



These programs are a great way to introduce aquatic safety skills through games and songs. They offer water enjoyment for both the parent and the child. These classes are designed to encourage learning and water adjustment in a safe, positive setting. Parents accompany their children at all times while an experienced instructor guides parents in teaching their children fundamental safety and aquatic skills. These classes are an excellent way for children to begin transitioning to the preschool swim program.

SWIM LESSONS REGISTRATION POLICIES:

- Payment must be received at the time of registration. We will not reserve a space without payment.
- Make-up classes or refunds for classes missed due to vacations or schedule conflicts are not permitted. Check your schedule before committing to a session.
- The YMCA reserves the right to combine class levels or cancel classes due to insufficient enrollment. In the event of a canceled class, a full refund will be given.
- Cancellations of swim lessons requested less than a week before they are scheduled to begin will be granted with only 50% refund.

PORPOISE CLUB

This swim club is for swimmers ages 11-14 who have progressed through group lessons and would like to keep swimming non-competitively. Swimmers will work on endurance, stroke refinement, and more. Prerequisite: Completed Flying Fish/Shark skills.

\$40 Members / \$65 Non-Members

Sundays 3:10-3:50pm

Session I: September 13-October 25

Session II: November 1-December 13

*No lessons October 18 and November 29



PARENT/CHILD AQUATICS



Suggestions To Prepare You For These Programs:

- Please bring a swimsuit and towel for both of you.
- Clothes, street shoes, diaper bags, and other personal items should be stored in a locker.
- Bring a padlock to lock up your valuables.
- Shower before entering the pool.
- Only one parent is allowed in the pool with the child.
- If child is not potty trained, they must wear a swim diaper and a tight fitting swim suit or plastic pants.
- Have fun! Enjoy this special time with your child.

WATER BABIES

6-18 months

\$35 Members
\$54 Non-Members
Each lesson is 30 minutes

Session One		
Tuesday	Sept 15 - Oct 20	6:00-6:30p
Saturday	Sept 19- Oct 31	10:15-10:45a
There are no lessons October 15-18		
Session Two		
Tuesday	Nov 3 - Dec 8	6:00-6:30p
Saturday	Nov 7 - Dec 19	10:15-10:45a
There are no lessons November 26-29		

WATER TOTS

19months-5 Years

\$35 Members
\$54 Non-Members
Each lesson is 30 minutes

Session One		
Tuesday	Sept 15 - Oct 20	5:15-5:45p
Saturday	Sept 19- Oct 31	11:00-11:30a
There are no lessons October 15-18		
Session Two		
Tuesday	Nov 3 - Dec 8	5:15-5:45p
Saturday	Nov 7 - Dec 19	11:00-11:30a
There are no lessons November 26-29		

ADULT SWIMMING LESSONS

These classes are for adults and teens that want to develop or improve on basic swimming skills and overcome any fear of water. These lessons are held in a group setting; for those looking for one-on-one attention a private lesson is recommended.

\$40 Members / \$65 Non-Members

Sundays: 6:15-6:55pm

Session I: September 13- October 25

Session II: November 1-December 13

*No lessons October 18 and November 29

AQUATICS PROGRAMS

Long known for their expertise in providing swim instruction and aquatics programming to all generations, the Y has introduced tens of millions of people nationwide to swimming since inventing group swim instruction in 1906. At the Rochester Area Family Y, our lessons are divided by both age and skill level. If you have questions about our Aquatics Programs or what type of lesson would work best for you, contact our Aquatics Department at aquatics@rochfamy.org or 507-287-2250 extension 1071.



Preschool Lesson Levels Ages 3-5

The preschool program provides children with their first pool experience without parental assistance, in a safe, fun and positive learning environment. Child must be 3 by the start of the class. Maximum enrollment for each class is six and the minimum is two.

SUNFISH

This is a transitional class from parent/child to preschool lessons. It slowly introduces swimmers to the pool who have not had group lessons before or children who might be hesitant about swimming. Parents are not required to be in the pool with the child but they have the option to be in the pool the first two lessons. Skills Spotlight: blowing bubbles, floating, and paddling with assistance.

PIKE

This class is for preschool swimmers who are comfortable in the water without parents in the pool area. This class presents basic swim skills through games and fun. Swimmers begin to submerge their head swim with an IFD (noodles) Skills Spotlight: floating, paddling, and kick on both front and back with assistance.

