



Minnesota Valley YMCA in Burnsville Swim Academy Lessons Schedule

2012 Spring I • February 27 - April 15
(952) 898-9622 Phone • (952) 898-5007 Fax
Register Online at ymcatwincities.org

About Y Swim Academy

The Y has been teaching people to swim for over 100 years. Our classes focus on Stroke Development, as well as Personal Growth, Personal Safety, Rescue Skills, Water Sports and Games. Our progressive program offers classes for ages 6-months and up and will help you feel comfortable and confident in the water.

If you need help deciding on the right class, contact the Aquatics department to discuss options or schedule a FREE level assessment.

Register Online at ymcatwincities.org

- Schedule and Events: To search lessons by multiple Ys
- Locations: To find the lessons available at your Y*
- Health and Fitness>Swimming and Aquatics: To read more about ages, levels and skills

*Lesson availability varies by location.

Register in-person at your Y or by phone with Customer Service

- In-person at your Y during regular hours
- By phone with Customer Service at (612) 230-9622

Private and Semi-Private Lessons

Private Lessons Members

- 1 lesson \$35
- 3 lessons \$94
- 7 lessons \$200

Private Lessons Non-Members

- 1 lesson \$60
- 3 lessons \$165
- 7 lessons \$360

Semi-Private Lessons Members

- 1 lesson \$40
- 3 lessons \$119
- 7 lessons \$250

Semi-Private Lessons Non-Members

- 1 lesson \$70
- 3 lessons \$215
- 7 lessons \$435

Private lessons are a great option for swimmers looking to catch up or get ahead! These lessons give participants individualized attention to help improve or master swimming skills. You set the agenda by working with the instructor to determine goals. Curriculum is customized to meet these goals. Classes are 30 minutes in length, and are available in 1-, 3- or 7-lesson packages.



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BUILDING HOURS

Monday-Friday: 5:00 a.m. - 10:00 p.m.
Saturday: 6:00 a.m. - 9:00 p.m.
Sunday: 6:00 a.m. - 9:00 p.m.

KIDS STUFF HOURS

Monday-Friday: 8:00 a.m. - 8:00 p.m.
Saturday: 8:00 a.m. - 4:00 p.m.
Sunday: 9:00 a.m. - 6:00 p.m.

SWIM FEES

Adult, Metro Family and Dual Members

- Swim Lessons: \$40
- Specialty: \$45

Non-Members

- Swim Lessons: \$100
- Specialty: \$105

MONDAY, BEGINS February 27-April 9 7 week classes (once a week for 7 weeks)

TIME	CLASS		PRODUCT CODE
4:00 to 4:30 PM	Beginner Preschool	Pike	30_AQ_2200_10_022712_YYD
4:00 to 4:30 PM	Beginner Preschool	Ray/Starfish	30_AQ_2222_10_022712_YYD
4:15 to 4:55 PM	Beginner School Age	Goldfish	30_AQ_2205_10_022712_YYD
4:15 to 4:55 PM	Int/Adv School Age	Flying Fish/Shark	30_AQ_2225_10_022712_YYD
4:15 to 4:55 PM	Beginner School Age	Guppy	30_AQ_2239_10_022712_YYD
4:35 to 5:05 PM	Water Adjustment	Sunfish	30_AQ_2201_10_022712_YYD
4:35 to 5:05 PM	Beginner Preschool	Eel	30_AQ_2202_10_022712_YYD
5:00 to 5:40 PM	Int/Adv School Age	Minnow	30_AQ_2207_10_022712_YYD
5:00 to 5:40 PM	Int/Adv School Age	Fish	30_AQ_2208_10_022712_YYD
5:00 to 5:40 PM	Beginner School Age	Trout	30_AQ_2235_10_022712_YYD
5:10 to 5:40 PM	Water Adjustment	Sunfish	30_AQ_2201_11_022712_YYD
5:10 to 5:40 PM	Beginner Preschool	Ray/Starfish	30_AQ_2222_11_022712_YYD
5:45 to 6:15 PM	Beginner Preschool	Pike	30_AQ_2200_11_022712_YYD
5:45 to 6:15 PM	Beginner Preschool	Eel	30_AQ_2202_11_022712_YYD
5:45 to 6:25 PM	Int/Adv School Age	Minnow	30_AQ_2207_11_022712_YYD
5:45 to 6:25 PM	Beginner School Age	Polliwog	30_AQ_2238_10_022712_YYD
5:45 to 6:25 PM	Beginner School Age	Guppy	30_AQ_2239_11_022712_YYD

