



# AQUATICS PROGRAMS

Greenfield Master Association, Inc.  
20601 E. Fair Ave.  
Centennial, CO 80016  
720 870 2221

Register ONLINE at  
[www.denverymca.org/greenfield](http://www.denverymca.org/greenfield)

## CLASS OPTIONS

### Parent-Child

Ages 6-36 months

This class provides the child with a positive first aquatic experience while bonding the parent and child. Children participate in group activities & games that emphasize basic movement in the water: kicking, arm movements & breath control. Children are required to wear swim diapers under their swimsuit (No Regular Diapers). One adult per child is required.

### Pike

Ages 3 - 5

Ages 3-5 Beginner Preschool Swimmer who has little to no real experience swimming independently. Children will work on floating, kicking, putting their face in the water, blowing bubbles, a basic paddle stroke, and pool safety.

### Eel

Ages 3-5

Intermediate Preschool Swimmer already be able to (with a float belt): float on back for 10 seconds & paddle on front 10 feet.

### Ray

Ages 3-5

Intermediate-Advanced Preschool Swimmer already be able to: tread water for 5-10 seconds, jump in water without assistance, and paddle on front & back for 7-10 yards (without a float belt).

### Polliwog

Ages 6-14

Beginner School-Aged Swimmer who has little experience swimming independently. Children will work on floating, kicking, putting their face in the water, blowing bubbles, basic paddle stroke, and pool safety.

### Guppy

Ages 6-14

Advanced-Beginner School-Aged Swimmer already be able to: swim front crawl & backstroke each for 5-7 yards (without a float belt), and jump in deep water unassisted.

### Minnow

Ages 6-14

Ages 6 and up Intermediate School-Aged Swimmer already be able to: tread water for 20 seconds, swim front crawl & backstroke for 10-15 yards each (without a float belt), and jump in deep water unassisted.

### Fish

Ages 6-14

Ages 6 and up Intermediate-Advanced School-Aged Swimmer already be able to: tread water for 45 seconds, swim front crawl & backstroke for 25 yards each (without a float belt), swim breast stroke for 10 yards, and show a high level of comfort in deep water.

Not sure which class to  
register your child for?  
Call 720 870 2221

### 3-Week Sessions (2x a week)

Session Dates: I: June 15 - July 2  
II: July 13 -30

Monday & Wednesday or Tuesday & Thursday

2-30 MIN CLASSES/WEEK RESIDENT: \$ 36

NON-RESIDENT: \$ 45

| Class                              | Time              | M | T | W | TH |
|------------------------------------|-------------------|---|---|---|----|
| Parent Child (3 weeks / 2x a week) | 9:00 AM (30 mins) | M |   | W |    |
| Parent Child (3 weeks / 2x a week) | 9:00 AM (30 mins) |   | T |   | TH |
| Pike (3 weeks / 2x a week)         | 9:00 AM (30 mins) | M |   | W |    |
| Pike (3 weeks / 2x a week)         | 9:00 AM (30 mins) |   | T |   | TH |
| Eel (3 weeks / 2x a week)          | 9:30 AM (30 mins) | M |   | W |    |
| Eel (3 weeks / 2x a week)          | 9:30 AM (30 mins) |   | T |   | TH |

| Class                       | Times             | M | T | W | TH |
|-----------------------------|-------------------|---|---|---|----|
| Guppy (3 weeks / 2x a week) | 8:30 AM (30 mins) | M |   | W |    |
| Guppy (3 weeks / 2x a week) | 8:30 AM (30 mins) |   | T |   | TH |
| Fish (3 weeks / 2x a week)  | 9:30 AM (30 mins) | M |   | W |    |
| Fish (3 weeks / 2x a week)  | 9:30 AM (30 mins) |   | T |   | TH |

Private & Semi-Private Lessons available. Please contact the Lakehouse for additional information.

Prices: Private (1 person) \$20 per 30 min lesson

Semi private (2 people – must be at the same level) \$25 per 30 min lesson

An instructor will contact you to schedule the lesson after you have completed the registration online.

Register for swim lessons at: <http://www.denverymca.org/greenfield>. Click the Register for Swim Lessons button and navigate to the desired program. You may need to create an account if this is your first time registering online. Please call 720-870-2221 if you need assistance.

The YMCA is a not-for-profit organization. Subject to available resources, no person will be denied membership or program participation by reason of inability to pay fees.

In the event that my payment is returned unpaid, it will be collected electronically. I understand that my account will also be charged \$20 for collection service (or the maximum amount allowed by law) and that I will be responsible for any other associated collection costs.

QUESTIONS? Contact Aquatics at [southshore@DenverYMCA.org](mailto:southshore@DenverYMCA.org) or call 720 870 2221.

Greenfield Master 2015

