FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRE-SCHOOL AQUATICS

FEBRUARY 2016

pike

PARENT-TOT PROGRAM

Parent-Tot I – Shrimp & Kipper* (Ages 6 – 30 months w/ Adult)
30 mins Max 8, Min 3 Pair 1 parent/1 child–Classes held in the Training Pool

Day	Time	Instructor	Online Search Code
THU	5:30PM	JANNA	AQPT41
SAT	10:45AM	ANI	AQPT61

Parent-Tot II – Inia & Perch* (Ages 21 – 36 months w/ Adult)
30 mins Max 8, Min 3 Pair 1 parent/1 child–Classes held in the Training Pool

Day	Time	Instructor	Online Search Code
TUE	6:15PM	DIANA	AQPT21

PRESCHOOL SWIM PROGRAM

Tiny Tots - Pike & Eel (3-5 years) *45mins Max 5, Min 3 Students - Classes held in the Training Pool*

Day	Time	Instructor	Online Search Code
MON	4:00PM	DANTE	AQTTS11
MON	5:30PM	ANI	AQTTS12
MON	5:30PM	DANTE	AQTTS13
MON	6:15PM	DANTE	AQTTS14
TUE	5:30PM	JANNA	AQTTS21
WED	4:00PM	JOHN	AQTTS31
WED	6:15PM	ANI	AQTTS32
THU	4:00PM	JANNA	AQTTS41
THU	4:00PM	GABRIEL	AQTTS42
THU	4:45PM	GABRIEL	AQTTS43
THU	7:00PM	GABRIEL	AQTTS44

Day	Time	Instructor	Online Search Code
FRI	4:00PM	ANI	AQTTS51
FRI	4:45PM	JOHN	AQTTS52
FRI	6:30PM	ANI	AQTTS53
SAT	9:00AM	ANI	AQTTS61
SAT	9:00AM	DIANA	AQTTS62
SAT	9:45AM	DIANA	AQTTS63
SAT	10:00AM	DANTE	AQTTS64
SAT	11:30AM	DANTE	AQTTS65

Tiny Tots Plus – Ray & Starfish (Must Pass Tiny Tots) *45 mins Max 5, Min 3 Students - Classes held in the Training Pool*

Day	Time	Instructor	Online Search Code
MON	4:45PM	JOHN	AQTTSP11
TUE	4:00PM	CHRISTINA G.	AQTTSP21

Day	Time	Instructor	Online Search Code
FRI	5:30PM	ANI	AQTTSP51
SAT	12:15PM	DANTE	AQTTSP61

rays

starfish

Pre-School Program Fees:

Program Fees	**Family Members**	**Youth/Student Members**	**Program Only Members**
Once a Week – 45 min class (4-5 classes)	$42.00	$60.00	$130.00

Parent-Tot Program Fees:

Program Fees	**Family Members**	**Student Plus/Adult Members**	**Program Only Members**
Once a Week – 30 min class (4 classes)	$35.00	$50.00	$100.00

PARENT-TOT PROGRAM

Tiny Tots - Pike & Eel (3-5 years) ***45mins Max 5, Min 3 Students - Classes held in the Training Pool***
No skills required. Basic paddle stroke, kicking skills, pool safety and comfort with holding face in the water while blowing bubbles and swimming. Kick, float and perform the progressive paddle stroke. To move on, children will swim across the instructional pool without assistance using a float belt.

Tiny Tots Plus – Ray & Starfish (3-5 years) ***45 mins Max 5, Min 3 Students - Classes held in the Training Pool***
Successful completion of Tiny Tots or a swim check is required. Improve stroke development, learn more personal safety and rescue skills, build endurance by swimming on their front and back and learn to tread water. Continue stroke development work as well as proper breathing techniques, and introduce timing with arm and leg movements. To move on, children will swim 20 yards on their front and back. Upon successful completion, students progress directly to Guppy.

PRESCHOOL SWIM PROGRAM
Parent-Tot I – Shrimp & Kipper* (Ages 6 – 30 months w/ Adult)
30 mins Max 8, Min 3 Pair 1 parent/1 child–Classes held in the Training Pool
Focus is on water safety skills by creating a fun time for parents and children to interact through water games, safety, songs and basic movements. Children will be taught basic swimming skills such as floating, kicking, paddling, blowing bubbles, and breath control. Children are required to wear tight fitting plastic pants or swim diapers while in the pool. An adult must accompany their child in the pool.

Parent-Tot II – Inia & Perch* (Ages 21 – 36 months w/ Adult)
30 mins Max 8, Min 3 Pair 1 parent/1 child–Classes held in the Training Pool
Children will begin to focus on grasping basic swimming techniques while concentrating on water safety skills. Children will learn paddling, kicking, breath control, jumping, and eventually independent floating and swimming. Classes will continue to be a fun time for parents and children to interact through water games, safety, songs and basic movements. The children will also learn how to interact with an instructor and become accustomed to a swim lesson environment. Children are required to wear tight fitting plastic pants or swim diapers while in the pool. An adult must accompany their child in the pool.

INSTRUCTORS SUBJECT TO CHANGE WITHOUT NOTICE

For questions and information please contact:
Burbank Community YMCA Aquatics Department
(818) 845-8551 ext. 284
aquatics@burbankymca.org