

youth aquatic programs

registration guide summer 2010

Downtown Berkeley YMCA

Getting Your Child Started in the YMCA Swim Program

Where to Start

1. Determine your child's level using the descriptions on pages 1-3. **Please read class descriptions carefully**, it is important to register your child for the proper class. Transfers between classes can only be done if space is available.
2. Decide what day and time fits your schedule. The days and times can be found on pages 1-3.
3. Decide which session you want to enroll in. Session dates are listed on pages 1 and 2.
4. Register.

Registration Hours

Monday - Friday 9:00 AM - 9:00 PM & Saturday & Sunday 8:00 AM - 7:00 PM

How do I register?

1. Walk-In.
2. Phone-In Registration. Current YMCA members may register by phone using their Visa or MasterCard. Call 848-9622 during the registration hours.
3. Online Registration. Current YMCA members may register online at our website www.baymca.org.

Registration Restrictions

- All swimmers must have a Berkeley YMCA membership.
- Late registration is accepted for classes with availability prior to the start of the second class. Once the second class of the session begins we will not accept any more registrations and/or transfers. To register after the first day of class please speak with the Aquatics Director or Associate Aquatics Director.
- Registration is on a first come, first served basis.
- Spaces cannot be reserved without payment.

Swim Lesson Policies

- Full Service or Program Membership is required for participation.
- There are **NO MAKE-UP LESSONS** for missed classes or sessions.
- All fees are nonrefundable unless classes are cancelled by the YMCA or if you or your child is unable to attend due to illness, and have a doctor's note.
- To receive a refund you must cancel before the first lesson begins by contacting the Associate Aquatic Director at 665-3258. There will be a \$25 process fee or a voucher can be added.
- Minimum enrollment for each class is three students. Classes may be cancelled or combined due to low enrollment. The YMCA reserves the right to make program schedule changes.
- Parents are encouraged to watch lessons through the viewing windows. Parents must not leave the viewing area during their child's swimming lessons in case of emergency.
- Parents can be in the water only for Parent/Child classes.
- It is required that both parents/guardians who are participating in the Parent/Child program have Full Service or Program Membership
- Children under 11 must be accompanied by an adult for pick up and drop off to and from scheduled classes.
- All youth in the building must be actively supervised by a parent or guardian.
- Middle School Members may only be in the facility without a parent/guardian for the purpose of attending a program.

Parent/Child Swim Program — Ages 6 - 36 mos.

Parent/Child Swim Program Session Dates (8 week session)

Monday Sessions	Pre-Reg.	Reg.	Classes per Session
July 12 - Aug. 23	June 16 - 22	June 23 - July 12	7
Aug. 30 - Oct. 18	Aug. 11 - 17	Aug. 18 - 30	7 (no class 9/6)
Oct. 25 - Dec. 13	Oct. 6 - 12	Oct. 13 - 25	7 (no class 11/22)

Wednesday Sessions	Pre-Reg.	Reg.	Classes per Session
July 7 - Aug. 25	June 16 - 22	June 23 - July 7	8
Sept. 2 - Oct. 20	Aug. 11 - 17	Aug. 18 - Sept. 2	8
Oct. 27 - Dec. 15	Oct. 6 - 12	Oct. 13 - 27	7 (no class 11/24)

Thursday Sessions	Pre-Reg.	Reg.	Classes per Session
July 8 - Aug. 26	June 16 - 22	June 23 - July 8	8
Sept. 3 - Oct. 21	Aug. 11 - 17	Aug. 18 - Sept. 3	8
Oct. 28 - Dec. 16	Oct. 6 - 12	Oct. 13 - 28	7 (no class 11/25)

Saturday Sessions	Pre-Reg.	Reg.	Classes per Session
July 10 - Aug. 28	June 16 - 22	June 23 - July 10	8
Sept. 11 - Oct. 23	Aug. 11 - 17	Aug. 18 - Sept. 11	8
Oct. 30 - Dec. 18	Oct. 6 - 12	Oct. 13 - 30	7 (no class 11/27)

Shrimp & Perch

\$64 Full Service/\$86 Program Member (30 min.) 8 classes

Price based on 8 classes. Sessions with fewer classes will be prorated.

Code: 1AYSKP Ratio 1:16 Classes are held in Shallow Pool

The primary objective of Parent/Child classes is to get both the parent and child comfortable in the water. Under the guidance of an instructor the class will help prepare the child for the preschool level classes and have fun.

The child will be exposed to games that use basic movements, such as kicking, arm strokes, and breath control. Activities are based on the developmental abilities of the child. Non-disposable diapers with elastic leg and waist bands are required and can be purchased at the Welcome Desk.

Shrimp - Ages 6 - 18 mos.

