



724-934-9622

www.ymcapgh.org

YAQUATICS™

We build strong kids, strong families, strong communities.

The Baierl Family YMCA follows the nationally recognized YMCA Swim Lessons Program, developed by experts and field tested by Y aquatic instructors. In this program participants are taught not only swimming skills, but also skills that will allow them to enjoy aquatics throughout their lives.

The Aquatic staff believes the following information will be of help to class participants;

- All children not potty trained **MUST** wear the swimmies (protective swim pants) into the pool.
- Classes are based on seven lessons of intensive and progressive teaching techniques.
- Each participant **MUST** shower before entering the pool
- All participants with hair to the shoulders or longer **MUST** either tie it back or wear a swim cap.
- All members under 18 are required to complete a swim test before being permitted in the deep end, lap lanes or on the slide.
- The Aquatic Director or Swim Lesson Coordinator will have a brief meeting with parents before the start of each session. Procedures will be explained and any questions will be answered.

Parent/Child classes (Ages 12 months - 3 years)

Inia/Perch This class is lightly structured to provide parents with skills to safely guide their child in the water.

Preschool classes (Ages 3 - Kindergarten)

Pike Children begin to develop safe pool behavior, adjust to and develop independent movement in the water.

Eel This level reinforces Pike skills. Children are taught to kick, dive, float and perform the progressive paddle stroke. **Children must swim 15 feet without flotation before advancing to Ray.**

Ray At this level children improve their stroke skills, build endurance and personal safety skills. **Children must swim 20 feet front and back without flotation aids before advancing to Starfish.**

Starfish At this level children refine their strokes, personal safety, rescue and flotation skills. **To complete this level, children must swim a length on their front and back.**

Youth classes (Ages 6+)

Polliwog This level acquaints children with the pool, use of flotation devices and floating. **Children must swim across the pool without flotation or assistance before moving to Guppy.**

Guppy At this level the youth are introduced to lead-up strokes, to the front crawl and back crawl. **Youths must swim the length of the pool to progress to the Minnow level.**

Minnow The Minnow level is the first intermediate level. They are further refining the lead-up strokes. **Youths must swim 5 strokes in good form the length of the pool before they can progress to the Fish level.**

Fish/Flying Fish Refining strokes, open/flip turns and endurance are being developed in this level. **Children must be able to swim all strokes in good form for 100yds before they can progress to the Shark level.**

Shark This level refines the skills developed in earlier classes and learns Trudgen Crawl and the 200yds Individual Medley.

Adult Swim Lessons

Beginner/Intermediate Are you looking to improve on your existing swimming abilities or gain confidence in the pool? If this is so, this is the lesson for you.

Private Swim Lessons

Want to learn to swim, but not in a group setting? Sign up for private swim lessons. Sign up on the waiting list at the Welcome Center. Once you have signed up you will be assigned an instructor who will give you 7 half hour lessons. Private swim lessons are for ages **5 years and up**. There is no guarantee on a time frame once on the waiting list.

FEE per lesson: FM \$25 PM \$35 (minimum of 7 lessons)

SWIM LESSONS—No refunds will be given after the start of the session. Please book your child's place in a class by the Thursday before the session starts as staffing levels need to be addressed at this time. All classes will be removed from the web site on this day.

P.A.L.S. (Parents as Leaders)

In order to increase parental involvement in the aquatic programs, your YMCA has developed a P.A.L.S. program for preschool and youth swim classes. A P.A.L.S. parent is one who joins us on the deck to help swimmers get ready for class, helps locate parents for assistance or aids the instructor in the water allowing for more individualized instruction. If you are interested contact the Aquatics Director 724-934-9622 ext. 22.