



# SWIM LESSON SCHEDULE

YMCA OF GLENDALE

140 N. Louise St. Glendale, CA 91206

For online registration visit [www.glenymca.org](http://www.glenymca.org)



2022	M/W	T/Th	Fri	Sat
December	Dec. 5-14	Dec. 6-15 ( No class Dec. 1)	Dec. 2-9	Dec. 3-10

January session will start Tuesday January 3<sup>rd</sup> 2023

## Training Pool

MW or TTh Group Class fees	Prog. Member \$75	Non-Member \$90	Family plus \$50
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<p><b>Combined (Adv., Guppy, Minnow, Fish, flying fish and shark) at the training pool</b> Ages 6-14 advance swimmers</p> <p><b>Polliwog Advanced</b> Ages 6-14 years, for those who completed the Polliwog Beginner or able to swim 20 yards. The emphasis is on front and back Kicking, rhythmic side breathing and paddle stroke.</p> <p><b>Guppy</b> Ages 6-14 years, for those who completed the Polliwog Advanced, or able to do front and back crawl, side breathing for 25 yards. The emphasis is refining the front and back crawl.</p> <p><b>Minnow</b> Ages 6-14 years, for those who completed Guppy or able to swim freestyle and backstroke. The emphasis is elementary backstroke.</p> <p><b>Fish</b> Ages 6-14 years, for those who completed Minnow, or able to swim freestyle, backstroke and elementary backstroke. The emphasis is breaststroke.</p> <p><b>Flying fish/ shark</b> Refining all strokes emphasis is Butterfly, endurance, speed</p>	M/W	4:00-4:40pm Online code 2AGMF400MW
		4:45-5:25pm Online code 2AGMF445MW
	T/Th	4:00-4:40pm Online code 2AGMF400tth
		4:45-5:25pm Online code 2AGMF445tth

<b>Lifeguard Training</b>	<b>American Red Cross lifeguard Training for Ages 16 and up. Please call (818) 2451774 for class details and fees.</b>
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For the best experience please follow all pool rules.  
 No make up sessions for missing classes.  
 Make up sessions for group classes may be available with doctor's note only.  
 Make up sessions for private may be available if you have notified the aquatics department 24 hours in advance. Make up classes is subject to instructor's availability and it is not guaranteed.  
 Maximum of 2 make ups per month for twice a week privates.  
 Maximum of 1 make up per month for once a week privates.  
 Registering in a wrong class will result to cancellation. No transfer once registered.  
 First come first served, once classes are full you will be placed on waiting list.  
 There are maximum of 8 classes for twice a week and 4 classes for once a week per month.  
 Schedules, instructors, and location is subject to change without advance notice.  
 Cancellation after first day of class will refund only 50%  
 There may be other activities scheduled in the pool during swim lessons.  
 Parent/guardian must stay in premises at all times, please make sure you have updated your phone number at the desk.  
 For Main pool, No parents allowed on pool deck. Parents may wait in the patio or the balcony,  
 For Training pool, No parents allowed on pool deck or in the pool balcony. Parents may wait in the lobby.



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## Main Pool


MW or TTh Group Class fees	Prog. Member \$75	Non-Member \$90	Family plus \$50
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 <b>Flying Fish / Shark at the main pool</b> Ages 6-14 years, for those who completed Fish, or able to swim freestyle, backstroke, elementary backstroke and breaststroke. Class introduces butterfly. Shark level emphasizes butterfly and refines all other strokes.	M/W	5:30-6:10pm
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<b>Dolphin Pre-Swim Team</b> <b>(Ask the coach for Calendar updates)</b> Ages 6-17 years, for those who completed Shark, class prepares swimmers for swim team. Emphasis is speed, endurance, competitive techniques. (group class fee)	T/Th	7:00-7:45pm
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<b>Swim Team</b> <b>(Ask the coach for Calendar updates)</b> Ages 6-17 years, practices are 3 days a week. Emphasis is speed, endurance, competitive techniques. (group class fee)	M/W/Fri	7:00-8:00pm
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 <b>Pike</b> Ages 3-5 years, for non-swimmers the emphasis is on comfort in the water, development of kicking, floating and arm paddles.	M/W or T/Th	4:15-4:55pm
		5:00-5:40pm
		5:45-6:25pm

 <b>Polliwog Beginner</b> Ages 6-14 years, for non-swimmers the emphasis is on comfort in the water, water adjustment, floating, kicking, rhythmic breathing and the paddle stroke for freestyle. Must swim at least 20 yards to move up to next level. (Arm Paddling, kicking and rhythmic breathing)	M/W or T/Th	4:15-4:55pm
		5:00-5:40pm
		5:45-6:25pm

To Schedule your private swim class please call (818) 245 1774

Private Swim Lessons Ages 3 and up	Fees
Once a week private 4 x 30 min. classes	Member/Family plus <b>\$73</b> Program member <b>\$93</b>
Twice a week private 8 x 30 min. classes	Member/Family plus <b>\$123</b> Program member <b>\$163</b>
Once a week semi private 4 x 45 min. classes. (prices per person)	Member/Family plus <b>\$63</b> Program member <b>\$83</b>
Twice a week semi private 8 x 45 min. classes (prices per person)	Member/Family plus <b>\$108</b> Program member <b>\$133</b>