



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARNING A SKILL FOR A LIFETIME

AQUATICS

Summer Swim Lessons

PENINSULA HIGH SCHOOL POOL

The San Pedro & Peninsula YMCA in partnership with the City of Rolling Hills Estates and City of Rancho Palos Verdes will offer swim lessons and lap swim at Peninsula High School 27118 Silver Spur Road in Rolling Hills Estates. Beginning June 13, 2017. Group and private swim lessons are available for all ages and levels of ability for preschool children, youth and adult. Classes will be offered from 10:30am-1:30pm. Half hour lessons are offered in four, two week sessions (eight lessons/per session), meeting Tuesday through Friday. Open swim will be offered Tuesday—Saturday, times will vary.

Swim Lessons:

Tuesday through Friday

(Swim times and options on back)

Open Swim Schedule:

Tuesday through Friday:

-9:30AM-10:30AM (all pool)

-10:30-1:15 (deep end only)

Saturday:

9:30AM - 1:30PM

Session Dates:

Session 1—June 13-June 23, 2017

Session 2—June 27-July 14, 2017

Session 3—July 25- August 4, 2017

Session 4—August 8-18, 2017

Enrollment Dates:

Beginning April 17, 2017



SAN PEDRO & PENINSULA YMCA

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YMCA SUMMER SWIM LESSONS

Peninsula High School

PRE-SCHOOL: (3-5 YRS) TUESDAY-FRIDAY

CLASS TIME	CLASS LEVEL
10:30-11:00am	Stage 1
11:05-11:35am	Stage 3 Stage 2
11:40-12:10pm	Stage 4
12:15-12:45pm	Stage 2 Stage 3

SCHOOL-AGE: (6-12 YRS) TUESDAY-FRIDAY

CLASS TIME	CLASS LEVEL
10:30-11:00am	Stage 2 Stage 4
11:05-11:35am	Stage 1
11:40-12:10pm	Stage 2 Stage 3
12:15-12:45pm	Stage 3 Stage 4
12:50-1:20pm	Stage 1 Stage 3 Stage 5 Stage 6

SWIM FEES:

- Y Members \$90
- RHE/ RPV Residents \$125
- Same Day Registrations* \$136
- Private Lessons** \$75/ 3x30 min
- Recreational Swim \$3 per visit

* Fee for Participants that sign up on the day of at PENN HS

**Note: available 9:30AM-10:30 AM

SWIM LESSON INFORMATION

- For safety reasons, parents are not allowed next to the swim classes. An observation area is available to view all lessons.
- Please arrive on time to prevent class disruptions.
- All participants must shower before entering the pool.
- Please use pool shoes to avoid slipping. There is absolutely no running on the pool deck.
- Appropriate swimwear is important. Excessive baggy or restrictive swimwear can prevent your child from performing his best. No cut off shorts allowed.
- Please remain on the pool deck until the class or swim session before you is completed.
- Swim caps are not required but are a good idea. Long hair must be tied back securely.
- Goggles may be worn; and are recommended for higher level classes.

CLASS DESCRIPTIONS

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency

1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique

4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.