

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

2009-2010

Aquatic Programs

Session 1

8 Class Session

September 14- November 8, 2009.

Registration will begin the week of August 30th..

Session 2

8 Class Session

November 9- January 24, 2009.

No classes November 23-29, 2009

(Thanksgiving Break)

No classes December 21- January 3, 2010

(Christmas & New Year Break)

Registration will begin the week of October 19th.

Session 3

8 Class Session

January 25-March 28, 2010

No Classes February 15-21, 2010

(February School Vacation)

Registration will begin the week of January 4th.

Session 4

8 Class Session

March 29-May 30, 2010

No Classes Sunday April 4, 2010 (Easter)

No Classes April 19-24, 2010 (April School Vacation)

Sunday Classes will be held April 11, 18, 25, May 2, 9, 16, 23 & 30.

Registration will begin the week of March 8th.



Parent and Child Swim Lesson Program

The parent and child program is a program for children 6 months to 3 years. The primary objective is to get both the parent and child comfortable in the water.

Parent/Child Swim Lessons run in 8- class sessions

Once a week for 40 minutes

\$59.00 Members \$120.00 Non-Members

Important Note: All infants and toddlers not potty trained **MUST** wear a swim diaper that is covered by a bathing suit.

Parent/Child Swim lesson Class- Ages 6 months to 3 years old. This is a parent and child course. It is an organized play group in the water. There will be singing and play time. This course is designed for bonding time and water adjustment. Swimming skills are introduced as children are ready for them to be introduced.

Monday 10:45 Tuesday 10:45 Wednesday 10:00
Thursday 10:45 Friday 10:45 Saturday 9:15
Sunday 10:45

Shrimp, Kipper, Inia- Ages 6-24 months. The SKI class is a parent and child course. It is an organized play group in the water. There will be singing and play time. This course is designed for bonding time and water adjustment.

Saturday 10:45

Perch: Ages 24-36 months. The Perch class is an organized play group in the water. It is an ideal environment to bond with your child and have fun while learning water adjustment. Swimming skills are introduced accompanied by singing songs and playtime.

Saturday 10:00

Preschool Swim Lesson Program

Preschool swim lessons are designed for children 3 years old through Kindergarten.

Preschool Swim Lessons run in 8-class sessions

Once a week for 40 minutes.

\$59.00 Members \$120.00 Non-Members

IMPORTANT REMINDER: It is the policy of the YMCA that no child under 6 years old or under first grade shall be left in the pool unattended by an adult. The adult must be physically in the water with them for all family and open recreational swims.

Preschool Bathroom Policy- Parents of preschoolers must remain in the building while their child is in lessons. Aquatic Staff are not authorized to bring children to the rest rooms. If a child is under 6 years old, the guard on deck will have the parent paged to take care of the child's needs.

Beginner Pike- ages 3-Kindergarten. This is the first level without a parent in the water. This is for swimmers who have no swimming experience or swim lesson experience. They will develop confidence in

swimming independently with the aid of a bubble. In Pike it is acceptable to cry and need instructor support. This is the only level this is acceptable.

Monday: 10:00 4:45 Thursday: 10:45 11:30 4:00 5:30
Tuesday: 10:45 4:00 Friday: 10:00 11:30 4:45 5:30
Wednesday: 10:00 11:30 Saturday: 8:30 10:45 11:30
Sunday 10:00 11:30

Advanced Pike- ages 3 to Kindergarten. There is no crying in this level. The swimmer is in a 3 bubble and must be able to swim without the use of a noodle or the instructor.

Monday: 11:30 4:45 Tuesday: 10:00 5:30
Wednesday: 11:00 Thursday: 10:00 5:30
Friday: 11:30 4:45 Saturday: 10:00 10:45 11:30
Sunday: 10:00 11:30

Eel- ages 3-Kindergarten. The swimmers in this level can put their faces in the water. They can swim $\frac{1}{2}$ lengths of the pool front crawl and back crawl in a horizontal position alternating over arms with out instructor assistance. They will be able to maintain a horizontal position with no more than a 2- bubble.

