



ANAHEIM FAMILY YMCA  
**Canyon High School Pool**  
 220 S Imperial Hwy, Anaheim, CA 92807

**Session I: Mon-Thu June 15-June 25**

(Class Dates: 6/15, 6/16, 6/17, 6/18, 6/22, 6/23, 6/24, 6/25)

Monday-Thursday Classes – Eight 35-minute lessons

Swim Stage:	Swim Starter (Parent & Child)		Swim Basics				Swim Strokes				Private
Lesson Type:	Water Discovery	Water Exploration	Water Acclimation		Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics	Intro to Water Polo	Private Lesson
Level:	Infant & Toddler	Young Beginner	Tiny Tots	Level 1: Polliwog	Level 2: Guppy	Level 3: Minnow	Level 4: Fish	Level 5/6 COMBO	Swim Team Prep		
Ages:	6 mo.-2	2-4 yrs	3-5 yrs	5-up yrs	5-up yrs	5-up yrs	5-up yrs	7-up	7-up	7-up	All Ages
Ratio:	8:1	8:1	4:1	5:1	6:1	6:1	6:1	8:1	8:1	10:1	1:1
10:35a-11:10a	8		4	5	6	6	6				1
11:15a-11:50a		8	4	5	6	6		8			1
11:55a-12:30p			4	5	6	6	6		8		1
12:35p-1:10p			4	5	6	6		8		10	1
<b>1:15-1:45p</b>	BREAK - no program during this time										
1:50p-2:25p	8		4	5	6	6		8			1
2:30p-3:05p		8	4	5	6	6			8		1
3:10p-3:45p	8		4	5	6		6			10	1



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**Session II: Mon-Thu June 29-July 9**

(Class dates: 6/29, 6/30, 7/1, 7/2, 7/6, 7/7, 7/8, 7/9)

**Monday-Thursday Classes – Eight 35-minute lessons**

Rates:	\$113	\$113	\$118	\$118	\$115	\$115	\$115	\$115	\$115	\$113	\$315
Swim Stage:	Swim Starter (Parent & Child)		Swim Basics				Swim Strokes				Private
Lesson Type:	Water Discovery	Water Exploration	Water Acclimation		Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics	Intro to Water Polo	Private Lesson
Level:	Infant & Toddler	Young Beginner	Tiny Tots	Level 1: Polliwog	Level 2: Guppy	Level 3: Minnow	Level 4: Fish	Level 5/6 COMBO	Swim Team Prep		
Ages:	6 mo.-2	2-4 yrs	3-5 yrs	5-up yrs	5-up yrs	5-up yrs	5-up yrs	7-up	7-up	7-up	All Ages
Ratio:	8:1	8:1	4:1	5:1	6:1	6:1	6:1	8:1	8:1	10:1	1:1
10:05a-10:40a	8		4	5	6	6	6				1
10:45a-11:20a		8	4	5	6	6		8			1
11:25a-12:00p			4	4	6	6	6		8		1
12:05p-12:40p	8		4	5	6	6				10	1
12:45p-1:20p			4	5	6	6	6	8			1
<b>BREAK 1:25-1:55P</b>											
2:00p-2:35p	8		4	5	6	6	6				1
2:40p-3:15p		8	4	5	6	6		8			1
3:20p-3:55p			4	5	6	6	6		8		1



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**Session III: Mon-Thu July 13-July 23**

(Class dates: 7/13, 7/14, 7/15, 7/16, 7/20, 7/21, 7/22, 7/23)

**Monday-Thursday Classes – Eight 30-minute lessons**

Rates:	\$100	\$100	\$106	\$106	\$103	\$103	\$103	\$103	\$103	\$103	\$100	\$278
Swim Stage:	Swim Starter (Parent & Child)		Swim Basics				Swim Strokes				Private	
Lesson Type:	Water Discovery	Water Exploration	Water Acclimation		Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics	Intro to Water Polo	Private Lesson	
Level:	Infant & Toddler	Young Beginner	Tiny Tots	Level 1: Polliwog	Level 2: Guppy	Level 3: Minnow	Level 4: Fish	Level 5/6 COMBO	Swim Team Prep			
Ages:	6 mo.-2	2-4 yrs	3-5 yrs	5-up yrs	5-up yrs	5-up yrs	5-up yrs	7-up	7-up	7-up	All Ages	
Ratio:	8:1	8:1	4:1	5:1	6:1	6:1	6:1	8:1	8:1	10:1	1:1	
8:40a-9:10a	8		4	5	6	6	6				1	
9:15a-9:45a		8	4	5	6	6		8			1	
9:50a-10:20a			4	5	6	6	6		8		1	
<b>BREAK 10:20AM-10:30AM</b>												
10:35a-11:05a	8		4	5	6		6			10	1	
11:10a-11:40a		8	4	5	6	6		8			1	
11:45a-12:15p			4	5	6	6	6		8		1	



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**Session IV: Mon-Thu August 3-August 13**

(Class dates: 8/3, 8/4, 8/5, 8/6, 8/10, /11, 8/12, 8/13)

**Monday-Thursday Classes – Four 35-minute lessons**

Rates:	\$113	\$113	\$118	\$118	\$115	\$115	\$115	\$115	\$115	\$113	\$315
Swim Stage:	Swim Starter (Parent & Child)		Swim Basics				Swim Strokes				Private
Lesson Type:	Water Discovery	Water Exploration	Water Acclimation		Water Movement	Water Stamina	Stroke Introduction	Stroke Development	Stroke Mechanics	Intro to Water Polo	Private Lesson
Level:	Infant & Toddler	Young Beginner	Tiny Tots	Level 1: Polliwog	Level 2: Guppy	Level 3: Minnow	Level 4: Fish	Level 5/6 COMBO	Swim Team Prep		
Ages:	6 mo.-2	2-4 yrs	3-5 yrs	5-up yrs	5-up yrs	5-up yrs	5-up yrs	7-up	7-up	7-up	All Ages
Ratio:	8:1	8:1	4:1	5:1	6:1	6:1	6:1	8:1	8:1	10:1	1:1
10:05a-10:40a	8		4	5	6	6	6				1
10:45a-11:20a		8	4	5	6	6		8			1
11:25a-12:00p			4	4	6	6	6		8		1
12:05p-12:40p	8		4	5	6	6				10	1
12:45p-1:20p			4	5	6	6	6	8			1
<b>BREAK 1:25-1:55P</b>											
2:00p-2:35p	8		4	5	6	6	6				1
2:40p-3:15p		8	4	5	6	6		8			1
3:20p-3:55p			4	5	6	6	6		8		1