



# SWIM LESSON SCHEDULE

YMCA OF GLENDALE

140 N. Louise St. Glendale, CA 91206 [www.glenymca.org](http://www.glenymca.org)



2023	M/W	T/Th	Fri	Sat
Sept.	Sept. 6- Oct.2 No class Sept. 4	Sept. 5-28	Sept. 8-29	Sept. 9-30
Oct.	Oct. 4-30	Oct. 3-26	Oct. 6-27	Oct. 7-28
Nov.	Nov. 1-27	Nov. 2-30 No class on 23rd	Nov.3- Dec. 1 No class on 24th	Nov. 4-Dec.2 No class on 25th

## Training Pool Swim lesson schedule

Twice a week Group Class fees	Program Member \$160	Non-Member \$200	Full Facility \$110
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<p><b>AGMF (Combination of advanced swim levels )</b> Swim test is required Polliwog Advanced Ages 6-17 years, for those who completed the Polliwog Beginner or able to swim 20 yards. The class emphasizes on front and back Kicking, rhythmic side breathing and paddle stroke.</p> <p><b>Guppy</b> Ages 6-17 years, for those who completed the Polliwog Advanced, or able to do front and back crawl, side breathing for 25 yards. The class emphasizes on refining the front and back crawl, turns, drills.</p> <p><b>Minnow</b> Ages 6-17 years, for those who completed Guppy or able to swim freestyle and backstroke with side breathing, The class emphasize is elementary backstroke.</p> <p><b>Fish</b> Ages 6-17 years, for those who completed Minnow, or able to swim freestyle, backstroke and elementary backstroke. Emphasize is breaststroke, open turns. Flip turns.</p> <p><b>Flying fish/ shark</b> Ages 6-17 years, for those who have completed Fish level or are able to swim freestyle, backstroke, elementary backstroke and breaststroke. Class introduces butterfly. The level emphasizes on speed, endurance and prepares for pre-swim team.</p>	<p>M/W 4:00-4:40pm M/W 4:45-5:25pm</p> <p>T/Th 4:00-4:40pm T/Th 4:45-5:25pm</p>
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Lifeguard Training	American Red Cross lifeguard Training for Ages 16 and up. Please call (818) 2451774 for class details and fees.
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For the best swim experience please follow all pool rules:  
 Applicants must be independent when using the bathroom, on the pool deck and in the pool. Those who are not must be accompanied with an adult care taker.  
 No additional or make up sessions for missing classes. Make up sessions for group classes may be available if you notify the Aquatics coordinator and provide doctor's note only.  
 Make up sessions for private class 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 in cancellation. No transfer once you 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.  
 Registration dates vary from month to month and will be announced monthly  
 Existing swimmers have priority to register before the registration is open for community.  
 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 Swim Lesson Schedule

Group Class fees	Program Member \$160	Non-Member \$200	Full Facility \$110
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<p><b>Flying Fish / Shark at the Main Pool</b> Ages 6-17 years, for those who have completed Fish level or are able to swim freestyle, backstroke, elementary backstroke and breaststroke. Class introduces butterfly. The level emphasizes on speed, endurance and prepares for pre-swim team. Swim test required.</p>	M/W 5:30-6:10pm
<p><b>Dolphin Pre-Swim Team</b> (Ask the coach for Calendar updates) Ages 6-17 years swimmers who have completed Shark level. The class prepares swimmers for swim team. The level emphasizes on speed, endurance, competitive swim techniques. (group class fee)</p>	T/Th 7:00-7:45pm
<p><b>Swim Team</b> (Ask the coach for Calendar updates) Ages 6-17 years, practices are 3 days a week. Emphasis is speed, endurance, competitive techniques. (group class fee)</p>	M/W/F 7:00-8:00pm
<p><b>Pike</b> Ages 3-5 years old non-swimmers. The class emphasizes on water adjustment, kicking, floating, and arm paddles. The focus is safety and reducing the risk of drowning by giving kids confidence in and around the water.</p>	<p><i>M/W 3:15-3:55pm Seasonal</i> M/W 4:15-4:55pm M/W 5:00-5:40pm M/W 5:45-6:25pm <i>T/Th 3:15-3:55 Seasonal</i> T/TH 4:15-4:55pm T/TH 5:00-5:40pm T/TH 5:45-6:25pm</p>
<p><b>Poliwog Beginner</b> Ages 6-17 years non-swimmers. The class emphasizes on comfort in the water, water adjustment, floating, kicking, rhythmic breathing and the paddle stroke for freestyle and back. Must swim at least 20 yards to move up to the next level.</p>	<p><i>M/W/ 3:15-3:55 Seasonal</i> M/W 4:15-4:55pm M/W 5:00-5:40pm M/W 5:45-6:25pm <i>T/Th 3:15-3:55 Seasonal</i> T/TH 4:15-4:55pm T/TH 5:00-5:40pm T/TH 5:45-6:25pm</p>

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

<b>Private Swim Lessons</b> Ages 3 and up		
Once a week private (One swimmer) 4 x 30 min. classes	Program member/Full Facility	\$149
	Non-member	\$190
Twice a week private (One swimmer) 8 x 30 min. classes	Program member/Full Facility	\$248
	Non-member	\$330
Once a week semi private (Two swimmers) 4 x 45 min. classes. (prices per person)	Program member/Full Facility	\$128
	Non-member	\$169
Twice a week semi private (Two swimmers) 8 x 45 min. classes (prices per person)	Program member/Full Facility	\$218
	Non-member	\$269