PIKE TWO

This class is for preschool swimmers who are comfortable in the water, and can swim independently with an IFD (noodle, floatation pack). Skills Spotlight: Independent paddle front and back (2 yards), floating front and back with assistance, and submerging face/head.

EEL

The Eel class is for swimmers who are well adjusted to the water and are eager to learn more. Eel swimmers continue to build on Pike skills such as effective kicking and floating. Skills Spotlight: Kicking, floating on both front and back, and progressive paddle stroke. Pre-requisite: Completed Pike or Pike Two skills.

RAY/STARFISH

Ray/Starfish swimmers are ready to begin developing their endurance and stroke development. The students in this level are also introduced to treading water, rhythmic breathing, rescue skill, and personal water safety. Skills Spotlight: Independent arm strokes for front crawl, back crawl, elementary back stroke, breast stroke, and side stroke. Pre-requisite: Completed Eel skills.

School Age Lesson Levels Ages 6 and up

Whether your school age child is a new swimmer or has been swimming circles around you, the school age program offers a class that is just right for your child's skill level. Child must be 6 by the start of the class. Maximum enrollment is eight and the minimum is two.

POLLIWOG

Polliwog is the beginner level for school age children to help them become adjusted to the water. Skills Spotlight: Introduction to fundamental skills of front and back floating, treading water with assistance, front, back, and side paddle (5 yards with a floatation aide; 2 yards independently) Equivalent to Red Cross Level 1 & 2

GUPPY

Guppies continue to develop confidence in their abilities by increasing their swim stroke endurance, practicing paddle stroke, floating & rotary breathing without the aid of floating devices. Skills Spotlight: Front crawl, back crawl, breast stroke, elementary back, side stroke, 25 yards with floatation, and 10 yards without floatation aides. Introduction to scissor & whip kicks, rhythmic breathing, and diving skills. Pre-requisite: Polliwog skills. Equivalent to Red Cross Level 2 & 3

MINNOW

Swimmers continue to refine their stroke skills and develop correct timing and coordination of arm and leg movements. Skills Spotlight: Introduction to rotary breathing, butterfly, basic water safety, and rescue skills. Pre-requisite: Completed Guppy skills. Equivalent to Red Cross Level 3 & 4

FISH

Swimmers build on previous work to perform strokes with greater precision and accuracy. Skills Spotlight: Endurance continues to increase (to 50 yards). Pre-requisite: Completed Minnow skills. Equivalent to Red Cross Level 4

FLYING FISH/SHARK

This is an advanced level where students focus on stroke perfection. Skills Spotlight: Swimmers will learn open turns/flip turns, perfect their strokes, and rescue skills. Pre-requisite: Completed Fish skills. Equivalent to Red Cross Level 5

SESSION I SWIMMING LESSONS

Registration begins August 17

September 13–October 31

There will be no lessons October 15–October 18.

PRESCHOOL

SUNDAY September 13–October 25		TUESDAY September 15–October 20		WEDNESDAY September 16–October 21		THURSDAY September 17–October 29 No lessons October 15		SATURDAY September 19–October 31 No lessons October 17	
4:00-4:40p	Pike	10:00-10:40a	Eel	9:30-10:10a	Pike	4:30-5:10p	Sunfish	9:30-10:10a	Ray/Starfish
4:00-4:40p	Pike Two	10:00-10:40a	Ray/Starfish	9:30-10:10a	Pike Two	4:30-5:10p	Pike Two	9:30-10:10a	Eel
4:45-5:25p	Eel	10:45-11:25a	Pike	10:15-10:55a	Eel	4:30-5:10p	Pike	10:15-10:55a	Pike Two
4:45-5:25p	Ray/Starfish	10:45-11:25a	Pike Two	10:15-10:55a	Ray/Starfish	5:15-5:55p	Eel	10:15-10:55a	Pike
5:30-6:10p	Pike	4:30-5:10p	Eel			5:15-5:55p	Pike	11:00-11:40a	Sunfish
5:30-6:10p	Sunfish	4:30-5:10p	Pike Two	 <p>pike</p>		5:15-5:55p	Ray/Starfish		
6:15-6:55p	Pike Two	5:15-5:55p	Pike			6:00-6:40p	Sunfish		
6:15-6:55p	Sunfish	5:15-5:55p	Ray/Starfish			6:00-6:40p	Pike Two		
		6:00-6:40p	Pike Two						
		6:00-6:40p	Eel						

