



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP SWIM LESSONS

**Monday, November 9th– Saturday, December 26th
(ONLY 4 PARTICIPANTS ALLOWED IN EACH CLASS)**

PARENT & CHILD SWIM AGE 6 MONTHS TO 3 YEARS- 30 MINUTE CLASS.

Builds water safety skills for parents and children, helping infants and children become comfortable in the water so they are willing and ready to swim under the direction of our experienced staff. Includes a combination of water adjustment skills, songs and games.

Monday	5pm-5:30pm
Tuesday	5pm-5:30pm
Saturday	9:30am-10am

PRESCHOOL SWIM AGE 4 TO 5 YEARS - 30 MINUTE CLASS

Gives young children a developmentally appropriate aquatic learning experience that emphasizes water safety in a class environment with their peers. Our Pike level is for our first time swimmers with class goals of swimming without an adult assisted by a floatation device. Our Eel classes are for swimmers who may have taken lessons before with class goals of swimming with their face in the water, float and possibly swim without a flotation device.

PIKE	Tuesday	6pm-6:30pm
PIKE	Wednesday	5pm-5:30pm
PIKE	Saturday	10am-10:30am
EEL	Monday	5:30pm-6pm
EEL	Saturday	9am-9:30am

POLLIWOG: INTRO TO WATER SKILLS AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Polliwog level will help students begin to feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress.

POLLIWOG	Monday	6:30pm-7pm
POLLIWOG	Tuesday	5:30pm-6pm
POLLIWOG	Wednesday	6pm-6:30pm
POLLIWOG	Saturday	10:30am-11am

GUPPY: FUNDAMENTAL AQUATIC SKILLS AGE 6 TO 13 YEARS - 30 MINUTE CLASS

Our Guppy level will help students gain confidence and work on the basics of treading water, gliding and getting their face in the water.

GUPPY	Monday	6pm-6:30pm
GUPPY	Wednesday	6:30pm-7pm

NEW BRITAIN-BERLIN YMCA

50 High Street New Britain, CT 06051

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MINNOW: STROKE DEVELOPMENT AGE 6 TO 13 YEARS – 30 MINUTE CLASS

Our Minnow level will teach students how to knee-dive and progress their front crawl, backstroke and continue to develop their water treading skills. They will also glide on their front and back.

MINNOW	Tuesday	6:30pm–7pm
MINNOW	Wednesday	5:30pm–6pm
MINNOW	Saturday	11am–11:30am

FISH: STROKE IMPROVEMENT AGE 6 TO 13 YEARS – 45 MINUTE CLASS

Our Fish level will learn how to improve their treading water skills and will progress to a standing dive as well as improving their stroke techniques. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

FISH	Saturday	9am–9:45am
FISH	Saturday	9:45am–10:30am

FLYING FISH: SKILL PROFICIENCY AGE 6 TO 13 YEARS – 45 MINUTE CLASS

Our Flying Fish and Shark levels are for students who have completed prior levels and are looking to develop a strong swimming endurance while perfecting their techniques. This is the last level before joining life guarding classes. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

FLYING FISH	Saturday	10:30am–11:15am
FLYING FISH	Saturday	11:15am–12pm

ADULT BEGINNER AGE 18+ YEARS – 60 MINUTE CLASS (5 PARTICIPANTS MAX)

Our Adult Beginner class is for people who have little to no swimming experience. This class will go over everything from water safety to treading water to different swim strokes.

ADULT BEGINNER	Saturday	8am–9am
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GROUP LESSON FEES: Full member \$45.00 Program Member \$55.00

ADULT BEGINNER FEES: Full member \$70.00 Program Member \$90.00

Please note: Our Group Lessons are on a first-come, first-serve basis depending on availability at the time of registration. Instructors may vary from session to session. There will be no refunds issued. There is one make-up class built into each session due to unforeseen issues. TEMPERATURES WILL BE TAKEN UPON ARRIVAL TO THE FACILITY & MASKS ARE MANDATORY.

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