

**Inia-Perch (parent & child)****9 months-36 months**

Parent(s) helps child become comfortable in the water through supervised activities, fun and safety. One or both parents must swim with their child.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	4:00-4:30pm	Family Pool	Augusta
Monday	S1&S2	6:00-6:30pm	Family Pool	Augusta
Wednesday	S1&S2	4:00-4:30-pm	Family Pool	Augusta
Wednesday	S1&S2	6:00-6:30pm	Family Pool	Augusta
Thursday	S1&S2	10:00-10:30am	Family Pool	Augusta
Saturday	S1&S2	10:00-10:30am	Family Pool	Augusta
Saturday	S1&S2	11:30-12:00pm	Family Pool	Augusta

Fees: YMCA Member \$ 50  
Program Member \$ 75

**Gators (parent & child)****2 years-3 years**

Children who are comfortable back floating and swimming with a bubble independently, but are too young for the Pike class. They will learn paddle stroke, swimming on their back, jumping in the deep water, taking turns swimming and start the transition towards our 3-5 year old levels. One or both parents must swim with their child.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	4:30-5:00pm	Family Pool	Augusta
Wednesday	S1&S2	4:30-5:00pm	Family Pool	Augusta
Saturday	S1&S2	9:30-10:00am	Family Pool	Augusta

Fees: YMCA Member \$ 50  
Program Member \$ 75

**Pike****3-5 years old**

Child is introduced to basic swimming skills, paddle on front, back and side. Child will also learn basic jumping and water safety skills. Flotation device is used.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	4:00-4:30pm	Family Pool	Augusta
Monday	S1&S2	6:00-6:30pm	Family Pool	Augusta
Wednesday	S1&S2	6:00-6:30pm	Family Pool	Augusta
Thursday	S1&S2	10:00-10:30am	Family Pool	Augusta
Thursday	S1&S2	4:00-4:30pm	Family Pool	Augusta
Saturday	S1&S2	9:00-9:30am	Family Pool	Augusta
Saturday	S1&S2	9:30-10:00am	Family Pool	Augusta
Saturday	S1&S2	10:30-11:00am	Family Pool	Augusta
Saturday	S1&S2	11:00-11:30am	Family Pool	Augusta

Fees: YMCA Member \$50  
Program Member \$ 75

**Eel****3-5 years old**

Water safety, continued work on front, back and side paddles. Rhythmic breathing developed. Child must be able to jump in deep and shallow water without assistance. Introduction to sitting dives. Flotation device is used.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	4:00-4:30am	Family Pool	Augusta
Tuesday	S1&S2	10:00-10:30am	Family Pool	Augusta
Wednesday	S1&S2	4:30-5:00pm	Family Pool	Augusta
Wednesday	S1&S2	6:30-7:00pm	Family Pool	Augusta
Thursday	S1&S2	10:00-10:30am	Family Pool	Augusta
Saturday	S1&	9:30-10:00am	Family Pool	Augusta
Saturday	S1&S2	10:30-11:00am	Family Pool	Augusta
Saturday	S1&S2	11:00-11:30am	Family Pool	Augusta

Fees: YMCA Member \$50  
Program Member \$ 75

**Ray****3-5 years old**

Water safety, introduction to front crawl, backstroke, elementary backstroke, rotary breathing, and endurance emphasized. Continued work on side stroke. Swimming without a flotation device, deep water comfort, and face in swimming required.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	4:30-5:00pm	Family Pool	Augusta
Monday	S1&S2	6:30-7:00pm	Family Pool	Augusta
Wednesday	S1&S2	4:00-4:30pm	Family Pool	Augusta
Wednesday	S1&S2	6:30-7:00pm	Family Pool	Augusta
Thursday	S1&S2	10:00-10:30am	Family Pool	Augusta
Thursday	S1&S2	4:00-4:30pm	Family Pool	Augusta
Saturday	S1&S2	10:30-11:00am	Family Pool	Augusta
Saturday	S1&S2	11:30-12:00pm	Family Pool	Augusta

