

Swimming Lessons

Summer I: June 9 ~ July 12

Summer II: July 14 ~ August 16

Fees: \$20/Member

1x per week \$40/Program Participant

Class Placement: All classes have 2-3 requirements to enter a class, please follow the requirements when signing up for a class. Please take advantage of a Free Swim evaluation with the swim lessons coordinator.

Free Swim Evaluation through the Swim Lessons Coordinator, Kim Peters. To ensure that your child is placed in the appropriate class, we strongly recommend a swim evaluation before registration. Please contact Kim Peters at 923-4466 at Clippard YMCA or through email to set up a date at kpeters@cincinnatiymca.org.

Requirements to enter class:

- Comfortable without parent in class setting.
- Swim Diapers are required if not potty trained.

Monday	9:30-9:55am in (WP)
Wednesday	9:30-9:55am in (WP)
Thursday	9:30-9:55am in (WP)
Friday	10:00-10:25am in (WP)
Saturday	9:30-9:55am in (WP)

Ages 3 to 5 years old

PIKE/EEL Get ready! Get set! FLOAT!

These kids are ready to float. They have mastered breathing and will continue to incorporate breathing with other skills: Front Floats, Kicking with kick board/noodle with face submerged, torpedoes, back floats, and freestyle. Rhythmic breathing will be repetitive.

Requirements to enter class:

- Bobbing 5 times continuously, head fully submerged with rhythmic breathing
- Comfortable with a front and back float with assistance
- Goggles for floats and torpedoes

Monday	10:00-10:30am 10:30-11:00am 6:00-6:30pm
Tuesday	9:30-10:00am in (WP) 10:00-10:30am 7:00-7:30pm 7:30-8:00pm
Wednesday	10:00-10:30am 10:30-11:00am 6:00-6:30pm
Thursday	10:00-10:30am 7:00-7:30pm 7:30-8:00pm
Friday	9:30-10:00am in (WP) 10:00-10:30am 10:30-11:00am
Saturday	9:30-10:00am in (WP) 10:00-10:30am

Classes scheduled for waterpark (WP) may move into program pool if needed. Waterpark will be utilized to assist participants in the learning process of swimming.

PARENT & CHILD SWIM LESSONS

Ages 6 months to 3 years

The primary objective is to get both the parent and child comfortable in the water. The parent will learn how to be safe with children in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills. The child will be exposed to songs and games that use basic movements in the water such as kicking, arm strokes, and breath control. **(Cloth diaper with plastic pants or diapers manufactured for swimming pool use with plastic pants are required.)**

Monday	10:00-10:30am 6:30-7:00pm
Wednesday	10:00-10:30am 6:30-7:00pm
Saturday	10:00-10:30am

PRESCHOOL SWIM LESSONS

Ages 2 to 3 years old

BLOWFISH Children who have completed the parent/child class will love a class with independence. Blowfish will continue to blow bubbles through mouth and nose and learn how to kick. Pool safety and listening will be incorporated in classes. Rhythmic breathing will be introduced.

Ages 4 and 5 years old

RAY/STARFISH Way to Go! Rays and starfish are more independent in the water. They will continue to get stronger and confident with freestyle, backstroke, and treading water. Front Floats, Back Floats, and bobbing are used for safety and endurance in the water. Repetitive skills are essential in this class.

Requirements to enter class:

- Front Float and back float without assistance for 5 seconds
- Freestyle or torpedo for 10 yards without assistance
- Goggles for Floats and torpedoes

Monday	6:30-7:00pm
Tuesday	10:30-11:00am
Wednesday	6:30-7:00pm
Thursday	10:30-11:00am
Friday	10:30-11:00am
Saturday	10:00-10:30am

YOUTH SWIM PROGRAMS (6-12 YEARS)

Your student can now sign up for their individual level! Our new scheduling format is geared to allow all participants to learn and progress at the appropriate level, with the four levels covering stroke development, rescue fundamentals, and safety skills.

POLLIWOG Polliwog is the beginning level for school-age children. Front floats, back floats, bobbing, kicking with kick boards/noodles all using rhythmic breathing will be used for safety and progression of skills. Water sports are used to aid in the progression of skills.

Requirements to enter class:

- Goggles for comfortable swimming experience
- Bobbing 5 times with rhythmic breathing
- Front and Back float with or without assist

Monday	10:00-10:45am 6:00-6:45pm
Tuesday	10:45-11:30am 7:00-7:45pm
Wednesday	10:00-10:45am 6:00-6:45pm
Thursday	10:45-11:30am 7:00-7:45pm
Friday	10:00-10:45am
Saturday	10:00-10:45am

GUPPY The basic skills continue to be emphasized (front floats, back floats, bobbing, kicking, and torpedoes on front and back). Guppy's will continue freestyle and backstroke technique with additional elementary backstroke, sidestroke, and treading water. Goggles are highly recommended.

