

# CAVEMAN POOL - SUMMER 2010

Trained instructors teach YMCA swim lessons and each instructor has a genuine concern for their students. Each level of the YMCA PARENT-TOT, PRESCHOOL, and YOUTH swim programs include safety education, skill development and growth through games and group activities. **Class fees are non-refundable once the session begins.**

**REGISTRATION BEGINS** June 7th at the Caveman Pool from 10am to 3pm. The Caveman Pool will **OPEN** June 12th at 1:00 p.m. for recreation swim; lessons begin Monday, June 14th

## Children (6 months- 5 years) FEE: \$40 per class

**Parent-Tot (6 months- 3 years):** Water adjustment, swimming skills, safety for both child and parent.

*Parent participation required.*

**Pike (3-5 years):** For the non-swimmer with little or no experience

**Eel (3-5 years):** Can float on front and back, will learn simple forward dive & increase their swimming skills.

**Ray/Starfish (3-5 years):** For the preschool intermediate to advanced swimmer to work on swimming skills and endurance.

## Youth Classes (6 years and up)

**Polliwog:** Beginner, front and back float, introduce front crawl, swim 20-30 feet.

**Guppy:** Front crawl with rotary breathing, swim 50 feet.

**Minnow/Fish:** Introduce back crawl, 3 min. survival float, swim 60-75 feet with rotary breathing, front dive and water safety. Swim 120-150 yards, introduce breast stroke, front dive from board and swim underwater 30 feet.

### TWO WEEK CLASSES

Classes meet Monday through Thursday for two weeks

<b>SESSION A</b>	June 14-24
<b>SESSION B</b>	June 28-July 8
<b>SESSION C</b>	July 12-22
<b>SESSION D</b>	July 26-Aug 5
<b>SESSION E</b>	Aug 9-19



### FOUR WEEK CLASSES

Classes meet twice weekly. Mon/Wed **OR** Tues/Thurs

<b>SESSION 1</b>	June 14-July 8
<b>SESSION 2</b>	July 12-Aug 5

### TWO WEEK CLASS SCHEDULE

<b>PIKE (3-5 yrs.):</b>	11:30-12:00 pm
<b>EEL (3-5 yrs.):</b>	11:00-11:30 am
<b>RAY/STARFISH (3-5 yrs.):</b>	10:30- 11:00 am
<b>POLLIWOG:</b>	11:30-12:00 pm
<b>GUPPY:</b>	11:00-11:30 am
<b>MINNOW/FISH:</b>	10:30-11:00 am

### FOUR WEEK CLASS SCHEDULE

<b>PARENT-TOT (6 months to 3 yrs.):</b>	12:00-12:30 pm
<b>PIKE (3-5 yrs.):</b>	M/W 5:15-5:45 pm
<b>EEL (3-5 yrs.):</b>	M/W 5:15-5:45 pm
<b>RAY/STARFISH(3-5 yrs):</b>	M/W 5:45-6:15 pm
<b>POLLIWOG:</b>	M/W 5:45-6:15 pm
	T/TH 5:45-6:15 pm
<b>GUPPY:</b>	T/TH 5:15- 5:45 pm
<b>MINNOW/FISH:</b>	T/TH 5:00-5:30 pm

*\* The YMCA reserves the right to combine or cancel classes when necessary.*



**CAVEMAN POOL** - 479-2569

801 NE 9TH Street

**GRANTS PASS FAMILY YMCA** - 474-0001

1000 Redwood Ave.