

Fees and Registration Deadlines

Session 1-4 Fees

Free/Reduced Lunch Scholarship	\$20*
Member	\$26
Program Participant	\$52

**Must provide YMCA with proof.*

Session Registration Deadlines

Session 1	Tuesday, December 29
Session 2	Tuesday, February 2
Session 3	Tuesday, March 16
Session 4	Tuesday, April 20

Additional Information

- If your child is not potty trained, they must wear a swim diaper. These are available at the front desk for \$1 each.
- Classes may be cancelled due to low enrollment. A program credit will be issued if your class is cancelled.
- If only one student is present for class in a youth level, we treat this as a "private lesson" and will only hold class for 30 minutes.
- Every swimmer is encouraged to attend all lessons. If a lesson is missed it cannot be made up.
- If a lesson is cancelled it will be made up on a Friday. If we are unable to make up a cancelled lesson a \$5 coupon will be given for you to use on another Aquatics Program.
- Please remember that children under the age of 8 must be accompanied by an adult while in the building.

Questions/Comments

Contact Cara Kieft, Aquatics Director, at
(620) 275-1199 or
gckymca.aquatics@gmail.com

"Where Value Meets Values"

Garden City Family YMCA
Aquatics Director
1224 Center
Garden City, KS 67846

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Parent/Tot, Preschool and Youth Swim Lessons

January 4 - May 21

YMCAs have been teaching people to swim for more than a century. In the Garden City Family YMCA aquatics program, children learn to be safe around water and feel the sense of accomplishment that comes with learning something new! During swim lessons, kids can develop lifelong skills that can help them stay healthy and feel safe around water.

**We have Spanish speaking
instructors upon request!**



Garden City Family YMCA

Cara Kieft, Aquatics Director
(620) 275-1199

gckymca.aquatics@gmail.com
www.gardencity.net/ymca

Parent/Tot & Preschool Lessons

Parent/Tot

Tues/Thurs 10:30-11 a.m.
Tues/Thurs 5-5:30 p.m.

Pike

Tues/Thurs 11-11:30 a.m.
Tues/Thurs 5-5:30 p.m.

Eel

Tues/Thurs 5:30-6 p.m.

Ray

Tues/Thurs 5:30-6 p.m.

****Ratio:** five students to one instructor

Parent/Tot - Age 6-36 months. This class is a water adjustment class and provides a special structured fun time for adults and infants/toddlers. Objectives of the program are fun, exercise, parent education, water adjustment, and safety.

Pike - Age 3-5 Beginner. This class is an introduction to water. The student will learn movement through the water with the aid of floatation devices. They will learn basic water and boating safety.

Eel - Age 3-5 Intermediate. This class will concentrate on basic buoyancy skills and building endurance. Students will learn floating, gliding, the paddle stroke, breathing control, and an introduction to diving.

Ray - Age 3-5 Intermediate/Advanced. The students will increase their endurance on front and back and begin to concentrate on front crawl with rotary breathing, treading water, and underwater swimming will be introduced.



Youth Lessons

Polliwog

Tues/Thurs 5-5:45 p.m.
Mon/Wed 6-6:45 p.m.

Guppy

Mon/Wed 6-6:45 p.m.

Minnow

Mon/Wed 6-6:45 p.m.

Fish

Mon/Wed 6:45-7:30 p.m.

Flying Fish/Shark

Mon/Wed 6:45-7:30 p.m.

****Ratio:** six students to one instructor

Polliwog - Age 6-16 Beginner. Swimmers will be introduced to the water, be taught floating, gliding, kicking, rhythmic breathing, and learn new games. Victim/danger recognition and beginner synchronized swimming skills will be taught.

Guppy - Age 6-16 Beginner. At this level, the swimmers will increase their endurance levels, learn the front and back somersault, and be taught the front crawl with rotary breathing.

Minnow - Age 6-16 Intermediate. Swimmers will learn to dive, be introduced to the scissors kick and back crawl, and extend the amount of time they can float. Students should be able to swim the front crawl 25 yards to enroll in this class.

Fish - Age 6-16 Intermediate. Students will increase their distance swimming the front and back crawls. They will learn the dolphin kick, breaststroke kick, and the elementary backstroke. Students should be able to swim 25 yards of the front and back crawl to register for this class.

Flying Fish/Shark - Age 6-16 Advanced. Students will work on refining their strokes and increasing their endurance with starts and turns. Students should be able to swim 200 yards of front crawl and 50 yards of each other stroke to register for this class.

Talk to your instructor about joining our Seahawk Swim Team!

Swim Lesson Registration

Class	Days	Times
<input type="checkbox"/> Parent/Tot	Tues/Thurs	10:30-11 a.m.
<input type="checkbox"/> Parent/Tot	Tues/Thurs	5-5:30 p.m.
<input type="checkbox"/> Pike	Tues/Thurs	11-11:30 a.m.
<input type="checkbox"/> Pike	Tues/Thurs	5-5:30 p.m.
<input type="checkbox"/> Eel	Tues/Thurs	5:30-6 p.m.
<input type="checkbox"/> Ray	Tues/Thurs	5:30-6 p.m.
<input type="checkbox"/> Polliwog	Tues/Thurs	5-5:45 p.m.
<input type="checkbox"/> Polliwog	Mon/Wed	6-6:45 p.m.
<input type="checkbox"/> Guppy	Mon/Wed	6-6:45 p.m.
<input type="checkbox"/> Minnow	Mon/Wed	6-6:45 p.m.
<input type="checkbox"/> Fish	Mon/Wed	6:45-7:30 p.m.
<input type="checkbox"/> Flying Fish/Shark	Mon/Wed	6:45-7:30 p.m.

Session 1 1/4-1/29 Session 2 2/8-3/5 Session 3 3/22-4/16 Session 4 4/26-5/21

Swimmer's Name _____ DOB _____

Special problems or disabilities? _____

Parent/Guardian Name _____ DOB _____

Address _____

Phone Number _____

Email _____

Signature _____

Office use only: Director Please Call _____ Staff Initials _____

Register online at www.gardencity.net/ymca

Free/Reduced lunch must sign up at YMCA