



GBYMCA's Backyard Swim Program

Our instructors are CPR, First Aid, AED, and Lifeguard certified. All have been trained to work with children from 6 months of age up to adults enjoying their golden years.

The YMCA boasts a tremendous swim program with participants enjoying the sport for years to come. Safety comes first. All lessons are taught in a progressive manner, but still allow for elements of fun. All programs taught are those recommended by the YMCA of the USA.

Become part of the Backyard Swim Program and have the luxury of the swim lessons, water fitness classes, or even specialized adaptive lessons coming to you in your own neighborhood. We know you will find this an enjoyable and rewarding learning experience for all.

Private (per person)	Adaptive (per person)	Group (5 or less total)	Group (6 or more total)
1 hour: \$290/8 lessons	1 hour: \$200/8 lessons	8 ½ hr lessons \$120 per swimmer	8 ½ hr lessons \$60 per swimmer

Steps to Registration

Questions? Contact Jaimie Held at JHeld@gbymca.org

Step 1

Call Jaimie Held at 862-8993 ext 156.

Step 2

Paper work is sent out, filled out, and returned with desired session dates and times.

Step 3

A pool check will be scheduled to evaluate your pool.

Financial assistance is available to those who qualify. Our goal is to serve the entire public.

Non-Profit
U.S. Postage
PAID
Permit No. 82
Burlington, VT
05401

Aquatics' Department
Greater Burlington YMCA
266 College Street
Burlington, VT 05401



Do you have a Backyard Pool?

*Let the YMCA come to your backyard pool!
(or the pool in your Association)*



The GBYMCA Backyard Swim Program

Y SWIM LESSONS™

Session Dates

I: June 22-July 3rd

II: July 6th-July 17th

III: July 20th-July 31st

IV: August 3rd-August 14th

www.gbymca.org

Level I (Ages 6 months-3 years)

Parent/Child (Beginner I)

Join your child in the water for a wonderful positive aquatic experience. We introduce your young ones to the wonder of water through songs, games, and basic skill building play. Swimmy diapers required if not completely potty trained.



Level II (Ages 3-5 years)

Pike (Beginner II)

This class helps children develop safe behavior, adjust to the water and develop independent movement in the water. Skills learned are: basic paddle stroke and kicking, pool safety, and comfort holding their faces in the water while blowing bubbles and swimming.

Eels (Intermediate I)

This class is for children who are comfortable in the water. They are taught to flutter kick, float and perform progressive paddle stroke. A goal of this level is for children to swim across the pool without assistance.



Rays/Starfish (Advanced I)

This class is for the advanced preschool swimmer. Children refine their crawl, backstroke and floating skills and learn underwater swimming.



Level III (Ages 6-12 years old)

Polliwog (Beginner I)

Designed for the non-swimmer or beginner, children are acquainted with the pool, the use of flotation devices, front and back floating.

Guppy (Beginner II)

Guppies are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke and elementary backstroke. More water games are taught as well.



Level IV (Ages 13-16 years old)

Swim Club (Advanced)

Stroke refinement, increased endurance, water safety and survival skills

Level X (Ages 16+)

Water Trifecta

This high energy class combines several elements of aerobic workouts using resistance to increase endurance, strength, and flexibility while toning the entire body. No swimming skill needed, but must be comfortable in the water.