Mon. 10:00 - 10:30 AM
 Wed. 10:00 - 10:30 AM
 Thurs. 10:00 - 10:30 AM
 Sat. 9:30 - 10:00 AM



Perch - Ages 18 - 36 mos.

Mon. 10:30 - 11:00 AM
 Wed. 10:30 - 11:00 AM
 Thurs. 10:30 - 11:00 AM
 Sat. 10:00 - 10:30 AM



Shrimp & Perch - Ages 6 - 36 mos.

Sat. 8:30 - 9:00 AM
 Sat. 9:00 - 9:30 AM
 Sat. 12:50 - 1:20 PM

Preschool, Youth & Inclusion / Special Needs Swim Lessons Session Dates

Monday & Wednesday

Sessions	Pre-Reg.	Reg.	Classes per Session
July 7 - 28	June 16 - 22	June 23 - July 7	7
Aug. 2 - 25	July 14 - 20	July 21 - Aug. 2	8
Aug. 30 - Sept. 22	Aug. 11 - 17	Aug. 18 - 30	7 (no class 9/6)
Sept. 27 - Oct. 20	Sept. 8 - 14	Sept. 15 - 27	8
Oct. 25 - Nov. 17	Oct. 6 - 12	Oct. 13 - 25	8
Nov. 29 - Dec. 15	Nov. 3 - 9	Nov. 10 - 29	6

Tuesday & Thursday

Sessions	Pre-Reg.	Reg.	Classes per Session
July 6 - 29	June 16 - 22	June 23 - July 8	8
Aug. 3 - 26	July 14 - July 20	July 21 - Aug. 3	8
Aug. 31 - Sept. 23	Aug. 11 - 17	Aug. 18 - 31	8
Sept. 26 - Oct. 21	Sept. 8 - 14	Sept. 15 - 28	8
Oct. 24 - Nov. 18	Oct. 6 - 12	Oct. 13 - 26	8
Nov. 30 - Dec. 16	Nov. 3 - 9	Nov. 10 - 30	6

Friday Group Classes 8 week session

Sessions	Pre-Reg.	Reg.	Classes per Session
July 9 - Aug. 28	June 16 - 22	June 23 - July 9	8
Sept. 3 - Oct. 22	Aug. 11 - 17	Aug. 18 - Sept. 3	8
Oct. 29 - Dec. 17	Oct. 6 - 12	Oct. 13 - 24	7 (no class 11/26)

Saturday Group Classes 8 week session

Sessions	Pre-Reg.	Reg.	Classes per Session
July 10 - Aug. 28	June 16 - 22	June 23 - July 10	8
Sept. 11 - Oct. 23	Aug. 11 - 17	Aug. 18 - Sept. 11	7
Oct. 30 - Dec. 18	Oct. 6 - 12	Oct. 13 - 30	7 (no class 11/27)



Pikes



Eels



Rays



Starfish

Contact us:

Joedy Michael, Aquatic Director

(510) 665-3215 or Jmichael@baymca.org

Shelley Prater, Associate Aquatics Director

All swim lessons (Youth, Adult, and Special Needs)

(510) 665-3258 or Sprater@baymca

Miranda Boon, Associate Aquatics Director

Private lessons and Lifeguarding

510-665-3257 or Mboon@baymca.org

Downtown Berkeley YMCA



2001 Allston Way Berkeley 94704

(510) 848-9622 [Phone]

(510) 848-6835 [Fax]

dtberkeley@baymca.org

www.baymca.org

6/03/10 indd

Preschool Swim Program — Ages 3 - 5

This program offers children their first experience in the pool without parental assistance. The children are taught basic stroke development, personal rescue skills, and have an introduction to water sports and games. They also learn about pool safety, boating safety, and the use of personal flotation devices. Classes are separated by skill level and the instructor to student ratio allows the instructors to get individual feedback to participants.

Pikes, Eels, Rays, Starfish

\$64 Full-Service/\$86 Program Member (30 min.) 8 classes

\$56 Full service/ \$75.25 Program Member (30 min.) 7 classes

\$51 Full Service/ \$67.50 Program Members (40 min)

Price based on 8 classes. Sessions with fewer classes will be prorated.

Children must be 3 years old at the time of registration.

Pikes — Beginner I

This level is designed for entry level swimmers. In this class, the students will become comfortable with bubbles, submersion, front and back floats, as well as glides and kicks. In order to pass to the next level, the students will need to be able to float independently and be comfortable performing a face down glide. This class graduates to Eel.

Code: 1AYPI Ratio 1:6 Class is held in Shallow Pool.

