



YMCA Fairfax County Reston

Fall I 2017 - Swim Lesson Schedule

September 05- October 22, 2017

No classes between 08/28- 09/04 , No Classes On Labor Day Weekend
 Tuesday thru Saturday - 7 weeks session with total of the 7 classes
 Sundays - 7 weeks with total of the 7 classes

PARENT/TOT

The focus of this class is to acclimate infants and young children to the water environment. Basic swimming skills are incorporated into each class.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02101 03	Parent/Tot	6 mo-2 yrs							X	9:35 AM	10:05 AM	\$75	\$115
02101 04	Parent/Tot	6 mo-2 yrs	X							9:35 AM	10:05 AM	\$75	\$115

PARENT/PIKE

Designed for young children who would benefit from the comfort of a parent. Basic swimming skills will be taught through the guidance of an instructor.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02101 05	Parent/Pike	2-4 yrs							X	9:35 AM	10:05 AM	\$75	\$115
02101 06	Parent/Pike	2-4 yrs	X							9:35 AM	10:05 AM	\$75	\$115

PIKE

A beginner class for children who have little experience in the water. Children must be comfortable without a parent in the water.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02101 26	Pike	3-5 yrs						X		3:40 PM	4:10 PM	\$75	\$115
02101 29	Pike	3-5 yrs							X	9:35 AM	10:05 AM	\$75	\$115
02101 30	Pike	3-5 yrs							X	11:00 AM	11:30 AM	\$75	\$115
02101 32	Pike	3-5 yrs	X							9:35 AM	10:05 AM	\$75	\$115
02101 33	Pike	3-5 yrs	X							11:00 AM	11:30 AM	\$75	\$115

EEL

A beginner class for children who can put their face in the water and swim 5ft on their front and back without a flotation device.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02101 76	Eel	3-5 yrs						X		3:40 PM	4:10 PM	\$75	\$115
02101 78	Eel	3-5 yrs							X	9:35 AM	10:05 AM	\$75	\$115
02101 79	Eel	3-5 yrs							X	11:00 AM	11:30 AM	\$75	\$115
02101 81	Eel	3-5 yrs	X							9:35 AM	10:05 AM	\$75	\$115
02101 82	Eel	3-5 yrs	X							11:00 AM	11:30 AM	\$75	\$115

RAY/STARFISH

An advanced beginner class for children who can swim 15ft on their stomach and back with a flotation device. Children will learn to improve their skills in existing strokes and learn breaststroke.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02102 03	Ray/Starfish	3-5 yrs						X		3:40 PM	4:10 PM	\$75	\$115
02102 04	Ray/Starfish	3-5 yrs							X	9:35 AM	10:05 AM	\$75	\$115
02102 05	Ray/Starfish	3-5 yrs							X	11:00 AM	11:30 AM	\$75	\$115
02102 06	Ray/Starfish	3-5 yrs	X							9:35 AM	10:05 AM	\$75	\$115
02102 07	Ray/Starfish	3-5 yrs	X							11:00 AM	11:30 AM	\$75	\$115

POLLIWOG

A beginner class for children who have little or no swimming experience.

Class No.	Class Name	Age	Su	M	T	W	Th	F	Sa	Start	Finish	FM	PM
02201 04	Polliwog	6-12 yrs						X		4:15 PM	5:00 PM	\$75	\$115
02201 07	Polliwog	6-12 yrs							X	10:10 AM	10:55 AM	\$75	\$115
02201 10	Polliwog	6-12 yrs							X	11:35 AM	12:20 PM	\$75	\$115
02201 11	Polliwog	6-12 yrs	X							10:10 AM	10:55 AM	\$75	\$115
02201 12	Polliwog	6-12 yrs	X							11:35 AM	12:20 PM	\$75	\$115

GUPPY

An advanced beginner class designed for children who can swim one length of the pool on their stomach with their face in, one length of the pool on their back, and who are comfortable in deep water.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02201 18	Guppy	6-12 yrs						X		4:15 PM	5:00 PM	\$75	\$115
02201 19	Guppy	6-12 yrs							X	10:10 AM	10:55 AM	\$75	\$115
02201 20	Guppy	6-12 yrs							X	11:35 AM	12:20 PM	\$75	\$115
02201 22	Guppy	6-12 yrs	X							10:10 AM	10:55 AM	\$75	\$115
02201 23	Guppy	6-12 yrs	X							11:35 AM	12:20 PM	\$75	\$115