Monday: 10:00 11:30 4:00 Thursday: 10:00 5:30
Tuesday: 11:45 4:00 Friday: 10:45 4:00
Wednesday: 10:45 Saturday: 11:30
Sunday: 10:45

Ray/Starfish- ages 3-Kindergarten. This is our most advanced swim level for preschoolers. Rays will be swimming in no more than a 1-2 bubble and starfish are bubble free. They are able to swim multiple lengths of the pool with their face in the water, maintain a horizontal position and alternate arms.

Monday: 10:45 4:00 Tuesday: 11:30 4:45
Wednesday: 10:45 Thursday: 11:30 4:45
Friday: 4:00 Saturday: 10:00

Observation Policy- *It is the policy of the Peabody-Lynnfield YMCA to strongly recommend parents do not observe lessons from the pool deck while class is in session. It is our belief that children are less distracted and will achieve more if parents are not on deck. Please be aware that there is a certified lifeguard in the pool area at all times.*

Please note: Children are grouped according to ability in the preschool program. If you are unsure of the level, have your preschooler tested. Call the Aquatic Office at 978-977-9622 for more information.

School Age Progressive

Swim Lessons

School Age run in 8-class sessions
Once a week for 40 minutes

\$59.00 Members \$120.00 Non-Members

This is a nationally recognized program for children 6 years old and in grades 1 and above. There are 7 levels with 5 main components to each level: Personal Growth, Stroke Development, Water Sports and Games, and finally, Rescue Skills and Personal Safety. Each level builds on the preceding level.



Beginner Polliwog - (Ages 6 to 13) This is the beginner level for swimmers age 6 and above. This level will be using floatation devices. It is for children who cannot swim $\frac{1}{2}$ length of the pool front crawl or $\frac{1}{2}$ length back crawl without an instructor's assistance.

Monday: 4:45 Tuesday: 4:00 Thursday: 4:45
Friday: 4:00 Saturday: 8:30

Advanced Polliwog - (Ages 6-13)- This is the level for swimmers who can swim at least half of the pool front crawl and back crawl with a horizontal body position. This level must be able to maintain body position without the use of a floatation device. They can also swim with their faces in the water.

Monday: 5:30 Tuesday: 5:30 Thursday: 4:45
Friday: 5:30 Saturday: 8:30

Guppy- To be in the guppy level the swimmer must be bubble free. They are able to swim a length of the pool front crawl and back crawl without stopping and in a horizontal position. It does not need to be in correct form.

Monday: 4:00 Tuesday: 4:45 Thursday: 4:00
Friday: 5:30 Saturday: 9:15

Minnow -Children must be able to swim non-stop 25 yards of each front crawl with rotary breathing, and 25-yards backstroke. Swimmers need to also be able to demonstrate a rudimentary breaststroke. They must be breathing to the side on front crawl.

Monday: 5:30 Tuesday: 4:45 Thursday: 4:00
Friday: 4:45

Fish/Flying Fish- These swimmers can swim 2 lengths of each stroke: Front Crawl, Back Crawl, and Rudimentary Breaststroke. They should have a concept of the Breaststroke kick.

Monday 5:30

Swim Club

The Peabody-Lynnfield YMCA Swim Club is for anyone looking for a program with less competitive environment. A fun coached workout for swimmers ages 7-14. The purpose of swim club is to gain an appreciation of swimming laps for fitness and fun. To participate must be able to swim 25 yards of the pool non-stop on front and swim with their face in the water and 25 yards backstroke without a floatation device. This program is ideal for anyone Minnow Level and above. This class will meet twice a week for 8-weeks.

Tuesday and Thursday 6:15-7:00pm
Fee: \$130.00 Members \$195.00 Non members

Peabody-Lynnfield YMCA Piranhas Pre-Team

This program is designed for swimmers who want to transition from recreational swimming into more of a swim team environment. The focus of this program is to build endurance, improve stroke technique and experience competitive swimming leading up to participation on a swim team. Must be guppy level or above to participate. Must swim 25 crawl and 25 back stroke to participate.

