Group Swim Lessons Times:

All group lessons are held Monday, Tuesday, Wednesday, Thursday and Saturday. Parent Tot (6-36 months) - Pike, Eel, Ray (3-5 years old) - Polliwog, Guppy, Minnow, Fish, Dolphin Fitness (6-14 yrs old).

Group Lessons have between 4-6 students depending on level. Lessons are 30 minutes long.

Aquatics Policies

- Please attend your scheduled class, as make-up classes are not available for non-attendance.
- Swim Diapers required for all Parent Tot Swim Lessons.
- We cannot guarantee that the instructor that you are requesting will be available. We will do our best to accommodate your request.

Refunds/Credits

If a participant decides not to take a class, cancellation and credit for that class must be requested prior to the close of registration. After the session has started, credits will only be issued for extended illness/injury and with a doctor’s note. Credits will be prorated based upon attendance and all requests for credit or refunds are subject to a $20 processing fee. Requests must be made in writing. Forms are available at the Member Service Center.

Registration Closes the Friday and Saturday Prior to Start of Each Session

For More Information Please Contact the Aquatics Coordinator at 805-583-5338 ext. 236 or Simiaquatics@sevymca.org
AQUATICS
Swim Lesson Descriptions—Simi Valley Family YMCA

Did you know that the YMCA was the first organization in America to offer structured, swim lessons? As in all YMCA programs, the goal for the National YMCA aquatic program is to develop the whole person; physically, mentally, and spiritually. Teaching methods are designed to help each participant develop his/her fullest potential, to encourage awareness of safety, and to master skills to the best of his/her ability.

YMCA aquatic programs are not only beneficial in developing a healthy lifestyle, but are an excellent place for youth and adults to make new friends, and most importantly, to have fun! We operate two indoor heated pools. Activities in the pools are designed to promote healthy lifestyles and offer opportunities to meet other members of the Simi Valley Family YMCA.

Parent/Child:
{Swim Starters}
Children 6–36 months with parent
Parent will accompany their child into the pool to acquaint them with the water environment. An instructor provides guidance in how to help your child develop coordination, motor skills, balance and social skills in the water. (Swim diaper required)

Pre-school Swim Lessons
{Swim Basics}

Ages: 3–5 years old
Pike: {Stage 1} Designed for the beginner who has little or no water experience. Emphasis is on basic swimmer skills. 
Prerequisite: At least 3 years old.

Eel: {Stage 2} Introduction to arm movements, breathing and glides without assistance. Prerequisites: Completion of Pike or comfortable going under water.

Ray: {Stage 3} Emphasis on swimmer’s ability to perform strokes unassisted. Learn rhythmic and rotary breathing, dive, surface and return to wall, introduction to backstroke and breaststroke, and continue practicing freestyle. Prerequisites: Completion of Eel or front and back float for 10 seconds and swim 15 feet without a flotation device.

*If children pass Ray they move to Guppy*

Youth Swim Lessons
{Swim Basics 1–4/Swim Strokes 5–6}

Ages: 6 years old & up
Polliwog: {Stage 1 & 2} Gradual introduction to basic swim skills, personal safety, survival float and confidence building. Prerequisites: 6 years old.

Guppy: {Stage 2 & 3} Work on stroke development for freestyle, breaststroke, backstroke and elementary backstroke, rhythmic and rotary breathing, streamline on front and back.

Minnow: {Stage 3 & 4} Mastering freestyle with rotary breathing. Increase endurance of backstroke, freestyle and breaststroke (50 yards).

Fish: {Stage 4 & 5} Designed to help swimmers perfect freestyle with rotary breathing, backstroke and breaststroke with rhythmic breathing for 50 yards. Learn flip turns and introduction to butterfly.

Dolphin Fitness: Excellent preparation for Swim Team. Great for cardio endurance and muscle development. Student must have passed into this level or be swim tested to participate.

Private:
6 months—Adult
Any ability level. Participants get a one on one lesson with a qualified instructor. Each participant works at their own pace.