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MINNOW

An intermediate class designed for children who can swim 25yds freestyle with rotary breathing and 25yds backstroke with their stomachs and legs at the surface and arms extended out of the water.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02201 45	Minnow	6-12 yrs							X	10:10 AM	10:55 AM	\$75	\$115
02201 46	Minnow	6-12 yrs							X	12:30 PM	1:15 PM	\$75	\$115
02201 47	Minnow	6-12 yrs	X							10:10 AM	10:55 AM	\$75	\$115
02201 48	Minnow	6-12 yrs	X							12:30 PM	1:15 PM	\$75	\$115

FISH

An advanced class for children who can swim 25yds freestyle with excellent rotary breathing, 25yds excellent backstroke, and 25yds breaststroke.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02202 05	Fish	6-12 yrs						X		4:15 PM	5:00 PM	\$75	\$115
02202 07	Fish	6-12 yrs							X	11:35 AM	12:20 PM	\$75	\$115
02202 09	Fish	6-12 yrs	X							11:35 AM	12:20 PM	\$75	\$115
02202 08	Fish	6-12 yrs	X							12:30 PM	1:15 PM	\$75	\$115

FLYING FISH

An advance class for children who can legally swim 50yds freestyle, 50yds backstroke, 50yds breaststroke, and 25yds butterfly in very good form.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02202 27	Flying Fish	6-12 yrs							X	10:10 AM	10:55 AM	\$75	\$115
02202 28	Flying Fish	6-12 yrs						X		12:30 PM	1:15 PM	\$75	\$115
02202 29	Flying Fish	6-12 yrs	X							10:10 AM	10:55 AM	\$75	\$115
02202 30	Flying Fish	6-12 yrs	X							12:30 PM	1:15 PM	\$75	\$115

SHARK

A class for advanced swimmers who can swim a 200 Individual Medley of Freestyle, Backstroke, Breaststroke, and Butterfly, perform flip turns and racing dives.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02202 41	Shark	6-12 yrs							X	11:35 AM	12:20 PM	\$75	\$115
02202 43	Shark	6-12 yrs	X							11:35 AM	12:20 PM	\$75	\$115

YOUTH STROKE DEVELOPMENT

A class for advanced swimmers who can swim a 200 Individual Medley of Freestyle, Backstroke, Breaststroke, and Butterfly, perform flip turns and racing dives.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02501 01	Youth Stroke	6-13 yrs			X		X			4:10 PM	4:55 PM	\$150	\$210
02501 04	Youth Stroke	6-13 yrs	X						X	12:30 PM	1:15 PM	\$150	\$210

TEEN CLASSES

Teen Level 1: For teens who have a fear of the water or have never taken a swim lesson.

Teen Level 2: For teens who can swim a length of the pool with their face in the water.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02301 54	Teen Level 1	13-17 yrs							X	12:30 PM	1:15 PM	\$75	\$115
02301 61	Teen Level 2	13-17 yrs							X	12:30 PM	1:15 PM	\$75	\$115

ADULT CLASSES

Adult Level 1: For those who have a fear of the water.

Adult Level 2: For people who can swim a short distance in shallow water with their faces in the water.

Adult Level 3: For more advanced that want to improve their strokes and endurance.

Adult Stroke: For more developed swimming athletes who are looking for a swim work-out or training program.

Class No.	Class Name	Age	Su	M	Tu	W	Th	F	Sa	Start	Finish	FM	PM
02301 05	Adult Level 1	18-up					X			9:20 AM	10:10 AM	\$75	\$115
02301 02	Adult Level 1	18-up							X	8:30 AM	9:25 AM	\$75	\$115
02301 03	Adult Level 2	18-up					X			10:15 AM	11:05 AM	\$75	\$115
02301 06	Adult Level 2	18-up						X		8:30 AM	9:25 AM	\$75	\$115
02301 04	Adult Level 3	18-up					X			11:10 AM	12:00 PM	\$75	\$115
02301 07	Adult Level 3	18-up							X	8:30 AM	9:25 AM	\$75	\$115
02301 11	Adult Stroke Clinic	18-up		X		X				6:15 AM	7:15 AM	\$150	\$210