8 class sessions
Wednesdays 4:45-5:30 pm
\$80.00 Members \$130.00 Non-Members

Beginner Springboard Diving

(Ideal for grades 1 & up.) This is a basic course for those with limited experience, but the desire to improve the fundamentals of springboard diving. This program will teach basic diving techniques, diving safety and board work. It will also build strength and confidence. **Prerequisites:** Swimmers must be able to swim 25 yards crawl stroke and 25 yards back stroke to participate.

Fee: Members: \$85.00 Non-Members: \$140.00
Saturday: 8:30-9:30am
8 class program Classes are 1 hour long

Beginner/Advanced Beginner Springboard Diving

This Program is for divers who have successfully completed beginner springboard diving and have clearance from the diving instructor to participate in this level. Beginner skills will be reviewed and refined; more advanced skills will be

introduced along with flexibility and conditioning skills.

Prerequisites: Must be pre-approved to take the advanced class.

Fee: Members \$85.00 Non-Members: \$140.00
Saturday: 9:30-10:30am

8 class program Classes are 1 hour long

Intermediate Springboard Diving

This is the opportunity to build on current diving skills and master more difficult dives. **Prerequisites:** Must be pre-approved to take this class, participants must be able to perform a front tuck dive and have approval of diving instructor to participate in this level.

Fee: Members \$85.00 Non-Members: \$140.00
Saturday 10:30-11:30

8 class program Classes are 1 hour long.

Older Beginner Swim Lesson

This program is designed for children 10-14 years old who have never participated in a swim program or for children with a fear of the water.

Tuesday 5:30
\$59.00 Y-Members
\$120.00 Non-Members

Private Swim Lessons

Private Lessons are offered at the Peabody-Lynnfield YMCA. Lessons are available for both children and adults of all skill levels. This program is ideal for persons with special concerns, adults looking to improve their skills, for tri-athletes needing pointers, and older teens who want to learn to swim. The benefits of private lessons are personal attention, progress at your own pace, flexibility to fit your busy schedule. (Semi- Private and Private Lessons are Available. Call about semi-lesson pricing.)

Contact Peggy Lyons at 978-977-9622 to schedule your lessons.

Private: Members: \$30.00
4- Lesson package: \$100.00
8- Lesson Package: \$160.00

Red Cross Lifeguard Training

This Program is designed to provide the knowledge needed to prepare an individual for the occupation of lifeguard. Prerequisites are to be 16 years of age and the ability to swim 500 yards using crawl and breaststroke. First aid and CPR for the professional rescuer are also included in the course. Classes will be held on Tuesday and Thursday from 6:00-9:00

Course Starts: September 15, 2009
Fee: \$250.00 Members
\$325.00 Non-Members



Adult Beginner Swim Lessons

This course is designed for adults who want to become more comfortable in the water, learn basic stroke mechanics or maybe overcome a fear of the water. Instructors are trained to teach adults who may need some extra attention. The class will run for 8 weeks, once a week for 40 minutes.

Wednesday: 6:15-7:00 PM Friday 10:00-10:45 AM
Fee: \$70.00 members \$125.00 non-members

Adult Advanced Beginner Swim Lessons

This course is designed for those adults who know how to swim and would like to get the kinks out of their strokes and swim more efficiently. This is ideal for those swimmers who aspire to participate in a triathlon or learn a new stroke. . The class will run for 8 weeks, once a week for 40 minutes.

Tuesday: 7:00-7:45pm Tuesday: 10:00-10:45
Fee: \$70.00 Members
\$125.00 Non-Member



Scuba Classes

Refresher Scuba Dive Class

Are you a certified diver and your busy schedule has not permitted you to dive? Perhaps a refresher course is what you are looking for. We spend about ½ hour in the classroom reviewing the dive tables followed by 1 hour in the pool practicing the important skills to make you feel comfortable on your next dive.

