



SWIM LESSON SCHEDULE


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





| | | |
|-------------|------------------|------------------|
| 2021 | M/W | T/Th |
| July | July 5-28 | July 6-29 |


Training Pool

| | | | |
|---|---------------------|-------------------|--------------------|
| MW or TTh | Prog. Member | Non-Member | Family plus |
| Group Class fees | \$140 | \$180 | \$90 |
| For online registration visit www.glenymca.org | | | |

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|  polliwogs | Polliwog Advanced 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. | M/W | 4:00-4:40pm |
| | | | 4:45-5:25pm |
| | | T/Th | 4:00-4:40pm |
| | | | 4:45-5:25pm |

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|  guppies | Guppy 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. | M/W | 4:00-4:40pm |
| | | | 4:45-5:25pm |
| | | T/Th | 4:00-4:40pm |
| | | | 4:45-5:25pm |

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|  minnows | Minnow Ages 6-14 years, for those who completed Guppy or able to swim freestyle and backstroke. The emphasis is elementary backstroke. | M/W | 4:00-4:40pm |
| | | | 4:45-5:25pm |
| | | T/Th | 4:00-4:40pm |
| | | | 4:45-5:25pm |

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|  fish | 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 | 4:00-4:40pm |
| | | | 4:45-5:25pm |
| | | T/Th | 4:00-4:40pm |
| | | | 4:45-5:25pm |

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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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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 a maximum of 8 classes for twice a week and 4 classes for once a week.** 24 hours cancellation notice is required for privates.




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Main Pool


| | | | |
|--|---|-------------|----------------------------|
|  flying fish | 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 | 4:15-4:55pm 5:00-5:40pm |
| | | T/Th | 4:15-4:55pm 5:00-5:40pm |

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|  shark | 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 | 4:15-4:55pm 5:00-5:40pm |
| | | T/Th | 4:15-4:55pm 5:00-5:40pm |

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| 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 |
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| 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 |
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|  pike Pike: Ages 3-5 years, for non-swimmers the emphasis is on comfort in the water, development of kicking, floating and arm paddles. | M/W | 4:15-4:55pm |
| | | 5:00-5:40pm |
| | | 5:45-6:25pm |
| | T/TH | 4:15-4:55pm |
| | | 5:00-5:40pm |
| | | 5:45-6:25pm |

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|  polliwogs Polliwog Beginner 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 | 4:15-4:55pm |
| | | 5:00-5:40pm |
| | | 5:45-6:25pm |
| | 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 \$140 Program member \$180 |
| Twice a week private 8 x 30 min. classes | Member/Family plus \$240 Program member \$320 |
| Once a week semi private 4 x 45 min. classes. (prices per person) | Member/Family plus \$120 Program member \$160 |
| Twice a week semi private 8 x 45 min. classes (prices per person) | Member/Family plus \$210 Program member \$260 |