



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Grants Pass Family YMCA

Upcoming Swim Lessons schedules

Mon & Wed 8 Lessons (2X Week) Feb. 3–Feb. 26 Registration closes Jan. 30 March 3–April 2 Registration closes Feb. 27	Tue & Thurs 8 Lessons (2X Week) Feb. 4–Feb. 27 Registration closes Jan. 30– March 4–April 3 Registration closes Feb. 27	Saturdays 8 Lessons (1X Week) Feb. 1–March 22 Registration closes Jan. 30
Preschool (3–6 yrs) Level 1 5:00 pm Level 2 5:30 pm Level 3 6:00 pm Level 4 6:30 pm School Age (7–12yrs) Level 1 5:00 pm Level 2 5:30 pm Level 3 6:00 pm Level 4 6:30 pm	Preschool (3–6 yrs) Level 1 5:00pm Level 2 5:30 pm Level 3 6:30 pm School Age (7–12yrs) Level 1 5:00 pm Level 2 5:30 pm Level 3 6:00 pm Level 4 6:30 pm	Preschool (3–6 yrs) Level 1 10:00 am Level 2 10:30 am Level 3 11:00 am School Age (7–12yrs) Level 1 10:00 am Level 2 10:30 am Level 3 11:00 am Level 4 11:30 am
Parent/Tot (6mo.–3yrs) Tues/Thurs 6:00 pm Saturday 11:30 am	Teenage (13–18yrs) Level 1 5:00 pm Level 2 5:30 pm Level 3 6:00 pm Level 4 6:30 pm	Teenage (13–18yrs) Level 1 10:00 am Level 2 10:30 am Level 3 11:00 am Level 4 11:30 am

All lessons are schedule for 25 Minutes per session

Y – Members \$65

Non – Members \$85

Sign up in house by seeing a front desk attendant and answering their questions. They will help you find the class that works best for your child's skill level.

Additional class times may be added if there is an increased demand and we have the staffing.

The YMCA reserves the right to combine and or cancel classes as necessary.

Classes must have at least 3 participants to be held.

Definitions

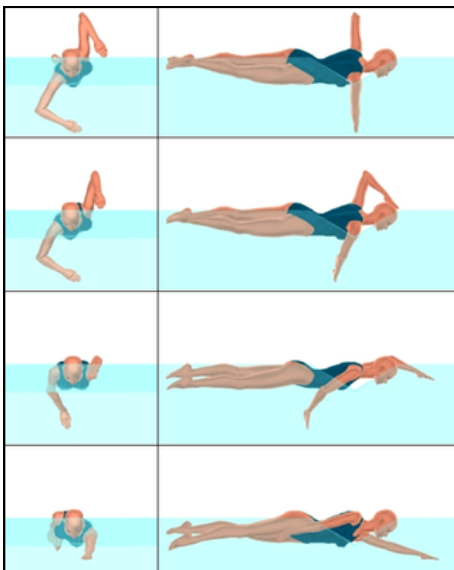
- **Glide:** Swimmer is moving through the water on their stomach without using their arms or legs. The swimmers arms are out straight in front on them and legs straight out behind them.



- **Rolling to side to breathe:** Swimmer rolls to their side and turns their head to the side while keeping their ear on their arm to take a breathe without lifting up their head. This is also called side breathing and is commonly used to breathe while swimming freestyle.



- **Freestyle:** Swimming on one's stomach with arms moving in an alternating motion and side breathing to move through the water.



- **Backstroke:** Swimming on ones back with arms moving in an alternating motion to move through the water.



- **Breaststroke:** Swimmer is on their stomach pulling their arms down underwater and bringing their head up to breathe, followed by kicking their legs out and around in a circular motion while shooting their arms back out in front and putting their face back in the water.