TUESDAY, BEGINS February 28-April 10 7 week classes (once a week for 7 weeks)

TIME	CLASS		PRODUCT CODE
10:00 to 10:30 AM	Beginner Preschool	Pike	30_AQ_2200_20_022812_YYD
10:00 to 10:30 AM	Water Adjustment	Sunfish	30_AQ_2201_20_022812_YYD
10:35 to 11:05 AM	Beginner Preschool	Eel	30_AQ_2202_20_022812_YYD
10:35 to 11:05 AM	Beginner Preschool	Ray/Starfish	30_AQ_2222_20_022812_YYD
11:10 to 11:40 AM	Beginner Preschool	Pike	30_AQ_2200_21_022812_YYD
11:10 to 11:40 AM	Water Adjustment	Sunfish	30_AQ_2201_21_022812_YYD
4:00 to 4:30 PM	Beginner Preschool	Pike	30_AQ_2200_22_022812_YYD
4:15 to 4:55 PM	Int/Adv School Age	Minnow	30_AQ_2207_20_022812_YYD
4:15 to 4:55 PM	Int/Adv School Age	Flying Fish/Shark	30_AQ_2225_20_022812_YYD
4:15 to 4:55 PM	Beginner School Age	Guppy	30_AQ_2239_20_022812_YYD
4:35 to 5:05 PM	Water Adjustment	Sunfish	30_AQ_2201_22_022812_YYD

REGISTRATION BEGINS JANUARY 27
ymcatwincities.org



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4:35 to 5:05 PM	Beginner Preschool	Eel	30_AQ_2202_21_022812_YYD
5:00 to 5:40 PM	Beginner School Age	Goldfish	30_AQ_2205_20_022812_YYD
5:00 to 5:40 PM	Int/Adv School Age	Fish	30_AQ_2208_20_022812_YYD
5:00 to 5:40 PM	Beginner School Age	Trout	30_AQ_2235_20_022812_YYD
5:10 to 5:40 PM	Beginner Preschool	Pike	30_AQ_2200_23_022812_YYD
5:10 to 5:40 PM	Beginner Preschool	Eel	30_AQ_2202_22_022812_YYD
5:45 to 6:15 PM	Beginner Preschool	Ray/Starfish	30_AQ_2222_21_022812_YYD
5:45 to 6:25 PM	Int/Adv School Age	Flying Fish/Shark	30_AQ_2225_21_022812_YYD
5:45 to 6:15 PM	Parent/Child	Sea Lion	30_AQ_2227_20_022812_YYD
5:45 to 6:25 PM	Beginner School Age	Polliwog	30_AQ_2238_20_022812_YYD
5:45 to 6:25 PM	Beginner School Age	Guppy	30_AQ_2239_21_022812_YYD
6:30 to 7:10 PM	Teen Lessons	Teen Beginner	30_AQ_2212_20_022812_YYD
6:30 to 7:10 PM	Beginner School Age	Trout	30_AQ_2235_21_022812_YYD

WEDNESDAY, BEGINS February 29-April 11 7 week classes (once a week for 7 weeks)

