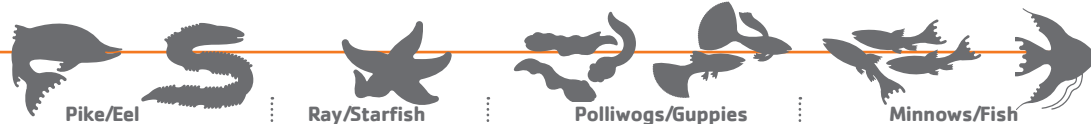


Cooper Street Branch 2012 Spring Swim Lessons

Class Fees	Session	Parent/Child	Preschool	Youth/Adult
Full Member	Monday-Thursday	\$30	\$45	\$55
	Saturday	\$15	\$25	\$30
Program Member	Monday-Thursday	\$40	\$65	\$75
	Saturday	\$20	\$35	\$40

Cooper Street Branch



Session	Dates	Parent/Child	Pike/Eel	Ray/Starfish	Polliwogs/Guppies	Minnows/Fish	Teen	Adult
1	Jan 9-Feb 2 (Mon/Wed) or (Tues/Thurs)	10am, 6pm	9am, 10, 4pm, 5:30	9am, 11, 4:45pm 6:15	4pm, 5, 7	4pm, 5, 6	7pm	7pm
	Jan 7-28 (Sat)	11:15am	9am, 9:45, 10:30	9am, 9:45, 10:30	8:30am, 9:30, 10:30, 11:30	8:30am, 9:30, 10:30, 11:15	7:30am	7:30am, 11:30
2	Feb 6-Mar 1 (Mon/Wed) or (Tues/Thurs)	10am, 6pm	9am, 10, 4pm 5:30	9am, 11, 4:45pm 6:15	4pm, 5, 7	4pm, 5, 6	7pm	7pm
	Feb 4-25 (Sat)	11:15am	9am, 9:45, 10:30	9am, 9:45, 10:30	8:30am, 9:30, 10:30, 11:30	8:30am, 9:30 10:30, 11:15	7:30am	7:30am, 11:30
3	Mar 5-April 5* (Mon/Wed) or (Tues/Thurs)	10am, 6pm	9am, 10, 4pm, 5:30	9am, 11, 4:45pm 6:15	4pm, 5, 7	4pm, 5, 6	7pm	7pm
	Mar 3-31* (Sat)	11:15am	9am, 9:45, 10:30	9am, 9:45, 10:30	8:30am, 9:30, 10:30, 11:30	8:30am, 9:30 10:30, 11:15	7:30am	7:30am, 11:30
4	Apr 9-May 3 (Mon/Wed) or (Tues/Thurs)	10am, 6pm	9am, 10, 4pm, 5:30	9am, 11, 4:45pm 6:15	4pm, 5, 7	4pm, 5, 6	7pm	7pm
	Apr 7-28 (Sat)	11:15am	9am, 9:45, 10:30	9am, 9:45, 10:30	8:30am, 9:30, 10:30, 11:30	8:30am, 9:30 10:30, 11:15	7:30am	7:30am, 11:30
5	May 7-June 1** (Mon/Wed) or (Tues/Thurs)	10am, 6pm	9am, 10, 4pm, 5:30	9am, 11, 4:45pm 6:15	4pm, 5, 7	4pm, 5, 6	7pm	7pm
	May 5-26 (Sat)	11:15am	9am, 9:45, 10:30	9am, 9:45, 10:30	8:30am, 9:30, 10:30, 11:30	8:30am, 9:30 10:30, 11:15	7:30am	7:30am, 11:30

*Session 3: No lessons the week of March 12-17 in observance of Spring Break

**Session 5: Mon/Wed lessons the last week will be Wednesday, May 30 and Friday, June 1.

If you have any additional questions please contact:

Cooper Street Branch

817-419-9629

www.ymca-arlington.org

Description of Classes



Private Lessons

Cost: \$25 per lesson Members
\$35 Program Members, \$35 Non-Members
ages 16 and up

Swimming lessons in 30-minute sessions designed especially for you or your child. Registration: See Welcome Center staff for details.



Parent/Child Program

3 to 10 people per lesson
30 minutes in length

Must wear "Swimming Diapers" (water proof)

Classes are designed to allow the child to have fun in the water while the parent guides him/her to learn aquatic skills and safety. The skills that are focused on range from water orientation and exploration to children moving independently through the water under their parent's guidance. Parent, guardian or parent approved adult must participate. The instructor will guide parents/children to work on skills that will lead to children independently swimming.



Preschool Program

3 to 5 children per lesson
35 minutes in length



pike

Pike: Beginner level, Children develop safe pool behavior, adjust to the water, practice breath control, front/back floats with kicking and jumping in off the edge of the pool.



eel

Eel: In the Eel level, child must be able to perform the following skills: submerge full head underwater, perform a five-second front and back float, jump in unassisted from the edge of the pool, and paddle 15 feet with assistance.



ray/starfish

Ray/Starfish: In the Ray level, child must be able to perform the following skills: front and back float with kick for 10 feet, jump in and paddle five feet then return to the wall unassisted, and paddle stroke front and back with flotation device for 20 feet. In the Starfish level, child must be able to perform the following skills: rotary breathing, front and back stroke without flotation device for 15 feet and with flotation device for 15 yards, elementary back stroke and back stroke for 20 feet, and jump in and paddle 15 feet then return to wall unassisted.



Youth Program

3 to 6 students per lesson
50 minutes in length



polliwogs

Polliwog: Beginner Level, Children are taught front and back paddle stroke, and front and back floats.



guppies

Guppy: In the Guppy level, child must be able to perform the following skills: submerge full head underwater, hold breath underwater for 10 seconds, front and back floats for 10 seconds, front and back float with kick for 10 feet, pick up a submerged object, paddle stroke on front and back with assistance, and jump in chest deep water and return to the side.



minnows

Minnow: In the Minnow level, child must be able to perform the following skills: rhythmic breathing, front and back float with proper kick 20 feet, breast stroke with assistance 20 feet, elementary backstroke and backstroke 15 yards, and roll over from front to back and back to front.



fish

Fish: In the Fish level, child must be able to perform the following skills: front stroke with proper breathing for 25 yards, breast stroke and side stroke for 15 yards, elementary backstroke and backstroke 25 yards, dolphin kick for 15 yards, swim on front and back for 25 yards with flotation device and tread water for one minute.



Teen & Adult Programs

3 to 5 students per lesson
50 minutes in length

Teen: Ages 12-15

Adult: Ages 13+



Adult Beginner: Adults are taught front and back floats, rudimentary front and back strokes progressing into front, back and breast strokes.

Adult Intermediate: Adults work on proper technique and endurance for the front, back, and breast strokes, while being introduced to flip-turns, butterfly, and the sidestroke.

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