Fees: YMCA Member \$50  
Program Member \$ 75

## **Youth Polliwog**

### **6-12 years old**

Flotation devices may be used. Water adjustment, basic elements of floating, gliding, rhythmic breathing and paddle stroke for the beginning swimmer.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	4:00-4:45pm	Family Pool	Augusta
Monday	S1&S2	5:45-6:30pm	Competition Pool	Augusta
Wednesday	S1&S2	4:00-4:45pm	Family Pool	Augusta
Wednesday	S1&S2	5:45-6:30pm	Competition Pool	Augusta
Saturday	S1&S2	9:45-10:30pm	Family Pool	Augusta
Saturday	S1&S2	10:30-11:15pm	Family Pool	Augusta
Saturday	S1&S2	11:15-12:00pm	Family Pool	Augusta

Fees: YMCA Member \$55  
Program Member \$ 80

## **Guppy**

### **6-12 years old**

Emphasis on rhythmic breathing, basic front, back and side strokes, front crawl, treading water, endurance and deep water swimming.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	3:45-4:30pm	Family Pool	Augusta
Wednesday	S1&S2	3:45-4:30pm	Family Pool	Augusta
Wednesday	S1&S2	5:45-6:30pm	Competition Pool	Augusta
Thursday	S1&S2	4:00-4:45pm	Family Pool	Augusta
Saturday	S1&S2	9:00-9:45am	Competition Pool	Augusta
Saturday	S1&S2	9:45-10:30am	Competition Pool	Augusta
Saturday	S1&S2	10:30-11:15am	Competition Pool	Augusta
Saturday	S1&S2	11:15-12:00pm	Competition Pool	Augusta

Fees: YMCA Member \$55  
Program Member \$ 80

## **Minnow**

### **6-12 years old**

Continued work on front crawl, introduction to back crawl, front dives and survival floating, introduction to elementary back stroke and side stroke. Prerequisite: Ability to swim length of pool non-stop with rotary breathing.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Monday	S1&S2	3:45-4:30pm	Competition Pool	Augusta
Monday	S1&S2	5:45-6:30pm	Competition Pool	Augusta
Wednesday	S1&S2	5:45-6:30pm	Competition Pool	Augusta
Saturday	S1&S2	9:00-9:45am	Competition Pool	Augusta
Saturday	S1&S2	10:30-11:15am	Competition Pool	Augusta

Fees: YMCA Member \$55  
Program Member \$ 80

### **Fish/Flying Fish/ Sharks**

#### **6-12 years old**

Continued work on elementary back stroke and side stroke. Introduction to butterfly stroke, surface dives and front dives.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>	
Monday	S1&S2	5:45-6:30pm	Competition Pool	Augusta	Wednesday
	S1&S2	3:45-4:30pm	Competition Pool	Augusta	
Saturday	S1&S2	9:00-9:45am	Competition Pool	Augusta	
Saturday	S1&S2	9:45-10:30am	Competition Pool	Augusta	

Fees: YMCA Member \$55  
Program Member \$ 80

### **Private or Semi-Private Swim Lessons**

Participants will work to improve the skill base they currently have using drills, techniques, and fun activities to succeed. For an appointment, contact Colleen Lepage, Aquatics Director, at 626-3488.

Fees: YMCA Member \$20/half hour  
Program Member \$45/half hour

### **Adult Beginner Swim Lessons**

For those who never learned to swim; covers the basics of front and back crawl, treading water. (AGES: 16 & up)

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Thursday	S1&S2	6:15-7:00PM	Family Pool	Augusta

Fees: YMCA Member \$55.00  
Program Member \$80.00

### **Adult Adv. Beginner Swim Lessons**

For those who know rotary breathing and would like to learn more strokes and/or refine stroke technique.

<b>Day</b>	<b>Session</b>	<b>Time</b>	<b>Location</b>	<b>Campus</b>
Tuesday	S1&S2	6:30-7:15PM	Comp. Pool	Augusta

Fees: YMCA Member \$55.00  
Program Member \$80.00