

## AQUA FOR ALL

Does your child have special needs? Our swim lessons are modified for students with special needs. The classes provide a place for the children to engage in structured fun while learning water safety skills. Lessons are taught by certified YMCA instructors with training and hands on experience working with students with physical, academic and emotional needs.

**Session I** 3/7-3/28  
**Session II** 4/4-4/25  
**Session III** 5/2-5/30 (*\*no class on 5/23*)

### Days/Times: Saturdays

10:00-10:30a; 10:45-11:15a; 11:30-12:00p

**Fees: Facility member: \$100**  
**Program member: \$200**

**Ratio: 1: 2**

## ADULT SWIM LESSONS

**Session I** 3/3-3/26  
**Session II** 3/31-4/30  
**Session III** 5/5-5/28

**Days/Times:** T/TH 6:30-7:00p

## PORPOISE SWIM CLUB

**Session I** 3/3-3/26  
**Session II** 3/31-4/30  
**Session III** 5/5-5/28

### Days/Times: T/W/TH

Group A: 4:30-5:30p  
 Group B: 5:30-6:30p

**Fees: Facility member: \$75**  
**Program member: \$150**

## WEEKDAY LESSONS PRESCHOOL/YOUTH

**Session I** 3/2-3/12  
**Session II** 3/16-3/26  
**Session III** 3/30-4/16  
**Session IV** 4/20-4/30  
*\*No classes during Spring Break 4/6-4/10*  
**Session V** 5/4-5/14  
**Session VI** 5/18-5/28

### Days/Times (Monday-Thursday)

10:30-10:55a 5:00-5:25p  
 11:00-11:25a 5:30-5:55p  
 4:00-4:25p 6:00-6:25p  
 4:30-4:55p

## SATURDAY LESSONS

**Session I** 3/7-3/28  
**Session II** 4/4-4/25  
**Session III** 5/2-5/30  
*\*No classes May 23rd*

10:00-10:30a Mommy and Me  
 9:30-10:15a Preschool / Youth  
 10:30-11:15a Preschool / Youth

## SWIM LESSON FEES 2009

**Facility member: \$55 Program member: \$110**

## MOMMY AND ME

**Facility member: \$30 Program member: \$60**

## MAKE UP DAYS FOR SWIM LESSONS

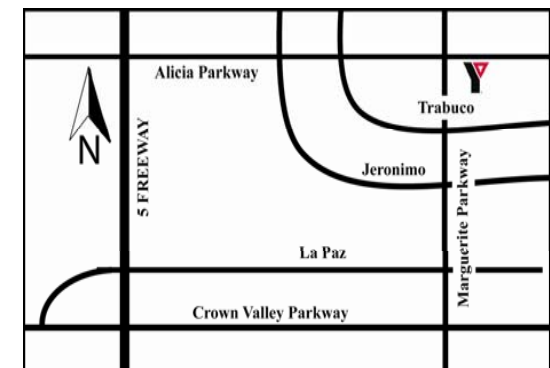
Please call Carol Kolarov, Swim Lesson Specialist to secure your spot  
 380-3517 or ckolarov@ymcaoc.net

# YAQUATICS™

We build strong kids, strong families, strong communities.



Spring 2009



**Saddleback Valley YMCA**  
 27341 Trabuco Circle Mission Viejo, CA 92692  
 (949) 859-9622 [www.ymcaoc.org](http://www.ymcaoc.org)

## SWIM LESSON DESCRIPTIONS

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The YMCA has been teaching people to swim for over 100 years. Students learn stroke development, personal safety, personal growth, water sports and games, and rescue. One thing never changes at the Saddleback Valley YMCA, we are still dedicated to helping people grow in skill and confidence for a lifetime of fun and fitness in the water.

### **Parent/Child 6-36 months**

Offers fun-filled times for parent and child pairs to interact and explore the aquatic environment together. Class ratios are 1:10.

### **Preschool 3-5 years**

These group classes are the introduction to a long aquatic life for these swimmers. Program curriculum helps the beginner adjust to the water, develop independent movement, and takes the children to swimming length of pool with all primary strokes. Class ratio is 1:4.

### **Youth 6-12 years**

Group lessons boast low teacher to child ratios and plenty of individual attention. Children are assessed on the first day of class and grouped into appropriate levels. This program welcomes beginners to the advanced levels needing stroke refinement and endurance work. Class ratio is 1:6.

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### **Adult Swim Lessons All levels welcome!**

Adult lessons are a great way to learn to swim! Already know how to swim? Adult fitness swimming classes are a great way to tone, shape and increase endurance. Skills are taught in a fun and supportive environment. Class ratio is 1:6.

### **Adult Swimming Conditioning Class**

This class will meet once a week and work on drills and stroke mechanics. Swim participants will receive swim workouts each week to complete on their own. This is a great conditioning class for individuals new to the sport of swimming or athletes looking for cross training.

### **Private Swim Lessons (5X30 minute sessions)**

Whether you want your child to learn how to swim or you want special technique training for yourself, private swim lessons offer one-on-one instruction with a YMCA swim instructor. Private swim lessons are scheduled based on the availability of pool space and instructors.

**Registration:** At Member Services. You will be contacted within 48 hours by an aquatic staff member to schedule lessons.

**Fee:** Facility member: \$130  
Program member: \$260

**Contact:** [ckolarov@ymcaoc.net](mailto:ckolarov@ymcaoc.net)

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### **Porpoise Swim Club 5-14 years**

This is the most advanced of the YMCA swim levels. Youth improve skills and endurance by training in freestyle, backstroke, breaststroke, and butterfly.

**Registration:** At Member Services Desk, and must pass swim evaluation prior to enrolling. Contact 949-380-3517 or [ckolarov@ymcaoc.net](mailto:ckolarov@ymcaoc.net) to schedule your child's evaluation. New classes form monthly and we welcome new participants throughout the month.

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### **AQUA for ALL (4X30 minute sessions)**

These lessons are modified for students with special needs. Program curriculum will include water entry and exit, water submersion, floating, swimming to the edge of the pool, and swim-float-swim technique. An individual assessment will be done by a certified instructor in order to determine the child's placement in swim lessons. Upon completion of assessment, an individualized lesson plan will be created for each swimmer.

Registration: At member services. You will be contacted within 48 hours by Jenni Guitron to schedule lessons. Contact 949-380-3517 or [jguitron@ymcaoc.net](mailto:jguitron@ymcaoc.net) to schedule your child's evaluation.

Ratio: 1:1 or 1:2 depending on results of evaluation.



# **Y**SWIM LESSONS™

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