

FEES

Must have a YMCA membership (Family or Single Parent Family), Annual USA Swimming Fee of \$66, and Swim Team monthly training fees. Scholarships are available. Swimmers must provide their own suit, cap and goggles.

BLUE GROUP \$41/mo

The first step as a member of the QFY Dolphin Swim Team and is for swimmers who can perform 25 yards of Freestyle with an idea of side to side breathing under 1:00 min. and also make 25yards in backstroke under 1:00 min. without stopping. Refining the four strokes and having fun are the main points of emphasis. **Mon/Tues/Wed/Thurs 5:30pm-6:00pm and 1 Sat/month**

RED GROUP \$41/mo

The second step as a member of the QFY Dolphin Swim Team and is primarily for all swimmers who can perform a 25 yard of freestyle and backstroke in :50 seconds or under without stopping. They are also able to perform 50 yards freestyle under 1:00 min. Refining of the four strokes and having fun are the main points of emphasis. **Mon/Tues/Thurs 5:15pm-6:00pm and 1 Sat/month**

BRONZE GROUP \$46/mo

Swimmers must be able to complete 50 yards freestyle with rotary breathing under a: 45 seconds to be in this group and 4x50's on the 1:05. They must also have basic knowledge of the breaststroke and butterfly. Basic Stroke and skills instruction are still emphasized along with pace clock training. **Mon/Tues/Wed/Thurs 4:30pm-5:30pm and 1 Sat/month**

SILVER GROUP \$46/mo

Primarily for swimmers with Multiple Area/State Championship time standards and for rising swimmers who are still developing all four strokes legally

for 50 yards without stopping. This group focuses on further refinement of technique and racing skills. Swimmers receive enhanced swim training and are introduced to dry land at this level. Solid attendance is expected as is attendance at all swim meets. Must swim a legal I.M. 50 free under 36.99 seconds, and 6x50's on the :50 second interval or 300 yards under 4 mins. :50 seconds.

Mon/Tues/Wed/Thurs 4:00pm-5:15pm and 2 Sat/month

GOLD \$51/mo

Primarily for swimmers with multiple District/State Championship qualifying times and for serious swimmers committed to meet participation. Stroke technique is strongly emphasized. Very high fitness levels are attained utilizing advanced pool and dry land training sessions. This group also focuses on long-range goal-setting, training commitment, personal development, and responsibility. Regular attendance is necessary, as is participation in meets. They must also swim a 200 I.M. in 3:00 mins, 50 freestyle under 32.99 seconds, and 6x100's on the 1 min and 40 seconds.

**Mon/Tues/Wed/Thurs 4:00pm-5:30pm & at least 2 Sat/month 7:00am-9:00am
Dryland Tues/Thurs 3:05pm- 3:45pm**

PLANTINUM GROUP \$64/mo

Our most advanced instructional level where swimming must be a top priority. Swimmers will continue to meet the highest standards of effort, attendance, attitude and long-range goal focus to remain in the platinum group. Emphasis is on advanced technique, dry land, power and in-water training. They must also be able to swim a 200 I.M. in 2:38.50 seconds, 50 freestyle under 28.50 seconds and 8x100's on 1 min and 25 seconds.

**Mon thru Fri mornings 5:30am-6:45am & Mon thru Thurs 4:00pm- 5:30pm and at least 2 Sat/month 7:00am-9am
Dryland Tues/Thurs 3:05pm- 3:45pm**

2017



swim lessons

& swim team



QUINCY FAMILY YMCA
Dolphins
SWIM TEAM

222-9622
quincymca.net

SWIM LESSONS

Swim lessons not only keep kids safe in the water, they also build self-esteem and confidence. All of our participants gain a greater understanding of not only the strokes, but also safety, rescue skills and water activities' they can enjoy for a lifetime. From our lesson program, children can graduate to our Swim Team.

4 Week Session: Tuesday/Thursday

8 Week Session: Saturday

PARENT/CHILD PROGRAM



Ages 6 months to 3 years

WATER BABIES

A fun way to encourage young swimmers to splash, kick, and become comfortable floating on their back. Several games and activities will make the swimming experience playful and help swimmers become less scared of the water. Parents do get in the water with their children. Swim diapers are required for children not yet toilet trained. This class is offered every 2nd Monday of the month.

Class Time: 6:00 - 6:30pm

Dates: Jan 9, Feb 13, Mar 13, Apr 10, May 8, Jun 12, Jul 10, Aug 14, Sept 11, Oct 9, Nov 13 & Dec 11

**Member: \$30/year or \$5/month
Non-Member: \$50/year or \$7/month**

PRE-SCHOOL SWIM LESSONS



Ages 3 to 5 years

Member: \$32; Non-Member \$55

PIKE

Designed for children who **DO NOT** have a strong fear of the water and do not have previous swimming experience. The focus of the class will be learning basic paddle strokes, kicking and becoming more comfortable putting their face in the water while blowing bubbles and swimming. Float belts are provided.

EEL

Designed to teach children stroke development and endurance. They will refine their front and back crawl with introduction into diving. This is the first level without using a float belt. Before enrolling into this level your child should be able to float independently and jump into the water without assistance from instructor.

SESSION DATES

Dates are for Pre-School & Youth Swim Lessons

4 Week Session: Tuesday/Thursday

Class Time: 6:00-6:40pm or 6:50-7:30pm

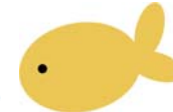
4 Week Session Dates: Jan 10-Feb 2, Feb 7-Mar 2, Mar 7-30, Apr 1-27, May 2-25, & May 30-June 22

8 Week Session: Saturday

Class Time: 10:00-10:40am or 10:50-11:30am

8 Week Session Dates: Jan 14-Mar 4, Mar 11-Apr 29, & May 6-Jun 24

YOUTH SWIM LESSONS



Ages 6 years & up

Member: \$32; Non-Member \$55

POLLIWOG

Designed to build endurance, improve swimming strokes, introduce breast stroke, and become more confident with diving. Before enrolling into this level your child should be able to retrieve rings from the bottom of the 3ft area and swim 1/2 the length of the pool unassisted.

GUPPY

Designed to refine all swimming strokes with proper kicks, practice diving, and learn rotary breathing. The students will build endurance to swim a full length of the pool and demonstrate all swimming skills without the help of the instructor. Before enrolling your child into this level they should be comfortable swimming in the deep end and know proper front and back crawl strokes.

PRIVATE LESSONS

All Ages

One Student - Member: \$65;

Non-Member: \$85

Two Students - Member: \$82;

Non-Member: \$122

Three Students - Member: \$122

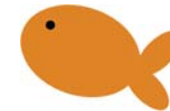
Non-Member: \$162

Private lessons are best for those who prefer individual instruction (one-to-one) and to give each child the best opportunity to swim at his or her own pace. Instructors are tailored to the participant's needs and availability. Openings for new students are most afternoons, evenings, and Saturday mornings.

Contact Amber Brown at 222-9622, ext. 212 or amberb@quincymca.net to schedule private lessons, please include days and times you are requesting.

Private lessons include six half-hour lessons per session.

SWIM TEAM



Ages 21 years & under

The Quincy Family YMCA Dolphin swim team is a competitive program that offers year-round training and competition opportunities. The full season begins in September for swimmers 21 and under, but swimmers may join at any time during the year.

Swimmers are assigned to practice groups based on age and ability. Swimmers are required to swim 25 yards of front and back crawl and should be familiar with all four competitive strokes to join the team. Practice times vary depending on the assigned practice group.

MORE INFORMATION - quincymcaswimteam.com