TIME	CLASS	PRODUCT CODE
4:00 to 4:30 PM	Beginner Preschool Pike	30_AQ_2200_30_022912_YYD
4:00 to 4:30 PM	Beginner Preschool Ray/Starfish	30_AQ_2222_30_022912_YYD
4:15 to 4:55 PM	Beginner School Age Goldfish	30_AQ_2205_30_022912_YYD
4:15 to 4:55 PM	Int/Adv School Age Minnow	30_AQ_2207_30_022912_YYD
4:15 to 4:55 PM	Int/Adv School Age Fish	30_AQ_2208_30_022912_YYD
4:35 to 5:05 PM	Water Adjustment Sunfish	30_AQ_2201_30_022912_YYD
4:35 to 5:05 PM	Beginner Preschool Eel	30_AQ_2202_30_022912_YYD
5:00 to 5:40 PM	Int/Adv School Age Flying Fish/Shark	30_AQ_2225_30_022912_YYD
5:00 to 5:40 PM	Beginner School Age Polliwog	30_AQ_2238_30_022912_YYD
5:00 to 5:40 PM	Beginner School Age Guppy	30_AQ_2239_30_022912_YYD
5:10 to 5:40 PM	Beginner Preschool Eel	30_AQ_2202_31_022912_YYD
5:10 to 5:40 PM	Beginner Preschool Ray/Starfish	30_AQ_2222_31_022912_YYD
5:45 to 6:15 PM	Beginner Preschool Pike	30_AQ_2200_31_022912_YYD
5:45 to 6:25 PM	Int/Adv School Age Minnow	30_AQ_2207_31_022912_YYD
5:45 to 6:25 PM	Int/Adv School Age Fish	30_AQ_2208_31_022912_YYD
5:45 to 6:15 PM	Parent/Child Seahorse	30_AQ_2228_30_022912_YYD
5:45 to 6:25 PM	Beginner School Age Trout	30_AQ_2235_30_022912_YYD

THURSDAY, BEGINS March 1-April 12 7 week classes (once a week for 7 weeks)

TIME	CLASS	PRODUCT CODE
10:00 to 10:30 AM	Water Adjustment Sunfish	30_AQ_2201_40_030112_YYD
10:00 to 10:30 AM	Beginner Preschool Eel	30_AQ_2202_40_030112_YYD
10:35 to 11:05 AM	Beginner Preschool Pike	30_AQ_2200_40_030112_YYD
10:35 to 11:05 AM	Beginner Preschool Ray/Starfish	30_AQ_2222_40_030112_YYD
11:10 to 11:40 AM	Beginner Preschool Eel	30_AQ_2202_41_030112_YYD
11:10 to 11:40 AM	Parent/Child Sea Lion	30_AQ_2227_40_030112_YYD



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4:00 to 4:30 PM	Water Adjustment	Sunfish	30_AQ_2201_41_030112_YYD
4:15 to 4:55 PM	Beginner School Age	Polliwog	30_AQ_2238_40_030112_YYD
4:15 to 4:55 PM	Beginner School Age	Guppy	30_AQ_2239_40_030112_YYD
4:35 to 5:05 PM	Beginner Preschool	Pike	30_AQ_2200_41_030112_YYD
4:35 to 5:05 PM	Beginner Preschool	Eel	30_AQ_2202_42_030112_YYD
5:00 to 5:40 PM	Int/Adv School Age	Minnow	30_AQ_2207_40_030112_YYD
5:00 to 5:40 PM	Int/Adv School Age	Fish	30_AQ_2208_40_030112_YYD
5:00 to 5:40 PM	Int/Adv School Age	Flying Fish/Shark	30_AQ_2225_40_030112_YYD
5:10 to 5:40 PM	Water Adjustment	Sunfish	30_AQ_2201_42_030112_YYD
5:10 to 5:40 PM	Beginner Preschool	Ray/Starfish	30_AQ_2222_41_030112_YYD
5:45 to 6:15 PM	Beginner Preschool	Pike	30_AQ_2200_42_030112_YYD
5:45 to 6:25 PM	Beginner School Age	Goldfish	30_AQ_2205_40_030112_YYD
5:45 to 6:25 PM	Int/Adv School Age	Minnow	30_AQ_2207_41_030112_YYD
5:45 to 6:15 PM	Parent/Child	Sea Lion	30_AQ_2227_41_030112_YYD
5:45 to 6:25 PM	Beginner School Age	Trout	30_AQ_2235_40_030112_YYD
6:20 to 6:50 PM	Beginner Preschool	Eel	30_AQ_2202_43_030112_YYD
6:20 to 7:00 PM	Adult	Basic Water Adjustment	30_AQ_2271_40_030112_YYD
6:30 to 7:10 PM	Int/Adv School Age	Fish	30_AQ_2208_41_030112_YYD
6:30 to 7:10 PM	Child/Teen Specialty	Swim Crew	30_AQ_2514_40_030112_YYD

