

Adult Classes 13+ years. 45 min. classes

Adult Swim Lessons

Days:	Time:
M/W	6:30pm
Sat.	8:30am

Prices: Member/Non-Member

Saturdays: \$30/\$60

M/W: \$60/\$120

Masters

Monday, Wednesday, Friday 12-1pm

Early Risers

Tuesday and Thursday 5:15am or 6:30-7:30am

Stroke-O-Nomics

Tuesday, Wednesday, Thursday 9:30-10:30am

Fall Session Starts September 1

Prices: Member/Non-Member:

Masters \$50/\$200

Early Risers \$50/\$200

Stroke-O-Nomics \$50/\$200

Y Splash Week!

Community week, water safety for pre-school and youth.

Session I December 13-16

Session II December 27-30

Look for Y Splash brochure, beginning November 1st!

Other Aquatic Programs

Private Lessons

Private Lessons are available upon request and by approval of the Aquatics Director. For more information, please contact Keith Gaines

Birthday Parties/ Sports Banquets

Please contact Keith Gaines for more information at 342-9622

Saturday Splash Out!

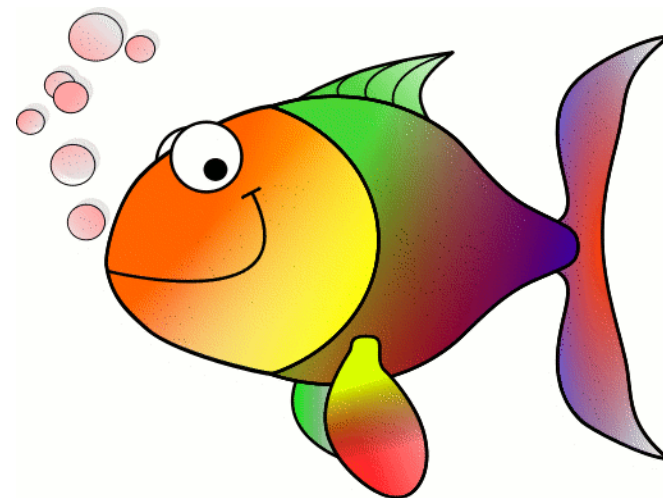
Saturday, September 18, 2010

Saturday, October 16, 2010

Saturday, November 20, 2010

Living the Mission through Aquatics: To put Christian Principles into practice through programs that build a healthy spirit, mind, and body for all.

Swim Lessons



Aquatics Fall 2010

Registration Deadlines

Monday/Wednesday classes

Session I: Sept 12, Session II: Oct 10,
Session III: Nov 7

Tuesday/Thursday classes

Session I: Sept 13, Session II: Oct 11
, Session III: Nov 8

Saturday Classes

Session I: Sept 17, Session II: Oct 15,
Session III: Nov 12

**KIRK FAMILY YMCA
520 CHURCH AVE
ROANOKE, VA 24016
540-342-9622**



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Aquatics Fall 2010

Class Descriptions

Parent Child: ages 3 Months– 3 Years

SKIP: This program is for children 6 months to 3 years of age with a parent/guardian in the water. The primary objective is to get both the parent and child comfortable in the water while parents guide their children to learn new water skills.

Preschool: ages 4-6 years

Pike (Beginner): No prerequisites

Eel (advanced Beginner): Swimmers can comfortably swim 5 yards on their front and their back *without* flotation.

Ray (Intermediate): Swimmers should be able to comfortably swim 10 yards on their front, back, and side without flotation.

Starfish (Advanced): Participants can comfortably swim with rhythmic breathing 20 yards front, back, and side strokes without flotation.

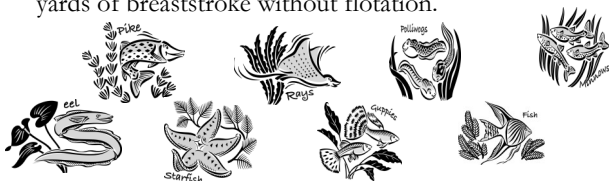
Youth ages 7-12 years

Polliwog (Beginner): No prerequisites

Guppy (Advanced Beginner): Swimmers can comfortably swim 10 yards front and back crawl without flotation.

Minnow (Intermediate): Participants can comfortably swim 25 yards freestyle, backstroke, and 10 yards of breaststroke without flotation and tread water.

Fish (Advanced): Participants must be able to swim 50 yards of front and back crawl as well as 25 yards of breaststroke without flotation.



Parent-Child Classes 6 months-3 years. 30 min.

Level:	Days:	Time:
SKIP	Tuesday	8:45am
	Thursday	6:00pm
	Saturday	8:30am

Prices: Members/Non-Members: \$20/\$40



Pre-School 4-6 years. 30 min. classes

Level:	Days:	Times:
Pike	M/W	8:45am
	M/W	3:15pm
	M/W	5:45pm
	T/Th	8:45am
	T/Th	3:15pm
	T/Th	5:45pm
	Sat.	9:15am
	Sat.	11:30am

Eel	M/W	8:45am
	M/W	3:15pm
	M/W	5:45pm
	T/Th	8:45am
	T/Th	3:15pm
	T/Th	5:45pm

Ray	M/W	4:00pm
	T/Th	4:00pm
	T/Th	6:30pm
	Sat.	10:45am

Starfish	M/W	4:00pm
	M/W	6:30pm

Prices: Members/Non-Members:

M/W and T/Th \$40/\$80

Saturday: \$20/\$40

Youth 7-12 years. 45 min. classes

Level:	Days:	Time:
Polliwog	M/W	4:45pm
	M/W	6:30pm
	T/Th	4:45pm
	T/Th	6:30pm
	Sat	10:00am

Guppy	M/W	4:45pm
	T/Th	6:30pm
	Sat	10:00

Minnow	M/W	4:45pm
	T/Th	6:30pm
	Sat.	10:00

Fish	M/W	4:45pm
	T/Th	6:30pm
	Sat	10:45

Flying Fish	M/W	4:45pm
	T/Th	6:30pm

Prices: Members/Non-Members:

M/W and T/Th: \$60/\$120

Saturday: \$30/\$60

Session Dates for Fall 2010 For Monday/Wednesday Classes

Fall I: Sept 13-Oct 6

Fall II: Oct 11- Nov 3

Fall III: Nov 8- Dec 8

For Tuesday/Thursday Classes

Fall I: Sept 14- Oct 7

Fall II: Oct 12- Nov 4

Fall III: Nov 9- Dec 9

For Saturday Classes

Fall I: Sept 18- Oct 9

Fall II: Oct 16- Nov 6

Fall III: Nov 13- Dec 11

(There will be no classes the week of Thanksgiving)