

For the safety of all swimmers:

Children who are not potty-trained must wear a swim diaper to enter the pool.

Children are not allowed, for any reason, in the men's and women's locker rooms. Bathrooms are located in the hallway thru the main pool door.

Running is not allowed in the pool area. Please walk at all times.

Proper swim attire is required.

Diving is not allowed in water less than 8 feet deep. Please obey all marked areas.

Persons having or suspected to have any communicable disease such as skin, eye, ear, intestinal or respiratory infection should not enter the pool.

The pool area closes in the event of thunder and/or lightning and remains closed for 30 minutes after the last sound or strike.

If inclement weather presents itself prior to the class starting, the class will be made up. If it happens while the class is in progress, the lost time will not be made up.

Parents are asked to remain at the YMCA for the duration of each swim lesson.

Lessons that are missed due to personal conflicts will not be made up.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

<i>SESSION DATES</i>	
DATES	DAYS
February 7th thru March 1st	Tuesdays and Thursdays
March 6th thru April 5th (No class 27th,29th)	Tuesdays and Thursdays
April 9th thru May 2nd	Monday and Wednesday
<p>Check back for the Summer Swim Lesson Schedule!</p>	

<i>SESSION TIMES</i>	
Age	Time
Parent/Tot 6-36 Months	4:30-5:00 p.m.
Preschool 3-5 years	4:00-4:30 p.m. 5:00-5:30 p.m.
Youth 6-13 years	4:00-4:45 p.m. 5:00-5:45 p.m.
Adult 14 and up	5:45-6:30 p.m.
Private 3 and up	Call to Schedule Available year round

<i>SESSION FEES</i>			
Age	Member	Non-Member	Number of Lessons
Parent/Tot 6-36 Months	\$35.00	\$65.00	8
Preschool 3-5 years	\$35.00	\$65.00	8
Youth 6-13 years	\$40.00	\$70.00	8
Adult 14 and up	\$40.00	\$70.00	8
Private 3 and up	\$75.00	\$110.00	5



Swim Lesson Schedule Spring 2012



Greene County YMCA
 404 Y Street
 Greeneville, TN 37745
 423-639-6107
www.greenecounty-ymca.org

Class Descriptions



Parent/Tot 6–36 months

This 30 minute class is for children and their parents. The primary objective is for both the parent and the child to become comfortable in the water and to have fun. The child will become aware of the differences between movement through water and on dry land, while the parent will learn how to teach his or her child to be safer in and around the water. This class is not intended for children to learn to swim but rather become comfortable in the water.



Preschool 3–5 years

All preschool classes are 30 minutes and are limited to 6 students per instructor. The **Pike, Eel, Ray, & Starfish** progressive classes teach a variety of skills including water entry, water adjustment, proper kicking techniques, arm movements, building endurance, and more. Children learn in a class environment that teaches the core values of caring, honesty, respect, and responsibility.



Youth 6–13 years

All youth classes are 45 minutes and are limited to 8 students per instructor. The **Polliwog, Guppy, Minnow** and **Fish** progressive classes teach children the skills they need to be confident and comfortable in the water. Various swimming and safety skills are taught at each level, and students learn to improve their endurance and stroke techniques.



Adult 14 and up

Adult classes are for individuals age 14 and older and are 45 minutes each. We welcome all levels of swimmers. If you are a non-swimmer who wants to learn to swim, we can help. It is never too late to learn! We also offer instruction for more advanced swimmers who may wish to refine their strokes, improve turns, or increase swimming endurance.

All swim lesson instructors are lifeguard certified.

Swim Lessons

Private Lessons 3 years and up

Enjoy the individual attention that only a private swim lesson can offer. Private lessons are one-on-one and are tailored to meet the unique needs of the participant. A caring, qualified swim instructor teaches each 30 minute class. Private lessons are for ages 3 and older and are scheduled according to the current pool schedule, the swimmer's schedule, and the instructor's schedule. Lessons are sold in packages of five.



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.