



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LEARN EXPLORE DISCOVER

**YMCA Summer Program Guide
2014**



At the YMCA the possibilities are endless. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, make memories, and of course, it's fun too.



ymcaspokane.org | 509 777 YMCA (9622)





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The mission of the **YMCA** is to put **Christian principles** into practice through programs that build **healthy spirit, mind and body for all**

ymcaspokane.org | 509 777 YMCA (9622)



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**GO
TEAM!**

Youth Sports registration: ymcaspokane.org | 509 777 YMCA (9622)

YOUTH SPORTS CAMPS

YOUTH SPORTS & FITNESS CAMPS

Grid Kids Football Skills Camp | Boys & Girls entering grades 3-6

This is a full contact camp facilitated by West Valley coaching staff. Camp includes blocking & tackling techniques as well as running, receiving & passing skills. Players will be fitted with helmet & shoulder pads on the first day. Football, practice jersey & daily lunch is provided.

June 23 - June 26 | 9am - 3:30pm | West Valley HS

Fee: \$210 Program Member / \$190 Premier Member (late reg fee \$20 after 6/18)

YMCA/Spokane Shock Football Clinics

Facilitated by Spokane Shock players and Y coaches. See ymcaspokane.org/sport for details.

Shock Quarterback Clinic • Grades 3-8 | Work on fundamental plays.

Shock Skills Clinic • Grades 1-4 • Grades 5-8 | Conditioning and fundamentals.

Shock Kickers and Punters Clinic • Grades 3-12 | Fundamentals of punting & kicking.

Y Winners Summer Sports Camp | Ages 4-6

Designed to introduce children to flag football, soccer, T-baseball, and basketball. This two week camp is sure to pique your child's interest in more than one sport!

June 16 - June 26 | Monday - Thursday | 9:30-11am

Camp locations: Mullan Rd Elementary/Brentwood Elementary/Greenacres Elementary

Fee: \$92 Program Member / \$67 Premier Member (late reg fee \$20 after 6/18)

Y Winners T-Ball | Ages 4-5

By using a tee your child gets to work on their skills without having to hit a moving target. T-ball gears your child up and prepares them for many joyful years of playing baseball.

Games/practice: June 25- July 23 | Wednesday Evenings

Locations: TBA (North, Valley & South)

Fee: \$92 Program Member / \$67 Premier Member (late reg fee \$20 after 6/18)

Pitching Machine Baseball | Ages 6-8

Machine Pitch Baseball gives your child the opportunity to work on dexterity, agility, and teamwork without the fear of being hit with a ball. Camp locations: TBA (Valley & Central)

Practice starts: June 9 | Games: June 24 - July 24 | Tuesdays & Thursdays

Fee: \$92 Program Member / \$67 Premier Member (late reg fee \$20 after 6/18)

Kids Xtreme Fun Run | Ages 5-14 (Register for both Fun Run & Kids Tri and receive a discount)

Run, jump, and slide your way to victory as you participate in our 500 yard obstacle course. Complete with tires, mud pit, giant slip-n-slide, and many other fun and exciting obstacles!

July 13 - 1st heat 9:30am | North Y | Fee: \$20 Program Member / \$15 Premier Member

Kids Triathlon | Ages 5-14 (Register for both Fun Run & Kids Tri and receive a discount)

Swimming, biking and running is the name of the game and are the perfect way to help your child promote fitness as well as improve self-confidence when they cross the finish line.

August 10 | Location TBA | Fee: \$20 Program Member / \$15 Premier Member

Intro to Archery | Ages 10 and up

Learn how to use a recurve bow and shoot Olympic Style archery. Covering all the basics from safety to proper shooting form. See ymcaspokane.org for details.



TEEN CAMPS & PROGRAMS

TEEN CAMPS & PROGRAMS

Teen Summer Film Camp | Ages 12-18

Get off the couch, turn off the TV, and start making magic by joining our Summer Break Film Camps! Work with other teens like you to plan, develop, and film your own movie. Learn the art of filmmaking and spend your summer being with friends while exploring your imagination with our film camp.

Monday - Friday | 10am - 4pm

Central YMCA, North Spokane YMCA & Spokane Valley YMCA

Fee Weekly: \$120 Program Member / \$100 Premier Member

(Register before 5/30 & get \$10 off). WDFY 5% discount.

Safe Sitters Workshop® | Ages 11-16

Prepare for a safe and productive future of babysitting through our Safe Sitter® Workshops. Learn what it takes to be a safe, nurturing babysitter, while gaining confidence to be successful. A Babysitter's Handbook will be provided as well as 6 1/2 hours of instruction including choking child/infant rescue. Please note: First Aid CPR certification is not included in this course but will be addressed. Saturday workshops available at all three YMCA facilities.

See ymcaspokane.org/teens for dates, times & locations

Fee: \$55 Program Member / \$45 Premier Member (Bring a friend \$5 off both)

Disc Golf | Grades 8-12

If you love to throw a Frisbee and spend time outside, this outdoor club is for you! Disc Golf Club will teach you the basic rules of the game, walking the course, throwing techniques and a field trip experience to a new course at the end of the session.

