emphasis on safety, water adjustment, movement, exploration, songs, games and FUN!! An adult accompanies each child in the pool.

Preschool Program (PERS)

For 3-5 year olds. The teacher/student ratio is 1:5 or better. Children progress through the following four levels:

- Pike:** Water adjustment, putting face in the water, bubbles.
- Eel:** Front and back float, gliding, kicking, and arm strokes.
- Ray:** Strengthen arm strokes and kicking, learn rhythmic breathing.
- Starfish:** Rhythmic and rotary breathing, endurance, various strokes.

Progressive Program

The progressive program is for 6--14 year olds of all swimming abilities. The teacher/student ratio is 1:8 or better. Children progress through the following six levels:

- Polliwog:** Front and back glide with kick.
- Guppy:** Front crawl with rotary breathing, tread water.
- Minnow:** Front crawl endurance, backcrawl, diving.
- Fish:** Elementary backstroke, dolphin kick, breaststroke kick.
- Flying Fish:** Breaststroke, butterfly, sidestroke.
- Shark:** Most advanced level. Build endurance in all strokes, flipturns.



Private Lessons

Thirty minute private lessons are available through special arrangements with the instructor. Call 399-2792 for more information or to schedule a private lesson. Semi-private lessons are also available.

Swim Team

A fun way for kids 6-18 to prepare for competition! Workouts include drills, technique instruction and conditioning. Prerequisite: 80 yards front crawl w/ good rotary (side) breathing and 80 yards I.M. (20 yds each of butterfly, backstroke, breaststroke, and freestyle).

YAQUATICS

We build strong kids, strong families, strong communities.

Salem Family YMCA Summer Swimming Lessons!

Five Week Sessions

June 21 to July 22

(non-member registration starts June 2)

July 26 to Aug 26

(non-member registration starts July 21)

Parent/Child	M/W 8:45 - 9:15 am T/Th 11:15 - 11:45 am T/Th 5:45 - 6:15 pm
PERS	M/W 9:15 - 9:45 am M/W 4:30 - 5:00 pm T/Th 4:30 - 5:00 pm T/Th 6:15 - 6:45 pm
Polliwog/Guppy	T/Th 9:00 - 9:45 am M/W 5:00 - 5:45 pm T/Th 5:00 - 5:45 pm T/Th 6:45 - 7:30 pm
Min/Fish/FlyF/Sh	T/Th 10:45 - 11:30 am T/Th 5:00 - 5:45 pm T/Th 6:45 - 7:30 pm
Swim Team Novice	M/W/F 4:30 - 5:30 pm
Int/Adv	M/W/F 3:00 - 4:30 pm

Two Week Sessions (Mon-Thur classes)

June 21 - July 1 (non-member reg starts June 2)

July 5 - July 15 (non-member reg starts June 30)

July 19 - July 29 (non-member reg starts July 14)

Aug 2 - Aug 12 (non-member reg starts July 28)

Aug 16 - Aug 26 (non-member reg starts Aug. 11)

PERS M-Th 1:00 - 1:30 pm
Poll/Gup/Min/Fish/FlyFish/Shark
M-Th 1:30 - 2:15 pm

Ten Week Session (Saturdays)

June 19 - August 28 (no class July 3)

(non-member registration starts June 2)

Parent/Child	Sat 9:30-10:00 am Sat 11:15-11:45 am
PERS	Sat 10:45-11:15 am
Pol/Guppy	Sat 10:00-10:45 am
Min/Fish/FlyF/Sh	Sat 10:00-10:45 am

**Call 503-399-2792
for Aquatics information!**

Fees

Parent/Child: \$25/session Y family members
\$45/session non-member

PERS & Progressive lessons:

5 & 10 week sessions	\$38/session Y family mem \$51/session non-member
Two week sessions	\$31/session Y family mem \$41/session non-members
Swim Team Novice	\$40/month Y members \$60/month non-members
Swim Team Int/Adv	\$45/month Y members \$65/month non-members
Private instruction	\$16.00 per 1/2 hr member \$20.00 per 1/2 hr non-mem
Semi-Private lessons	\$24.00 per 1/2 hr Y members \$30.00 per 1/2 hr non-mem



YSWIM LESSONS
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How to Register:

Non-members may register beginning on the dates noted in this flyer.

Y members may register two weeks before the non-member registration date.

Register in person at the YMCA (685 Court St. NE), or over the phone with a credit or debit card at 503-399-2759 or

503-399-2755 or online at www.youry.org.

All classes are subject to change or cancellation if enrollment is low.