FRIDAY, BEGINS March 2-April 13 7 week classes (once a week for 7 weeks)

TIME	CLASS	PRODUCT CODE	
10:00 to 10:30 AM	Beginner Preschool	Pike	30_AQ_2200_50_030212_YYD
10:00 to 10:30 AM	Water Adjustment	Sunfish	30_AQ_2201_50_030212_YYD
10:35 to 11:05 AM	Beginner Preschool	Eel	30_AQ_2202_50_030212_YYD
10:35 to 11:05 AM	Beginner Preschool	Ray/Starfish	30_AQ_2222_50_030212_YYD
11:10 to 11:40 AM	Beginner Preschool	Pike	30_AQ_2200_51_030212_YYD
11:10 to 11:40 AM	Water Adjustment	Sunfish	30_AQ_2201_51_030212_YYD

SATURDAY, BEGINS March 3-April 14 7 week classes (once a week for 7 weeks)

TIME	CLASS	PRODUCT CODE	
8:50 to 9:30 AM	Beginner School Age	Trout	30_AQ_2235_60_030312_YYD
9:00 to 9:40 AM	Int/Adv School Age	Minnow	30_AQ_2207_60_030312_YYD
9:00 to 9:40 AM	Int/Adv School Age	Fish	30_AQ_2208_60_030312_YYD
9:00 to 9:30 AM	Beginner Preschool	Ray/Starfish	30_AQ_2222_60_030312_YYD
9:00 to 9:40 AM	Int/Adv School Age	Flying Fish/Shark	30_AQ_2225_60_030312_YYD
9:35 to 10:05 AM	Water Adjustment	Sunfish	30_AQ_2201_60_030312_YYD
9:35 to 10:05 AM	Beginner Preschool	Eel	30_AQ_2202_60_030312_YYD
9:45 to 10:25 AM	Beginner School Age	Goldfish	30_AQ_2205_60_030312_YYD
9:45 to 10:25 AM	Int/Adv School Age	Fish	30_AQ_2208_61_030312_YYD
9:45 to 10:25 AM	Beginner School Age	Polliwog	30_AQ_2238_60_030312_YYD
10:10 to 10:40 AM	Beginner Preschool	Pike	30_AQ_2200_60_030312_YYD



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10:10 to 10:40 AM	Parent/Child	Sea Lion	30_AQ_2227_60_030312_YYD
10:30 to 11:10 AM	Int/Adv School Age	Minnow	30_AQ_2207_61_030312_YYD
10:30 to 11:10 AM	Beginner School Age	Trout	30_AQ_2235_61_030312_YYD
10:30 to 11:10 AM	Beginner School Age	Guppy	30_AQ_2239_60_030312_YYD
10:45 to 11:15 AM	Beginner Preschool	Pike	30_AQ_2200_61_030312_YYD
10:45 to 11:15 AM	Parent/Child	Seahorse	30_AQ_2228_60_030312_YYD
11:20 to 11:50 AM	Beginner Preschool	Eel	30_AQ_2202_61_030312_YYD
11:20 to 11:50 AM	Beginner Preschool	Ray/Starfish	30_AQ_2222_61_030312_YYD
11:20 to 12:00 PM	Beginner School Age	Guppy	30_AQ_2239_61_030312_YYD
11:20 to 12:00 PM	Adult	Stroke Development	30_AQ_2272_60_030312_YYD
11:20 to 12:00 PM	Child/Teen Specialty	Swim Crew	30_AQ_2514_60_030312_YYD

SUNDAY, BEGINS March 4-April 15 6 week classes (once a week for 6 weeks) *Prorated for Easter 4/8

