



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARNING A SKILL FOR A LIFETIME

SAN PEDRO & PENINSULA YMCA Summer Swim Lessons PALOS VERDES PENINSULA HIGH SCHOOL POOL

The San Pedro & Peninsula YMCA in partnership with the City of Rolling Hills Estates and City of Rancho Palos Verdes will offer swim lessons, mommy and me classes, lap swim and recreational swim at Palos Verdes Peninsula High School 27118 Silver Spur Road in Rolling Hills Estates 90274. Sessions begin June 11, 2019. Group and private swim lessons are available for all ages and levels of ability. Classes will be offered from 10:30AM-1:30PM, Tuesday—Friday. Lessons are designed in half-hour sessions and are offered in four, two week session periods (eight lessons/per session).

Swim Lessons:

Tuesday through Friday (Swim times and options on back)

Open Swim Schedule:

Tuesday through Friday:

9:30AM-10:30AM (all pool)

10:30-1:15 (deep end only)

Saturday 9:30AM - 1:30PM

\$4 per visit / per person

Session Dates:

Session A June 11-June 21, 2019

Session B June 25-July 5, 2019*

Lessons Break week Jul 9-12

Session C July 16- July 26, 2019

Session D July 30- Aug 9, 2019

Enrollment Dates:

Online Registration Begins April 26, 2019

Www.ymcaLA.org/spp keyword: PV



YMCA SUMMER SWIM LESSONS

Palos Verdes Peninsula High School

PRE-SCHOOL: (3-5 YRS)

TUESDAY-FRIDAY

CLASS TIME	CLASS LEVEL
10:30-11:00am	Stage 1
11:05-11:35am	Stage 2
11:40-12:10pm	Stage 4
12:15-12:45pm	Stage 2 Stage 3

SCHOOL-AGE: (6-12 YRS)

TUESDAY-FRIDAY

CLASS TIME	CLASS LEVEL
10:30-11:00am	Stage 2 Stage 4
11:05-11:35am	Stage 1
11:40-12:10pm	Stage 2 Stage 3
12:15-12:45pm	Stage 3 Stage 4
12:50-1:20pm	Stage 1 Stage 3 Stage 5 Stage 6

SWIM FEES

• Members	\$100
• Residents (RPV/RHE)	\$125
• Non-Residents	\$156
• Private Lessons	\$25/30min.
• Recreational Swim	\$4 per visit
*4 class minimum	

SWIM LESSON INFORMATION

- For safety reasons, parents are not allowed next to the swim classes. An observation area is available to view all lessons.
- Please arrive on time to prevent class disruptions.
- All participants must shower before entering the pool.
- Please use pool shoes to avoid slipping. There is absolutely no running on the pool deck.
- Appropriate swimwear is important. Excessive baggy or restrictive swimwear can prevent your child from performing his/her best.
- Please remain on the pool deck until the class before you is completed.
- Swim caps are not required but are a good idea. Long hair must be tied back securely.
- Goggles may be worn; and are recommended for higher level classes.

NEW SMALL GROUP TRAINING

Enjoy a small group training class while your child is in the safety of his/her swim class. We will be offering classes on the following days and times. Space is limited SIGN-UP NOW!

FEES: Drop-in \$15 (one day) Unlimited classes \$70 (2 week session)

Time:	Tuesday	Wednesday	Thursday
10:30am	Cross Training	Vinyasa Yoga	Cross Training
11:30am	Cross Training	Vinyasa Yoga	Cross Training

Vinyasa Yoga: a practice that builds heat, endurance, flexibility, strength and mental focus. This class is a dynamic system of practicing asanas (poses) flow in a logical sequence.

Cross Training offers participants a variety of exercise modalities in order to achieve personalized fitness goals by using weights, TRX, bands and body weight. Participants will improve their strength, cardiovascular endurance, balance and flexibility.

CLASS DESCRIPTIONS

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency

1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique

4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.