



SWIM LESSON SCHEDULE

YMCA OF GLENDALE
140 N. Louise St. Glendale, CA 91206



Sessions	M/W	T/Th	Saturday
December	Dec. 3,5,10,12	Dec. 6,11,13,18	Dec. 8,15

Training Pool

MW or TTh Group	Member \$45	Prog. Member \$60	Family plus \$40
Saturday Group	Member \$35	Prog. Member \$50	Family plus \$30

	Poliwog Advanced Ages 6-14 years, for those who completed the Poliwig Beginner or able to swim 20 yards. The emphasis is on front and back Kicking, rhythmic side breathing and paddle stroke.	M/W	4:00-4:45pm	2POLADV01
			4:45-5:30pm	2POLADV02
			5:30-6:15pm	2POLADV03
			6:15-7:00pm	2POLADV04
		T/Th	4:00-4:45pm	2POLADV05
			4:45-5:30pm	2POLADV06
			5:30-6:15pm	2POLADV07
			6:15-7:00pm	2POLADV08
	Guppy Ages 6-14 years, for those who completed the Poliwig Advanced, or able to do front and back crawl, side breathing for 25 yards. The emphasis is refining the front and back crawl.	M/W	4:00-4:45pm	2GUPPY01
			4:45-5:30pm	2GUPPY02
			5:30-6:15pm	2GUPPY03
			6:15-7:00pm	2GUPPY04
		T/Th	4:00-4:45pm	2GUPPY05
			4:45-5:30pm	2GUPPY06
			5:30-6:15pm	2GUPPY07
			6:15-7:00pm	2GUPPY08
	Minnow Ages 6-14 years, for those who completed Guppy or able to swim freestyle and backstroke. The emphasis is elementary backstroke.	M/W	4:00-4:45pm	2MINNOW01
			4:45-5:30pm	2MINNOW02
			5:30-6:15pm	2MINNOW03
			6:15-7:00pm	2MINNOW04
		T/Th	4:00-4:45pm	2MINNOW05
			4:45-5:30pm	2MINNOW06
			5:30-6:15pm	2MINNOW07
			6:15-7:00pm	2MINNOW08
	Fish Ages 6-14 years, for those who completed Minnow, or able to swim freestyle, backstroke and elementary backstroke. The emphasis is breaststroke.	M/W	4:00-4:45pm	2FISH01
			4:45-5:30pm	2FISH02
			5:30-6:15pm	2FISH03
			6:15-7:00pm	2FISH04
		T/Th	4:00-4:45pm	2FISH05
			4:45-5:30pm	2FISH06
			5:30-6:15pm	2FISH07
			6:15-7:00pm	2FISH08
	Flying Fish Ages 6-14 years, for those who completed Fish, or able to swim freestyle, backstroke, elementary backstroke and breaststroke. Class introduces butterfly.	M/W	4:45-5:30pm	2FLYFISH01
			5:30-6:15pm	2FLYFISH02
		T/Th	4:00-4:45pm	2FLYFISH03
			5:30-6:15pm	2FLYFISH04
	Shark Ages 6-14 years, for those who completed Flying Fish, or able to swim freestyle, backstroke, elementary backstroke, breaststroke and butterfly. Emphasis is butterfly and refining all other techniques.	M/W	4:45-5:30pm	2SHARK01
			5:30-6:15pm	2SHARK02
		T/Th	4:00-4:45pm	2SHARK03
			5:30-6:15pm	2SHARK04

1-No Makeup for missing classes unless you have a doctor's note. 2-Schedules, instructors, and location of swim lessons are subjects to change without an advance notice. 3-Parents must stay with swimmers at all times. 4-Cancellation after 1st day of class will refund only 50%. 5-We use 2-4 lanes for classes. 6-Please follow the pool rules and policies to have a better experience. **There is maximum of 4 classes for twice a week and 2 classes for once a week and 2 classes for Saturdays in month of December.**



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Main Pool

Dolphin Pre-Swim Team (Ask the coach for Calendar updates) Ages 6-14 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	2DOLPHIN
Swim Team (Ask the coach for Calendar updates) Ages 6-14 years, practices are 3 days a week. Emphasis is speed, endurance, competitive techniques. (group class fee)	M/W/Fri	7:00-8:00pm	2SWIMTEAM

 <p>Pike:</p> <p>Ages 3-5 years, for non-swimmers the emphasis is on comfort in the water, development of kicking, floating and arm paddles.</p>	M/W	3:45-4:30pm	1PIKE03	
		4:30-5:15pm	1PIKE04	
		5:15-6:00pm	1PIKE05	
		6:00-6:45pm	1PIKE06	
	T/TH	3:45-4:30pm	1PIKE09	
		4:30-5:15pm	1PIKE10	
		5:15-6:00pm	1PIKE11	
		6:30-7:15pm	1PIKE12	
	Sat	10:00-10:45am	1PIKE13	
		10:45-11:30am	1PIKE14	
	 <p>Polliwog Beginner</p> <p>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)</p>	M/W	3:45-4:30pm	1POLBEG03
			5:15-6:00pm	1POLBEG04
			6:00-6:45pm	1POLBEG05
6:45-7:30pm			1POLBEG06	
T/TH		3:45-4:30pm	1POLBEG09	
		4:30-5:15pm	1POLBEG10	
		6:30-7:15pm	1POLBEG11	
		7:15-8:00pm	1POLBEG12	
Sat		10:30-11:15am	1POLBEG13	

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

Private Swim Lessons Ages 3 and up	Code	Fees
Once a week private 2 x 30 min. classes	1PRIVONCE	Member/Family plus \$53 Program member \$60
Twice a week private 4 x 30 min. classes	1PRIVTWICE	Member/Family plus \$85 Program member \$95
Once a week semi private 2 x 45 min. classes. (prices per person)	1SEMIONCE	Member/Family plus \$40 Program member \$48
Twice a week semi private 4 x 45 min. classes (prices per person)	1SEMITWICE	Member/Family plus \$66 Program member \$75