Each lesson is 40 minutes
\$40 Members / \$60 Non-Members

SCHOOL AGE

SUNDAY September 13–October 25		TUESDAY September 15–October 20	
4:00-4:40p	Polliwog	9:30-10:10a	Home School
4:00-4:40p	Guppy	4:30-5:10p	Guppy
4:45-5:25p	Guppy	4:30-5:10p	Minnnow
4:45-5:25p	Minnnow	5:15-5:55p	Polliwog
4:45-5:25p	Fish	5:15-5:55p	Guppy
5:30-6:10p	Polliwog	6:00-6:40p	Polliwog
5:30-6:10p	Minnnow	6:00-6:40p	Fish
5:30-6:10p	FF/Shark		
6:15-6:55p	Polliwog		
6:15-6:55p	Guppy		



THURSDAY September 17–October 29 No lessons October 15		SATURDAY September 19–October 31 No lessons October 17	
4:30-5:10p	Polliwog	9:30-10:10a	Fish
4:30-5:10p	FF/Shark	9:30-10:10a	Minnnow
5:15-5:55p	Minnnow	10:15-10:55a	Polliwog
5:15-5:55p	Guppy	11:00-11:40a	Guppy
6:00-6:40p	Guppy		
6:00-6:40p	Fish		

Each lesson is 40 minutes
\$40 Members / \$60 Non-Members

YOUTH & ADULT PRIVATE LESSONS

Each lesson is 30 minutes
\$45 Members / \$70 Non-Members

SUNDAY			TUESDAY			THURSDAY		
4:00-4:30p	Sept 13, 20, 27	A	4:30-5:00p	Sept 15, 22, 29	A	4:30-5:00p	Sept 17, 24 Oct 1	A
4:35-5:05p	Sept 13, 20, 27	A	5:05-5:35p	Sept 15, 22, 29	A	5:05-5:35p	Sept 17, 24 Oct 1	A
5:10-5:40p	Sept 13, 20, 27	A	5:40-6:10p	Sept 15, 22, 29	A	5:40-6:10p	Sept 17, 24 Oct 1	A
5:45-6:15p	Sept 13, 20, 27	A	6:15-6:45p	Sept 15, 22, 29	A	6:15-6:45p	Sept 17, 24 Oct 1	A
6:20-6:50p	Sept 13, 20, 27	A	4:30-5:00p	Oct 6, 13, 20	B	4:30-5:00p	Oct 8, 22, 29	B
4:00-4:30p	Oct 4, 11, 25	B	5:05-5:35p	Oct 6, 13, 20	B	5:05-5:35p	Oct 8, 22, 29	B
4:35-5:05p	Oct 4, 11, 25	B	5:40-6:10p	Oct 6, 13, 20	B	5:40-6:10p	Oct 8, 22, 29	B
5:10-5:40p	Oct 4, 11, 25	B	6:15-6:45p	Oct 6, 13, 20	B	6:15-6:45p	Oct 8, 22, 29	B
5:45-6:15p	Oct 4, 11, 25	B						
6:20-6:50p	Oct 4, 11, 25	B						

If you have a fear of water or want to improve your skills in a one-on-one setting, private lessons are your answer. These lessons are designed to give participants individualized attention in order to master their swimming skills. Together the instructor and student/parent will determine the goals for each session and the curriculum is customized to meet your goals. Each private session consists of three lessons.

