

Y SWIM LESSONS™

Classes

Parent-Child

6 months - 3 years
4, 30 minute classes

Monday & Wednesday

5:45-6:15pm

Pre-School

3 - 5 years
8, 30 minute classes

Monday - Thursday

3:15 - 3:45pm Pike/Eel *FULL*
5:00 - 5:30pm Pike/Eel

School Age

5 - 12 years
8, 45 minute classes

Monday - Thursday

4:00 - 4:45pm Polliwog A/B
5:30 - 6:15pm Guppy, Minnow
5:45 - 6:30pm Fish/Flying Fish
6:45 - 7:30pm Pollywog A/B

Saturday

10:45 - 11:30pm Guppy/Minnow

SUMMER

2009

Session Dates

Saturdays

1 lesson per week for 8 weeks

Session 1

July 25 – September 12

Monday - Thursday

4 lessons per week for 2 weeks

Session 1

July 20 - July 30

Session 2

August 3 – August 13

Rates

Class	Member	Non-Member
Parent-Child	\$18	\$40
Preschool	\$36	\$60
Youth	\$54	\$80



FRANKLIN COUNTY FAMILY YMCA

235 Technology Drive P.O. Box 720
Rocky Mount, VA 24151
540.489.YMCA (9622)

SMITH MOUNTAIN LAKE YMCA

293 FirstWatch Drive
Moneta VA 24121
540.721.YMCA (9622)



Our YMCA is a
United Way Partner Agency

Franklin County YMCA Swim Level Information

Parent/Child: 6 months- 3 yrs

Skipper

This program is designed for toddlers ages 6 months to 3 years with a parent/guardian. Basic movements are taught. This is a 30 minute class.

Preschool: 3-5 yrs

Pike A (Beginner I)

In this program children are learning to orientate themselves in the water without parental supervision. This is a 30 minute class.

Pike B (Beginner II)

In this program children work on improving basic skills including blowing bubbles, front and back float with support, and jumping in with support. This is a 30 minute class.

Eel (Advanced Beginner)

In this program children learn to swim 5 yards on front and back without floatation. This class is 30 minutes.

Ray (Intermediate)

Combined with the Eel class, at this level swimmers should be comfortable swimming 15 yards on their front, back, and side without floatation. This is a 30 minute class.

Starfish (Advanced)

Swimmers can comfortably swim with rhythmic breathing 20 yards on their front, back, and side without floatation. Standing dives are introduced. This is a 30 minute class.

School Age: 5-12 yrs

Polliwog A (Beginner I)

This class is for little or no experience swimmers. Children learn floating with support and use of personal floatation devices. This is a 45 minute class.

Polliwog B (Beginner II)

Swimmers should comfortably swim 10 yards on their back and front with floatation and fully submerge their head underwater. This is a 45 minute class.

Guppy (Advanced Beginner)

Swimmers should comfortably swim 15 yards on their front and back without floatation. At this level, children learn basic diving skills. This is a 45 minute class.

Minnow (Intermediate)

Swimmers should comfortably swim 25 yards freestyle, backstroke, and 10 yards of breast-stroke without floatation and tread water for 1 minute. This is a 45 minute class.

Fish (Advanced)

Swimmers must be able to swim 50 yards of front and back crawl and 25 yards of breast-stroke without floatation. This is a 45 minute class.

Flying Fish (Advanced)

Swimmers must be able to swim 100 yards of front and back crawl and 50 yards of breast-stroke without floatation. This is a 45 minute class.