- **Call Dive Instructor:** Susan Copelas 781-334-2006

Class 1: Sept 9 8:00pm-9:30pm

Class 2: October 19 8:00pm -9:30pm

Class 3: December 9 8:30pm -9:45pm

Cost: \$65 Members \$85.00 Non-Members

- Includes: instruction, pool time, materials, and all equipment needed in the pool. Materials needed: bathing suit, towel and certification card.

Discover Scuba Diving

Have you always wondered what it would be like to learn to scuba dive but you weren't sure you would like to invest in the class? Come join a fully certified PADI dive instructor who has over 25 years experience. The fun starts by watching a ½ hour video followed by trying on equipment, dive around the pool and play underwater games testing out the new skills you were just taught. Come join in the fun and see if this sport is for you. Ages 8-adult

Session 1: September 9, 2009 6:45-8:15

Session 2: October 19, 2009 6:45-8:15

Price \$25 members \$35 non-members

Includes instruction, pool time, materials, and all equipment needed in the pool Supplies needed: bathing suit, towel, waivers signed



PADI Open Water Certification Class

-Always wonder what the world looked like under water. There are mts. Valleys, cliffs and land formations similar to ours. If you would like to explore all the flora, fauna and geography that the oceans have to offer, now is your chance to join the many whom scuba dive and experience marine life first hand. A fully certified PADI instructor, the leading certification school in the country, will join you in the pool and in the classroom. Once these skills are mastered, you will have the opportunity to dive in the ocean. Upon completion of the course you will be a fully certified open water diver and be able to dive anywhere in the world. Candidates must be able to swim 300 yards. Checkout dives arranged with instructor. Ages: 10-up

Wednesday

Session 1: September 23; 5:15-9:30

October 7; 5:15-8:30

Check out Dive: TBA

Price: members \$395.00 non-members: \$425.00

Equipment: please bring bathing suit, mask fins and snorkel and completed workbook. All other gear is included for pool sessions. Wet suit rental is necessary for the open water testing.



PADI Seal Team

Are you between the ages of 10-16 and want to learn to dive but not ready for the open water? Join the leading dive organization in the country—the PADI Seal Team. This is a five-session class. Each class is set up to teach you three scuba skills followed by playing and practicing those skills in the pool. Each session you will be learning new skills. At the end of the 5-week session, you will have completed dives 1&2 of the

confined water sessions of the PADI scuba diver class. Once you have completed this class you will be a fully certified PADI Seal Diver. Once these skills are master you be doing engaging in diving underwater mazes, treasure hunts, and ultimate Frisbee games!! Ages 10-16 years old.

Session I: Mondays & Wednesdays: 7:15- 8:45pm
November 2, November 16, November 30, December 9, December 14,

Price \$190 members \$225.00 non-members

Includes instruction, pool time materials, certification cards, Supplies needed: bathing suit, towel, waivers signed

Water Fitness Classes

Free for Members \$10.00 per day Non-Members

Aqua Aerobics

Low impact water aerobics is modified for most levels of fitness a great alternative to a land workout.

It is kinder on the joints and muscles. This is a full body workout with emphasis on stretching and muscle conditioning.

Monday - Friday 9:00-10:00AM

Aqua Jog/Aqua Aerobics

Aqua Jog is a workout in the shallow end of the pool. It is great for all fitness levels from beginner to advance. It will increase cardiovascular fitness and muscle tone.

Monday and Wednesday 6:30-7:15 PM

7:30-8:15 PM

Tuesday and Thursday 6:30-7:15 PM

Aqua Arthritis Fitness Class

This is a fitness program especially designed for people with all types arthritis. Its purpose is to reduce pain and stiffness and also increase range of motion. It is not necessary to know how to swim to participate in this program.

Monday, Wednesday and Friday 8:30-9:00 AM



Peabody-Lynnfield YMCA

Piranhas Swim Team

Peabody-Lynnfield Piranhas Swim Team participates in the Eastern MA. YMCA League. We compete in the Division III section of this league. Our team sends swimmers to District and New England Championships.