Mon. & Wed.	Tues. & Thurs.	Friday	Saturday
5:00 - 5:30 PM	4:00 - 4:30 PM	10:00 - 10:30 AM	10:35 - 11:05 AM
5:35 - 6:05 PM	4:35 - 5:05 PM	10:30 - 11:00 AM	11:10 - 11:40 AM
6:10 - 6:40 PM	5:10 - 5:40 PM		11:45 - 12:15 PM
6:45 - 7:15 PM	5:45 - 6:15 PM		12:20 - 12:50 PM
			1:20 - 1:50 PM
			1:55 - 2:25 PM

Eels — Beginner II

Eel is designed for children who have a significant level of comfort in the water. The students will be introduced to Freestyle and Elementary Backstroke while continuing to advance their independent glides and front and back floats. In order to pass to the next level, the students will need to swim at least 5ft to 10ft independently This level graduates to Ray.

Code: 1AYEE Ratio 1:6 Class is held in Shallow Pool.

Mon. & Wed.	Tues. & Thurs.	Friday	Saturday
5:00 - 5:30 PM	4:00 - 4:30 PM	10:30 - 11:00 AM	10:35 - 11:05 AM
5:35 - 6:05 PM	4:35 - 5:05 PM		11:10 - 11:40 AM
6:10 - 6:40 PM	5:10 - 5:40 PM		11:45 - 12:15 PM
6:45 - 7:15 PM	5:45 - 6:15 PM		12:20 - 12:50 PM
			1:20 - 1:50 PM
			1:55 - 2:25 PM

Rays — Advanced Beginner I

Ray is designed for students who can swim independently but need to focus on stroke development and breathing. Students will continue to work on Freestyle, glides, and floats while incorporating Backstroke and side breathing. In order to pass to the next level, student should be able to swim across the length of the Shallow Pool using Freestyle and Backstroke. This class graduates to Starfish..

Mon. & Wed.	Tues. & Thurs.	Friday	Saturday
5:00 - 5:30 PM	4:00 - 4:30 PM	10:00 - 10:30 AM	10:35 - 11:05 AM
5:35 - 6:05 PM	4:35 - 5:05 PM		11:10 - 11:40 AM
6:10 - 6:40 PM	5:10 - 5:40 PM		11:45 - 12:15 PM
6:45 - 7:15 PM	5:45 - 6:15 PM		1:20 - 1:50 PM

Starfish — Advanced Beginner II

Starfish is designed for children who can swim completely independently and have a clear understanding of stroke mechanics. Students will continue to work on their Freestyle with side breathing as well as their Backstroke. They will also be introduced to Breaststroke kick, kneeling dives, and treading water. In order to pass this class, the student must be able to swim the entire length of Grace's pool using Freestyle with side breathing and Backstroke. Depending on the ability and age of the student and the recommendation of the instructor, students graduate to either Guppy or Minnow.

Code: 1AYST Ratio 1:6 Class is held mainly in Shallow Pool.

Mon. & Wed.	Tues. & Thurs.	Saturday
5:35 - 6:05 PM	4:00 - 4:30 PM	10:35 - 11:05 AM
6:10 - 6:40 PM	5:10 - 5:40 PM	11:10 - 11:40 AM
6:45 - 7:15 PM		12:20 - 12:50 PM
		1:20 - 1:50 PM

Youth Aquatics Programs

Inclusion / Special Needs Swim Program

Our inclusion classes provide adapted swim lessons for individuals with disabilities and special needs. **Parent or aide is required to be present in the water on the first day of class.** Parent or aide may be required to assist the remainder of the session due to the needs of the child.

\$83 Full Service Members / \$105 Program Members

Session dates are listed on page 2.

Turtle — Ages 5-8 Beginner

This level is designed for children with little or no water experience. Students will be introduced to floating, kicking and paddling with an emphasis on having fun in the water.

Code: 1AYTU Ratio 1:2 Class is held in Shallow Pool.

Tues. & Thurs. 4:00 - 4:30 PM

Sea Horse — Ages 5-8 Intermediate

This level begins working on freestyle, rotary breathing backstrokes.

Code: 1AYSE Ratio 1:3 Class is held in Shallow Pool.

Tues. & Thurs. 4:35 - 5:05 PM

Whales — Ages 5-8 Advanced

For children who are comfortable going underwater, deep water, and have mastered the skills of floating, freestyle and backstroke without assistance. Children will begin working on dolphin and breaststroke kicks as well as treading water.

Code: 1AYWH Ratio 1:3 Class is held in Grace's Pool.

Tues. & Thurs. 5:10 - 5:40 PM

Otters I — Ages 8-14 Beginner

This level is designed for children with little or no water experience. Students will be introduced to floating, kicking and paddling with an emphasis on having fun in the water.

Code: 1AYOTI Ratio 1:2 Class held in Grace's Pool

Tues. & Thurs. 5:45 - 6:15 PM

Otters II — Ages 8-14 Intermediate

This level is designed for children with little or no water experience. Students will be introduced to floating, kicking and paddling with an emphasis on having fun in the water.