Requirements to enter class:

- Front Float and Back float without assistance for 10 seconds
- Can swim freestyle and backstroke 10 yards without assistance
- Can jump in deep water and swim to safety

Monday	10:00-10:45am
Tuesday	10:00-10:45am 7:00-7:45pm
Wednesday	10:00-10:45am
Thursday	10:00-10:45am 7:00-7:45pm
Saturday	10:45-11:30am

MINNOW The basic skills continue to be emphasized (front floats, back floats, bobbing, kicking). Minnows continue to refine the strokes they have learned, freestyle, backstroke, and sidestroke. Minnows build endurance in those strokes and are introduced to new skills: breaststroke and flipturns.

Requirements to enter class:

- Can swim freestyle (with rhythmic breathing) and backstroke 25 yards
- Tread water for 1 minute
- Goggles for swimming

Monday	6:00-6:45pm
Tuesday	10:45-11:30am
Wednesday	6:00-6:45pm
Thursday	10:45-11:30am
Saturday	10:45-11:30am

FISH All strokes are done repetitively to improve on endurance and skill. Butterfly is introduced.

Requirements to enter class:

- Can swim freestyle (with rhythmic breathing) and backstroke 100 yards
- Tread water for 3 minutes
- Goggles for swimming

Tuesday	7:45-8:30pm
Thursday	7:45-8:30pm
Saturday	10:45am-11:30am

PRIVATE SWIMMING LESSONS

Lessons are scheduled by appointment only and based on the pool and instructor availability. A registration form must be filled out at the Welcome Center. Lessons consist of five 1/2 hour sessions. Please allow one week for setup time.

Fees: One Student
\$75/Member
\$150/Program Participant
Two Students
\$100/Member
\$175/Program Participant
Three Students
\$125/Member
\$200/Program Participant

ADULT SWIM LESSONS

13 years and up

Whether you want to learn to swim or just polish up on your strokes, this program is tailored to your individual ability & goals.

Tuesday 8:00-8:45pm

Fees: Free/Member
\$40/Program Participant

CLIPPARD BARRACUDAS SWIM TEAM

Ages 5-18

May 5-July 22

Summer Swim Team will follow the YMCA competitive Long Course Summer Year. The team will compete in at least 2 meets (no more than 4) during the summer with a Championship meet held at Miami University July 11-13. Swimmers must be able to swim at least 25 yards backstroke and 25 yards free-style to join the summer swim team. Must be a YMCA member to join the Clippard YMCA swim team. Please contact coach Kim Peters at kpeters@cincinnatiymca.org for any questions. Practice times:

May: Mon.-Thurs. 4:30-6:00pm

June-July 13: Mon, Wed, Fri 4:30-6:00pm

Member Fees:

\$65/1st Family Member
\$60/2nd Family Member
\$55/3rd Family Member

LIFEGUARD TRAINING

Become a YMCA certified Lifeguard. Candidates must be at least 16 years old and be able to swim 500 yards prior to taking this course. All classes must be attended. Class also includes certification in CPR/pro, AED, O2, and First Aid.

Dates: June 30, July 1, 2 and July 7, 8, 9

Time: 8:00am-5:00pm

Fees: \$150/Member
\$200/Program Participant

For more information contact Natalie Geiss at ngeiss@cincinnatiymca.org.

YMCA AQUATIC SAFETY ASSISTANT (YASA)

Learn the knowledge and skills to recognize aquatic risks and to assist a lifeguard in the emergency response of an accident or injury.

This course does not provide participants with lifeguard training. Those who become certified in YASA must have a certified lifeguard on duty when teaching a class or leading a program activity. Candidates must be at least 14 years old, able to swim 500 yards and able to tread water (legs only) for 2 minutes prior to taking this course. Class also includes CPR, AED, O2 and First aid.

Dates: June 30, July 1, 2 and July 7, 8, 9

Time: 8:00am-5:00pm

Fees: \$75/Member
\$100/Program Participant

For more information contact Natalie Geiss at ngeiss@cincinnatiymca.org.

SCOUT BADGE PROGRAM

A certified instructor will lead you through the skills to meet Scout badge requirements. Sign up individually or as a group (must register two weeks in advance of requested date).

Maximum of 20.

Saturdays 12:15-1:00 pm

Fees: \$5/Member
\$8/Program Participant

Aquatic Participant Safety:

Please use the restroom and shower before entering any of the pools. Swim diapers with plastic pants are mandatory for all non-potty trained children.