



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM FOR LIFE

## Swim Lessons at the YMCA

Swim lessons at the YMCA are a great way to get comfortable in the water and develop your skills. Lessons cover the basics of floating, stroke technique, water safety and boat safety. All ages are welcome; 6 months to adults!

### Ages

6 months to Adults

### Dates

Winter Session – September 8- October 18 (6 weeks)  
Once per week; Monday, Wednesday or Saturday

### Times

See back for registration form

### Where

YMCA Pools

### Cost

Members - \$24

Non Members - \$48

\*NEW - Sign up 2 or more children  
and receive \$4 off each registration fee (members)  
and \$8 off each registration fee (non-members)

Payments can be made at the  
Welcome Center Desk, by phone  
Or by mailing in the registration form

### Contact

Brandon Lawrence, ext. 126

### BATTLE CREEK FAMILY YMCA

P 269 963 9622

[www.ymcabattlecreek.org](http://www.ymcabattlecreek.org)

Facebook: Battle Creek Family YMCA





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**Parent & Child Classes** (6 months to 3 years)

*Shrimp/Kipper*

Parent & child work together in this water adjustment class. Meets in the warm water of the Therapy pool. Teaches parents how to keep children safe in the water and children to be safe & enjoy the water

Preschool Classes (3 to 5 years old)

*Pike:* non-swimmer

*Eel:* water adjusted beginner

*Ray:* beginning to swim

*Starfish:* swimmer

Sept 8 – Oct 18 (6 Weeks)

**Youth Class Times** (6 to 12 years old)

*Polliwog:* beginner

*Guppy:* able to swim pool length on front and back

*Minnow:* able to swim 2 lengths of pool

*Fish:* breaststroke is introduced, stroke development

*Flying Fish:* works on butterfly, sports, games and endurance

*Shark:* side stroke, all strokes perfected

*Porpoise:* Advanced skills, swim team prep

**Swim Lesson Cost:**

**\$24 Members**

**\$20 members** with 2 or more sign-ups at one time

**\$48 Non-Members**

**\$40 Non-Members** with 2 or more sign-ups and one time

**Teen Swim Lessons** (13 to 19 years old)

Never too late to learn to swim! Beginner, intermediate and stroke development

**Adult Swim Lessons** (20 + years)

Small classes, for adults only. All skill levels taught. Small group setting



NAME: \_\_\_\_\_ PARENT NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ **M / F**

PHONE NUMBER: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

<b>CLASS TIMES:</b>	<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>SATURDAY</b>
<b>SHRIMP KIPPER</b>	6:30-7:00PM		10:30-11:00AM
<b>PIKE/EEL</b>	10:30-11:00AM	10:30-11:00AM	10:00-10:30AM
	4:50-5:20PM	4:50-5:20PM	
	7:00-7:30PM	7:00-7:30PM	
<b>RAY/STARFISH</b>	10:30-11:00AM	10:30-11:00AM	10:00-10:30AM
	4:50-5:20PM	4:50-5:20PM	
	7:00-7:30PM	7:00-7:30PM	
<b>POLLIWOG</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM
	6:00-6:45PM	6:00-6:45PM	11:00-11:45AM
<b>GUPPY</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM
	6:00-6:45PM	6:00-6:45PM	11:00-11:45AM
<b>MINNOW</b>	4:00-4:45PM	4:00-4:45PM	11:00-11:45AM
	6:00-6:45PM	6:00-6:45PM	11:00-11:45AM
<b>FISH</b>	6:00-6:45PM	6:00-6:45PM	11:00-11:45AM
<b>FLYING FISH</b>	6:00-6:45PM	6:00-6:45PM	11:00-11:45AM
<b>SHARK</b>	6:00-6:45PM	6:00-6:45PM	11:00-11:45AM
<b>PORPOISE</b>	6:00-6:45PM	6:00-6:45PM	11:00-11:45AM
<b>TEEN</b>		6:00-6:45PM	
<b>ADULT</b>	6:30-7:00PM	6:30-7:00PM	



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