Mission: To offer a high quality age group swimming program that enables team members to develop their full potential as individuals and athletes, by promoting character development, good sportsmanship, and competitive success in a constructive team environment.

Prerequisites: Ages 6-18 years old; All swimmers must be guppy or above; or be able to swim 25 yards crawl stroke with rotary breathing and 25 yards backstroke to participate in this program.

For more information; Please contact the aquatic office at the Y. 978-977-9622.



Birthday Pool Rentals

Celebrate your child's next birthday at the YMCA. All ages can be accommodated. Parties are limited to 20 swimmers. Pool Parties are by reservation only, on Saturdays and Sundays. You have 1 hour in the pool and 1 hour in the party room for cake and presents. A deposit is required that is non-refundable. **For more information contact the YMCA at 978-977-9622.**

Member: \$155.00

Non- Member: \$185.00



Refund and Credit Policy

Membership Dues and Program Fees are not refundable.

- Refunds are not given unless the YMCA cancels the program.
- Credit will be given if you present a Doctors note, when 50% of class is missed.
- You must register in person to redeem YMCA credit.
- No make-up for classes due to illness.
- For snow days or extreme weather cancellations, call the Y. Make-up information will be posted before end of session.
- YMCA is not responsible for printer's errors in Program guide.
- The Y reserves the right to change program schedule.
- \$20.00 charge for checks not honored by your bank.
- \$5.00 processing fee to change your class time, this must be done in person.
- ✓ Before session begins, an individual may cancel their class and request credit. A credit will be issued less \$5.00 non-refundable service charge.
- ✓ After first class, an individual may cancel their class, HOWEVER, they will be issued a prorated credit (the class fee based on amount paid), less \$5.00 non-refundable service charge.

After the 2nd week of classes we're sorry, a credit will not be issued if an individual does not wish to participate



Pool Safety Rules

- Showers are required for anyone (adult or child) entering the pool or spa.
- **Lifeguard must be obeyed at all times.**
- Please walk on the pool deck.
- **Children under 6 years old, or non-swimmers must have an adult in the water with them, no more than arm's length away at all times.**
- Swimmers must wear an appropriate bathing suit.
- T-shirts are strongly discouraged.
- No horse play or throwing of swimmers allowed.
- Keep hands to yourself.
- Water wings and other inflatable toys are not allowed in the pool at any time.
- Swim test is required for any one wanting to swim in the deep end of the pool.
- Infants and toddlers not toilet trained must wear swim

diapers not regular disposable or cloth diapers.

- No food or drinks allowed on pool deck.
- Glass is not allowed in locker rooms or pool.
- Starting blocks are not to be used.
- Masks, fins and snorkels are for lap swimmers only.
- Noodles will be used during **Family Swim only.**
- Use of the diving board is only on scheduled times.
- Do not hang on lane lines.
- Use Appropriate language, No profanity allowed.
- Behavior should exhibit the core values of Caring, Honesty, Respect & Responsibility always.

Diving Board Rules

Please use caution when using the diving board.

Please be aware the diving board will not always be open.

- Swim test will be required for any one wanting to use the diving board.
- One person on the board at a time.
- One bounce on the board.
- Wait until diver reaches the ladder before diving.
- Be sure diving area is clear of swimmers before diving.
- Dives must be performed forward, off the front.
- No back dives.
- No inward dives.
- No Flips, handstands, or cartwheels.
- No running on board.
- Please do not swim under the board.
- Hands must enter first in head first dives.
- Do not adjust the fulcrum.
- No swimming in diving area when diving board is open.
- Do not hang on diving board.
- Any activity deemed dangerous by the lifeguard on duty will be stopped.
- Lifeguards reserve the right to close the diving board at any time at their discretion for safety reasons.

Spa Rules

Children under 7 yrs. old are not recommended to be in spa.

A soap shower is required for everyone entering the spa.

- Limit time to 10-15 minutes in the spa.
- Any one with heart conditions or high blood pressure should not be in spa.
- Children under 14 yrs. old should not be in spa without an adult physically in the spa with them.
- Dunking, swimming or exercises should not be done in the spa.