TIME	CLASS	PRODUCT CODE	
1:00 to 1:30 PM	Beginner Preschool	Pike	30_AQ_2200_70_030412_YYD
1:00 to 1:30 PM	Water Adjustment	Sunfish	30_AQ_2201_70_030412_YYD
1:00 to 1:40 PM	Beginner School Age	Goldfish	30_AQ_2205_70_030412_YYD
1:00 to 1:40 PM	Int/Adv School Age	Fish	30_AQ_2208_70_030412_YYD
1:00 to 1:40 PM	Beginner School Age	Guppy	30_AQ_2239_70_030412_YYD
1:35 to 2:05 PM	Beginner Preschool	Eel	30_AQ_2202_70_030412_YYD
1:35 to 2:05 PM	Beginner Preschool	Ray/Starfish	30_AQ_2222_70_030412_YYD
1:45 to 2:25 PM	Int/Adv School Age	Minnow	30_AQ_2207_70_030412_YYD
1:45 to 2:25 PM	Int/Adv School Age	Flying Fish/Shark	30_AQ_2225_70_030412_YYD
1:45 to 2:25 PM	Beginner School Age	Guppy	30_AQ_2239_71_030412_YYD
2:10 to 2:40 PM	Beginner Preschool	Pike	30_AQ_2200_71_030412_YYD
2:10 to 2:40 PM	Water Adjustment	Sunfish	30_AQ_2201_71_030412_YYD
2:30 to 3:10 PM	Int/Adv School Age	Fish	30_AQ_2208_71_030412_YYD
2:30 to 3:10 PM	Beginner School Age	Trout	30_AQ_2235_70_030412_YYD
2:30 to 3:10 PM	Beginner School Age	Polliwog	30_AQ_2238_70_030412_YYD
2:45 to 3:15 PM	Beginner Preschool	Eel	30_AQ_2202_71_030412_YYD
3:15 to 3:55 PM	Int/Adv School Age	Minnow	30_AQ_2207_71_030412_YYD
3:15 to 3:55 PM	Child/Teen Specialty	Swim Crew	30_AQ_2514_70_030412_YYD



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How long does it take to get through a level? Will my child pass if we come to all the classes?

On average, it takes most children about 3 sessions to learn and successfully complete all the skills in a given level. However, some skills will come to children very naturally, and others will take more time. While we cannot guarantee that your child will pass if they come to all of their classes, we can tell you that children who come to all classes tend to be much more successful than those who don't.

How does the pre-school age progression work? Does my child have to start over at Goldfish when they've completed Starfish?

The YMCA has a pre-school track and a school age track for Swim Academy. This allows children to be placed in classes with their peers, both of similar swim skills and age. When pre-schoolers "age up" into the school age track, they will not necessarily have to start over at the beginning; you can place them in the appropriate corresponding school age level.

If my child has only one skill left, how do I make sure the instructor covers that skill?

That's simple- let their teacher know! We encourage you to talk with your child's instructor, as insight from you will help them plan their lessons. Keep in mind, however, that although your child may have completed all but one of the skills in a level, the other kids may have more they need to work on. If you're interested in more individualized attention, private lessons can be a great way to help your child get past a particularly challenging skill.

My child did really well last session, but has leveled off this session- what's the deal?

Swim progression is not always linear. A lot of factors can influence a child's progression- things like growth spurts, emotional readiness, and how busy they are with other activities. Have patience and keep encouraging them! If it seems that your child's struggles are more than just a rough patch, feel free to contact your Aquatics Director, for suggestions and direction.

Should we do lessons year-round or once a year?

That's an individual decision, and the "right" answer varies by child and by family. We usually recommend doing a few sessions a year. The consistency will help children progress through skills more quickly, and diminish skill regression. However, as with any activity, watch your child for signs of burn out. Kids will learn best if they see swimming as a fun activity, so we encourage you to make time to come to open swim, and play in the pool as a family.

My child just doesn't seem to understand a particular skill. Should I push them to try harder, or just give them more time?

This really depends on the child! Some kids need a little push and a reminder to stay focused; some kids will learn best when they figure it out on their own. Whichever kind of child you have, please talk to their instructor and let them know-that will help them work on the best strategy for teaching them.

I just want my child to be able to swim fast. Why do you bother teaching all of the other stuff?

YMCA swim curriculum exposes kids to a variety of swim strokes and water safety skills. Our priority is teaching kids to be safe in and around the water. Our focus for beginner swimmers is on introducing them to many different skills, helping them to become proficient and well-rounded. These skills will help prepare them for the competitive opportunities that arise as they progress through swimming. The YMCA has a number of options for more advanced swimmers, including Porpoise Club, Swim Crew, and Swim Team.