



We build strong kids, strong families, strong communities.

2009 YMCA & Ave Maria Summer Program: SUMMER 2009 SWIM LESSON CALENDAR

Lesson Type	Ages	Length	Number of Classes	Ave Maria Resident Rate	Program Rate
Parent Child	6 – 36 months	30-minutes	6 classes	\$50	\$85
Preschool Pike, Eel/Ray	3 – 5 years	30-minutes	6 classes	\$50	\$85
Youth Polliwog/Guppy, Minnow/Fish	6–12 years	45-minutes	6 classes	\$75	\$110

Session Number	Registration	Session Dates
Session 1	May 1	June 9 th – 25 th
Session 2	June 1	July 7 th – 23 rd
Session 3	June 15	July 28 th – 13 th

Class	Age	Days	Times	Price (Ave Maria Resident/Program)
MORNING CLASSES				
Parent/Child	6 - 12 Months	Tues. & Thurs.	9:45-10:15.m.	\$50 / \$85
Pike	3-5 Years	Tues. & Thurs.	9:00-9:30 a.m.	\$50 / \$85
Pike	3-5 Years	Tues. & Thurs.	10:30-11:00 a.m.	\$50 / \$85
Eel/Ray	3-5 Years	Tues. & Thurs.	11:15-11:45 a.m.	\$50 / \$85
Eel/Ray	3-5 Years	Tues. & Thurs.	12:00-12:30 p.m.	\$50 / \$85
AFTERNOON CLASSES				
Pike	3-5 Years	Tues. & Thurs.	4:00-4:30 p.m.	\$50/ \$85
Polliwog/Guppy	6-12 Years	Tues. & Thurs.	4:45-5:45 p.m.	\$75 / \$110
Minnow/Fish	6-12 Years	Tues. & Thurs.	6:00-6:45 p.m.	\$75 / \$110

Greater Naples YMCA

5450 YMCA Rd • Naples, FL 34109 • (239) 597-3148 • www.ymcapalms.org

Our Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.



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Swim Lesson Information:

Location: Ave Maria Water Park

Registration Information: Please register at the Greater Naples YMCA or by calling Brittany Copeland, Aquatics Director, (239) 598-5161. *All registration forms will also be available at www.yncapalms.org*

Pool Availability: Swim Lessons will be held during closed Ave Maria Water Park hours and will only be open to registered participants, not additional family members.

Swim Lesson Class Descriptions:

Parent/Child (6-36 months)

Description: With Mom or Dad, Intro to build comfort with water and parents' water safety skills.

Preschool Swim Lessons (3-5 years)

Pike

Description: Increases comfort in water, more breath control, back float and flutter kick with help and paddle stroke for 12 yards with flotation device.

Eel/Ray

Description: Learn to submerge, front/back floats, glide, paddle stroke 12 yards, back kick and fining 12 yards, sitting dive, rotary breathing 12 yards, treading water.

Youth Swim Lesson (6-12 Years)

Polliwog/Guppy

Description: Learn comfort in water, rhythmic breathing, front & back float, paddle stroke 12 yards

Minnow/Fish

Description: Learn to tread water for 1 minute, front & back crawl for 25 yards, elementary backstroke. Fish: Learn survival float for 6 minutes, 3 kicks for treading water, dolphin kick, surface dives, underwater swimming, 50 yards elementary backstroke

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