



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP SWIM LESSONS

FALL SESSION- REGISTER NOW!

Monday, September 9th – Saturday, November 2nd

PARENT & CHILD SWIM AGE 6 MONTHS TO 3 YEARS- 30 MINUTE CLASS.

Builds water safety skills for parents and children, helping infants and children become comfortable in the water so they are willing and ready to swim under the direction of our experienced staff. Includes a combination of water adjustment skills, songs and games. 15 Students Max.

SHRIMP	Monday	09/09-10/28	5:00 PM
SHRIMP	Friday	09/13-11/1	5:30 PM
SKIPPER	Saturday	09/14-11/2	10:00 AM

PRESCHOOL SWIM AGE 4 TO 5 YEARS - 30 MINUTE CLASS

Gives young children a developmentally appropriate aquatic learning experience that emphasizes water safety in a class environment with their peers. Our Pike level is for our first time swimmers with class goals of swimming without an adult assisted by a floatation device. Our Eel classes are for swimmers who may have taken lessons before with class goals of swimming with their face in the water, float and possibly swim without a flotation device. 7 Students Max.

PIKE	Monday	09/09-10/28	5:30PM
PIKE	Saturday	09/14-11/2	9:00AM
EEL	Monday	09/09-10/28	6:00PM
EEL	Saturday	09/14-11/2	11:30AM

POLLIWOG: INTRO TO WATER SKILLS AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Polliwog level will help students begin to feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress. 7 Students Max.

POLLIWOG	Monday	09/09-10/28	6:30PM
POLLIWOG	Friday	09/13-11/1	6:30PM
POLLIWOG	Saturday	09/14-11/2	9:30AM

GUPPY: FUNDAMENTAL AQUATIC SKILLS AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Guppy level will help students gain confidence and work on the basics of treading water, gliding and getting their face in the water. 7 Students Max.

GUPPY	Friday	09/13-11/1	6:00PM
GUPPY	Saturday	09/14-11/2	10:30AM

NEW BRITAIN-BERLIN YMCA

50 High Street New Britain, CT 06051

P 860 229 3787 E ajordan@nbbymca.org W nbbymca.org



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MINNOW: STROKE DEVELOPMENT AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Minnow level will teach students how to knee-dive and progress their front crawl, backstroke and continue to develop their water treading skills. They will also glide on their front and back. 7 Students Max.

MINNOW	Friday	09/13-11/1	5:00PM
MINNOW	Saturday	09/14-11/2	11:00AM

FISH: STROKE IMPROVEMENT AGE 6 TO 13 YEARS - 45 MINUTE CLASS

Our Fish level will learn how to improve their treading water skills and will progress to a standing dive as well as improving their stroke techniques. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register. 7 Students Max.

FISH	Saturday	09/14-11/2	10:00AM
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FLYING FISH: SKILL PROFICIENCY AGE 6 TO 13 YEARS - 45 MINUTE CLASS

Our Flying Fish and Shark levels are for students who have completed prior levels and are looking to develop a strong swimming endurance while perfecting their techniques. This is the last level before joining life guarding classes. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register. 7 Students Max.

FLYING FISH	Saturday	09/14-11/2	10:45AM
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ADULT BEGINNER AGE 18+ YEARS - 60 MINUTE CLASS

Our Adult Beginner class is for people who have little to no swimming experience. This class will go over everything from water safety to treading water to different swim strokes. 7 Students Max.

ADULT BEGINNER	Saturday	09/14-11/2	9:00AM
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GROUP LESSON FEES: Full member \$45.00 Program Member \$55.00 Non-member \$70.00

ADULT BEGINNER FEES: Full member \$65.00 Program Member \$85.00 Non-member \$100.00

Please note: Our Group Lessons are on a first-come, first-serve basis depending on availability at the time of registration. Instructors may vary from session to session. There will be no refunds issued. There is one make-up class built into each session due to unforeseen issues.

If more than one class is missed, no make-up is offered.

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