Code: 1AYOTII Ratio 1:2 Class held in Lap Pool

Tues. & Thurs. 4:35 - 5:05 PM

For information about our Swim and Gym program please refer to our Family Registration Guide.

Competitive Stroke

\$77 Full Service Members / \$99 Program Members

The Competitive Stroke class is for children who have completed the YMCA Swim Lesson Program or who have the equivalent of Flying Fish level skills. The purpose of this class is to introduce children to competitive swimming in a friendly environment. Swimmers work on building endurance and perfecting stroke technique. *We may be able to create a weeknight summer session of Competitive Stroke. If you're interested in this summer class, please contact Shelley Prater at 510-665-3258.

Code: 1AYCO Ratio 1:14 Lap Pool

Sat. 11:45 AM - 12:45 PM

Downtown Berkeley YMCA Blue Fins Swim Team Ages 6 - 14

Join the Downtown Berkeley YMCA Blue Fins Swim Team! The Blue Fins is a recreational swim team. It is designed to introduce children to competitive swimming in a friendly and constructive environment. Swimmers work hard on building endurance and perfecting stroke technique.

To join:

1. Must have participated in the Downtown Berkeley YMCA Competitive Stroke class or have equivalent to Flying Fish level experience.
2. The minimum requirements are swimming two laps without stopping, comfort with side breathing, and familiarity with all four strokes.
3. If your child has not participated in any of the programs listed above please contact the Associate Aquatics Director at (510) 665-3258 to set up a swimmer evaluation session with a swim team coach.
4. If your child has already participated in the programs listed above please sign up at the Welcome Desk and we will see you at practice.

Summer Session: June 7 - August 26, 2010

(12 weeks no practice 7/5)

Registration May 12 - June 7, 2010

Cost: \$228 Full Service / \$301 Program Members

Fall Session: August 30 - December 16

(15 weeks; no practice 9/6, 11/22, 11/23, 11/25)

Cost: \$266.91 Full-Service / \$352.60 Program Members

Practice: Mon. 5:30 - 6:30 PM / Tues. & Thurs. 4:30 - 5:30 PM

Location: Lap Pool

Code: AYSWIMTEAM

Private Swim Instruction

Private Swim Lessons

Private lessons are 30 minute, one-on-one swimming lessons, offered for adults and children ages 3 and older at limited times on a first come, first served basis. To set up a private swim lesson, please call 510-665-3257. Payments should be made at the Welcome Desk after the lessons have been scheduled with the private swim lesson coordinator, but prior to your first scheduled lesson. Proof of payment must be presented at the Aquatics office (located across from the shallow pool) prior to the first lesson. While we strive to provide a single instructor for all your private lessons, a substitute instructor may occasionally be offered/provided.

Semi-Private Lessons

Semi-Private lessons are 30 minute lessons split between two children and conducted by one instructor. Semi-private lessons must be pre-arranged by the participants and the Aquatics Department is not responsible for the pairing of students.

To schedule private lessons, please contact Miranda Boon @ 510-665-3257

Semi-Private and regular Private lessons are offered at the times listed below:

Mondays or Wednesdays: 3:00 - 5:00 PM

Tuesdays or Thursdays: 3:00 - 4:00 PM & 6:15 - 7:15 PM

Saturdays: 2:00 - 4:30 PM

Code: TR#30, TR#31

Standard Private Lesson Prices:

Full-Service Members: \$34 for 1 lesson / \$120 for 4 lessons* / \$232 for 8 lessons**
Program Members: \$40 for 1 lesson / \$152 for 4 lessons* / \$299 for 8 lessons**

Semi-Private Lesson Prices (only offered in packages of 4):

Full-Service Members: \$144 for 4 lessons* (\$72 per student)

Program Members: \$176 for 4 lessons* (\$88 per student)

*Lessons in packages of 4 must be completed within 6 weeks of the first lesson. If lessons are not completed within the designated time frame, remaining lessons will be forfeited.

**Lessons in packages of 8 must be complete within 12 weeks of the first lesson. If lessons are not completed within the designated time frame, remaining lessons will be forfeited.

Private Swim Instruction Policies

The Associate Aquatics Director must be notified of a cancellation no less than 48 hours prior to the scheduled lesson time in order to receive full credit for that lesson. If the cancellation notification occurs between 24 and 48 hours before the lesson time, a cancellation fee of \$15 will be assessed to the account but a make-up lesson will still be available. If the lesson is cancelled within 24 hours or less of the start time, that lesson cannot be made up or credited and will count as a completed lesson.

If a lesson is cancelled less than 24 hours in advance, a doctor's note can be provided in order to allow a make-up class for the missed lesson. *In the case of Semi-Private lessons, a doctor's note for one student will apply to both children in order to provide a make-up for the missed lesson.