FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

TRAINING POOL **MARCH 2017**

A
WATER DISCOVERY

Ages: 6-30 months w/Adult
Max: 8 , Min 3 Pair 1 parent/1 child
Blow Bubbles; Front Tow: chin in water, assisted; Water Exit: parent & child together; Water Entry: parent & child together; Back Float: assisted, head on shoulder; Roll: assisted; Front Float: chin in water, assisted; Back Tow: assisted, head on shoulder; Wall Grab: assisted

Saturday	12:30-1:00pm	Hayk	AQAS1	Family: $45 Yth/Student: $60 Program: $110

B
WATER EXPLORATION

Ages: 21-36 months
Max: 8 , Min 3 Pair 1 parent/1 child
Blow Bubbles: mouth & nose submerged, assisted; Front Tow: blow bubbles, assisted; Water Exit: assisted; Water Entry: assisted; Back Float: assisted, head on chest; Roll: assisted; Front Float: blow bubbles, assisted; Back Tow: assisted, head on chest; Monkey Crawl: assisted, on edge, 5 ft.

Friday	5:00-5:30pm	Ani	AQBF1	Family: $45 Yth/Student: $60 Program: $110

1
WATER ACCLIMATION

Ages: 3-5 years **Max: 6 students, Min: 3 students**
Submerge: bob independently; Front Glide: assisted, to wall, 5 ft.; Water Exit: independently; Jump, Push, Turn, Grab: assisted; Back Float: assisted, 10 secs., recover independently; Roll: assisted; Front Float: assisted, 10 secs., recover independently; Back Glide: assisted, at wall, 5 ft.; Swim, Float, Swim: assisted, 10 ft.

Monday/ Wednesday	3:30-4:00pm	Jen	AQ1MW1	Family: $84 Yth/Student: $120 Program: $260
	4:30-5:00pm	Jen	AQ1MW2	
Tuesday/ Thursday	3:30-4:00pm	Hayk	AQ1TT1	
	4:00-4:30	Jen	AQ1TT2	
	4:30-5:00pm	Jen	AQ1TT3	
Saturday	10:00-10:45am	Coach Ed	AQ1S1	Family: $57 Yth/Student: $65 Program: $135
	10:45-11:30am	Hayk	AQ1S2	

2
WATER MOVEMENT

Ages: 3-5 years **Max: 6 students, Min: 3 students**
Submerge: look at object on bottom; Front Glide: 5-10 ft.; Water Exit: independently; Jump, Push, Turn, Grab; Back Float: 10-20 secs.; Roll; Front Float: 10-20 secs.; Back Glide: 5-10 ft.; Tread Water: 10 secs., near wall, & exit; Swim, Float, Swim: 5 yd.

Monday/ Wednesday	4:00-4:30pm	Jen	AQ2MW1	Family: $84 Yth/Student: $120 Program: $260
	5:00-5:30pm	Jen	AQ2MW2	
Tuesday/ Thursday	3:30-4:00pm	Jen	AQ2TT1	
	4:00-4:30pm	Hayk	AQ2TT2	
	5:00-5:30pm	Jen	AQ2TT3	
Saturday	10:00-10:45am	Hayk	AQ2S1	Family: $57 Yth/Student: $65 Program: $135
	10:45-11:30am	Coach Ed	AQ2S2	

Monday/Wednesday Lessons start on: March 6, 8, 13, 15, 20, 22, 27 & 29
Tuesday/Thursday Lessons start on: March 7, 9, 14, 16, 21, 23, 28 & 30
Friday Private Lessons start on: March 3, 10, 17 & 24
Saturday Lessons start on: March 4, 11, 18 & 25

Instructors in Both Pools are Subject to Change Without Notice
For questions and information, please contact our Aquatics Department
818-845-8551 ext. 284 or Jennifer@burbankymca.org

***PRIVATE SWIM LESSONS AVAILABLE—SEE OUR PRIVATE AQUATICS FLYER FOR ADDITIONAL INFORMATION**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

