

# Sign up for YMCA summer swimming lessons at outdoor Walker Pool!



For more information, call 503-399-2792.



**Two Week Sessions (Monday-Thursday classes)**  
**June 28-July 8** (nonmember registration starts June 2)  
**July 12-22** (nonmember registration starts July 7)  
**July 26-August 5** (nonmember registration starts July 21)  
**August 9-19** (nonmember registration starts August 4)  
**August 23-September 2** (nonmember registration starts August 18)

**Cost per session:**  
**\$31 with Walker Pool**  
**family membership**  
**\$41 nonmember**

## Monday - Thursday Lesson Times

### Pike/Eel/Ray/Starfish

(Monday-Thursday lessons, 3-5 year olds)

10:30-11 a.m.

5-5:30 p.m.

### Polliwog/Guppy/Minnow/Fish/Flying Fish/Shark

(Monday-Thursday Classes, 6-14 year olds)

9-9:40 a.m.

9:45-10:25 a.m.

11:10-11:50 a.m.

3:30-4:10 p.m.

4:15-4:55 p.m.

5:45-6:25 p.m.

6:30-7:10 p.m.

**Call 503-399-2792 for  
information about summer  
memberships to Walker Pool!**

## Saturday Only Lessons

**July 10-August 28 (8 weeks)**

Pike/Eel/Ray/Starfish (3-5 year olds)

10:30-11 a.m.

Polliwog/Guppy/Minnow/Fish/Flying Fish/

Shark (6-14 year olds)

9:45-10:25 a.m.

11:10-11:50 a.m.

## SWIM TEAM MINI DAY CAMP

Join us for a week filled with drills, conditioning and technique instruction along with a fun swim meet on Friday. Designed for ages 8-18, participants must be able to swim 100 yards freestyle non-stop and 50 yards backstroke.

**June 21-25, 3:30-5:30 p.m.**

**Fee: \$45 with Walker Pool**  
**family membership**  
**\$65 nonmember**

## Preschool Program (PERS)

Designed 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 & 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, flip turns.

# YAQUATICS™

We build strong kids, strong families, strong communities.

Walker Pool is cosponsored by the Salem  
Family YMCA and the City of Salem.

CITY OF *Salem*  
AT YOUR SERVICE

## How to Register

Register in person at the YMCA, 685 Court Street NE, or over the phone with a credit/debit card at 503-399-2759 or 503-399-2755. You may also register online at [www.youry.org](http://www.youry.org). Registrations will be accepted at Walker Pool beginning June 21. All classes are subject to change or cancellation if enrollment is low.