SESSION II SWIMMING LESSONS

Registration begins September 14

November 1–December 19

There will be no lessons November 25–29

PRESCHOOL

SUNDAY		TUESDAY		WEDNESDAY		THURSDAY		SATURDAY	
November 1–December 13 No lessons November 29		November 3–December 8		November 4–December 16 No lessons November 25		November 5–December 17 No lessons November 26		November 7–December 19 No lessons November 28	
4:00-4:40p	Pike	10:00-10:40a	Eel	9:30-10:10a	Pike	4:30-5:10p	Sunfish	9:30-10:10a	Ray/Starfish
4:00-4:40p	Pike Two	10:00-10:40a	Ray/Starfish	9:30-10:10a	Pike Two	4:30-5:10p	Pike Two	9:30-10:10a	Eel
4:45-5:25p	Eel	10:45-11:25a	Pike	10:15-10:55a	Eel	4:30-5:10p	Pike	10:15-10:55a	Pike Two
4:45-5:25p	Ray/Starfish	10:45-11:25a	Pike Two	10:15-10:55a	Ray/Starfish	5:15-5:55p	Eel	10:15-10:55a	Pike
5:30-6:10p	Pike	4:30-5:10p	Eel	10:15-10:55a	Ray/Starfish	5:15-5:55p	Pike	11:00-11:40a	Sunfish
5:30-6:10p	Sunfish	4:30-5:10p	Pike Two			5:15-5:55p	Ray/Starfish		
6:15-6:55p	Pike Two	5:15-5:55p	Pike			6:00-6:40p	Sunfish		
6:15-6:55p	Sunfish	5:15-5:55p	Ray/Starfish			6:00-6:40p	Pike Two		
		6:00-6:40p	Pike Two						
		6:00-6:40p	Eel						

Each lesson is 40 minutes
\$40 Members / \$60 Non-Members



guppies

SCHOOL AGE

SUNDAY		TUESDAY	
November 1–December 13 No lessons November 29		November 3–December 8	
4:00-4:40p	Polliwog	9:30-10:10a	Home School
4:00-4:40p	Guppy	4:30-5:10p	Guppy
4:45-5:25p	Guppy	4:30-5:10p	Minnow
4:45-5:25p	Minnow	5:15-5:55p	Polliwog
4:45-5:25p	Fish	5:15-5:55p	Guppy
5:30-6:10p	Polliwog	6:00-6:40p	Polliwog
5:30-6:10p	Minnow	6:00-6:40p	Fish
5:30-6:10p	FF/Shark		
6:15-6:55p	Polliwog		
6:15-6:55p	Guppy		



shark



fish

THURSDAY		SATURDAY	
November 5–December 17 No lessons November 26		November 7–December 19 No lessons November 28	
4:30-5:10p	Polliwog	9:30-10:10a	Fish
4:30-5:10p	FF/Shark	9:30-10:10a	Minnow
5:15-5:55p	Minnow	10:15-10:55a	Polliwog
5:15-5:55p	Guppy	11:00-11:40a	Guppy
6:00-6:40p	Guppy		
6:00-6:40p	Fish		

Each lesson is 40 minutes
\$40 Members / \$60 Non-Members

YOUTH & ADULT PRIVATE LESSONS

Each lesson is 30 minutes
\$45 Members / \$70 Non-Members

SUNDAY			TUESDAY			THURSDAY		
4:00-4:30p	Nov 1, 8, 15	A	4:30-5:00p	Nov 3, 10, 17	A	4:30-5:00p	Nov 5, 12, 19	A
4:35-5:05p	Nov 1, 8, 15	A	5:05-5:35p	Nov 3, 10, 17	A	5:05-5:35p	Nov 5, 12, 19	A
5:10-5:40p	Nov 1, 8, 15	A	5:40-6:10p	Nov 3, 10, 17	A	5:40-6:10p	Nov 5, 12, 19	A
5:45-6:15p	Nov 1, 8, 15	A	6:15-6:45p	Nov 3, 10, 17	A	6:15-6:45p	Nov 5, 12, 19	A
6:20-6:50p	Nov 1, 8, 15	A	4:30-5:00p	Nov 24 Dec 1, 8	B	4:30-5:00p	Dec 3, 10, 17	B
4:00-4:30p	Nov 22 Dec 6, 13	B	5:05-5:35p	Nov 24 Dec 1, 8	B	5:05-5:35p	Dec 3, 10, 17	B
4:35-5:05p	Nov 22 Dec 6, 13	B	5:40-6:10p	Nov 24 Dec 1, 8	B	5:40-6:10p	Dec 3, 10, 17	B
5:10-5:40p	Nov 22 Dec 6, 13	B	6:15-6:45p	Nov 24 Dec 1, 8	B	6:15-6:45p	Dec 3, 10, 17	B
5:45-6:15p	Nov 22 Dec 6, 13	B						
6:20-6:50p	Nov 22 Dec 6, 13	B						



If you have a fear of water or want to improve your skills in a one-on-one setting, private lessons are your answer. These lessons are designed to give participants individualized attention in order to master their swimming skills. Together the instructor and student/parent will determine the goals for each session and the curriculum is customized to meet your goals. Each private session consists of three lessons.