LAP POOL

MARCH 2017

3 WATER STAMINA **Ages: 5-12 years Max: 6 students, Min: 3 students** Submerge: retrieve object in chest-deep water; Swim On Front: 10-15 yd.; Water Exit: independently; Jump, Swim, Turn, Swim, Grab: 10 yd.; Swim On Back: 10-15 yd.; Roll; Tread Water: 30 secs.-1 min. & exit; Swim, Float, Swim: 15-25 yd.	Monday/ Wednesday	3:30-4:15pm	Coach Ed	AQ3MW1	Family: $94 Yth/Student: $130 Program: $270
	Tuesday/ Thursday	3:30-4:15pm	Coach Ed	AQ3TT1	
		4:30-5:15pm	Hayk	AQ3TT2	
	Saturday	11:30-12:15pm	Coach Ed	AQ3S1	Family: $57 Yth/Student: $75 Program: $145
		11:30-12:15pm	Hayk	AQ3S2	
4 STROKE INTRODUCTION **Ages: 5-12 years Max: 6 students, Min: 3 students** Endurance: any stroke or combination of strokes, 25 yd.; Front Crawl: rotary breathing, 15 yd.; Back Crawl: 15 yd.; Dive: sitting; Resting Stroke: elementary backstroke, 15 yd.; Tread Water: scissor & whip kick, 1 min.; Breaststroke: kick, 15 yd.; Butterfly: kick, 15 yd.	Monday/ Wednesday	4:15-5:00pm	Coach Ed	AQ4MW1	Family: $94 Yth/Student: $130 Program: $270
	Tuesday/ Thursday	4:15-5:00pm	Coach Ed	AQ4TT1	
		5:15-6:00pm	Hayk	AQ4TT2	
	Saturday	12:15-1:00pm	Coach Ed	AQ4S2	Family: $57 Yth/Student: $75 Program: $145
5 STROKE DEVELOPMENT **Ages: 5-12 years Max: 6 students, Min: 3 students** Endurance: any stroke or combination of strokes, 50 yd.; Front Crawl: bent-arm recovery, 25 yd.; Back Crawl: pull, 25 yd.; Dive: kneeling; Resting Stroke: sidestroke, 25 yd.; Tread Water: scissor & whip kick, 2 min.; Breaststroke: 25 yd.; Butterfly: simultaneous arm action & kick, 15 yd.	Monday/ Wednesday	5:30-6:15pm	Jen	AQ5MW1	Family: $94 Yth/Student: $130 Program: $270
	Tuesday/ Thursday	5:00-5:45pm	Coach Ed	AQ5TT1	
	Saturday	1:00-1:45pm	Hayk	AQ5S2	Family: $57 Yth/Student: $75 Program: $145
6 STROKE MECHANICS **Ages: 5-12 years Max: 6 students, Min: 3 students** Endurance: any stroke or combination of strokes, 150 yd.; Front Crawl: flip turn, 50 yd.; Back Crawl: pull & flip turn, 50 yd.; Dive: standing; Resting Stroke: elementary backstroke or sidestroke, 50 yd.; Tread Water: retrieve object off bottom, tread 1 min.; Breaststroke: open turn, 50 yd.; Butterfly: 25 yd.	Monday/ Wednesday	5:00-5:45pm	Coach Ed	AQ6MW1	Family: $94 Yth/Student: $130 Program: $270
	Tuesday/Thursday	5:45-6:30pm	Coach Ed	AQ6TT1	
	Saturday	1:30-2:15pm	Coach Ed	AQ6S1	Family: $57 Yth/Student: $75 Program: $145
7 SWIM TEAM **Ages: 8-16 years Max: 18 students** Skill Requirement: Swimmers must be able to swim a 100 meter butterfly, backstroke, breaststroke and butterfly without assistance. Swimmers will continue to refine all four strokes, learn turns and starts.	Monday/ Wednesday	6:00pm-7:15pm	Coach Ed	AQ7MW1	Family: $120 Yth/Student: $150 Program: $300
	Tuesday/ Thursday	6:30-7:45pm	Coach Ed	AQ7TT1	
ADULT BEGINNER **Ages: 15 and up Max: 8 students, Min: 3 students**	Saturday	9:15-9:45am	Coach Ed	AQABS1	Family: $45 Yth/Student: $60 Program: $110

***PRIVATE SWIM LESSONS AVAILABLE—SEE OUR PRIVATE AQUATICS FLYER FOR ADDITIONAL INFORMATION**