Spring Session: April 14 - June 11 | Summer Session: June 18 - Aug 27

Wednesdays | 5-6pm | North Spokane YMCA

Fee per session: \$45 Program Member / \$35 Premier Member. (WDFY 5% discount)



Spokane YMCA
Teen Programs



YMCA Teens Spokane

**Teen Camps & Programs registration:
ymcaspokane.org | 509 777 YMCA (9622)**

TEEN CAMPS & PROGRAMS

School of Rock Camp | Ages 12-18

Designed to hone music performance and ensemble skills in a creative and fun environment, School of Rock combines teamwork and music for the ultimate in music performance. Campers will work on songwriting, basic music theory, Rock & Roll music appreciation, and much more. A LIVE rock show performance will be featured at the end of the week for your family and friends. Musicians of all skill levels who play guitar, bass, drums, keyboard, and vocals are encouraged to sign up.

Aug 11 - 15 | Aug 18 - 22 | Monday - Friday | 10am - 4pm

North Spokane YMCA

Fee Weekly: \$120 Program Member / \$100 Premier Member

(Register before 5/30 & get \$10 off). WDFY 5% discount)

Intro to Voice | All Ages

Are you the next singing sensation of the world? Sign up for our Intro to Voice private lessons and train to sing like the pros. Learn fundamentals and theory.

Intro to Piano | All Ages

Learn the instrument of the great Beethoven himself and discover to the world of piano. Come to the Y and learn the fundamentals including theory, site reading, and proper form. Join the world of music and become one who creates magic.

Intro to Guitar - Individual Lessons | All Ages

Learn the basics of guitar and experience the magic behind the music through your private lesson. Come to the Y and learn the fundamentals of the acoustic or electric guitar including theory, site reading and proper form. Join us and learn how music can promote positive changes in the world around us. For students who are unable to bring a guitar, the Y will provide one during your lessons at no extra charge.

ALL INTRO MUSIC LESSONS

By appointment only - Call 777 9622 x 315

Central Spokane YMCA & North Spokane YMCA

4 lesson fee: \$100 Program Member / \$60 Premier Member

Group Guitar | Ages 8 and up

Build teamwork, motivation, and friendships through our Group Guitar Lessons while learning to play or improving your current skills. Sessions are 8 weeks and offer both beginning and intermediate classes.

North Spokane YMCA | Fridays | 4 - 5pm

Spring Session: May 2 - June 20 | Summer Session: July 11 - Aug 29

Fee per session: \$100 Program Member / \$80 Premier Member

Spokane Valley YMCA | Thursdays | 6 - 7pm

Monthly fee: \$50 Program Member / \$40 Premier Member

TEEN CAMPS & PROGRAMS

Survive | Ages 12-18

This five hour experience will cover emergency survival techniques including shelter building, thermoregulation, signaling, fire building, and water capture/purification.

For more information contact Jesse Richner 777 9622 x 215.

Once a month: April - October | See ymcaspokane.org/teens for dates & times

Spokane Valley YMCA

Fee Weekly: \$45 Program Member / \$35 Premier Member



**Teen Camps & Programs registration:
ymcaspokane.org | 509 777 YMCA (9622)**



CAMP REED

CAMP REED

Mini Camp | Entering grades 1 & 2

A three day and two night opportunity to experience camp under the watchful eye of counselors and junior counselors. Groups will get to swim, boat and participate in traditional camp activities.

Wk 1A: Sun 6/22-Tue 6/24

Wk 4A: Sun 7/13- Tue 7/15

Wk 6B: Thu 7/31-Sat 8/2

Wk 1B: Wed 6/25-Fri 6/27

Wk 4B: Thu 7/17-Sat 7/19

Wk 8A: Sun 8/17-Tue 8/19

Wk 2A: Sun 6/29-Tues 7/1

Wk 6A: Sun 7/27-Tue 7/29

Fee per wk: \$225 Program Member / \$215 Premier Member

(\$100 non-refundable deposit due at registration)

Traditional Camp | Entering grades 3 - 9

The ultimate in traditional camp experience! Activities include: swimming, hiking, mountain biking, canoeing, surf boards, ropes course, archery & riflery, painting, campfires, night exploring, skits and more.

Wk 1: Sun 6/22-Fri 6/27*

Wk 4: Sun 7/13-Sat 7/19

Wk 7: Sun 8/10-Sat 8/16

Wk 2: Sun 6/29-Sat 7/5

Wk 5: Sun 7/20-Sat 7/26

Wk 8: Sun 8/17-Fri 8/22*

Wk 3: Sun 7/6-Sat 7/12

Wk 6: Sun 7/27-Sat 8/2

*Wks 1 & 8 end Fri at 5pm. All other weeks end Sat at 10am.

Wks 1, 2 & 8: \$375 Program Member / \$365 Premier Member

Wks 3-7: \$450 Program Member / \$440 Premier Member

(\$150 non-refundable deposit due at registration)

Horses at Camp Reed

Horse Unit. Ages 11+: Includes three introductory level classes and trail rides. Sign up must accompany registration for weeks 3, 5 or 6 of Traditional Camp.

Horse unit additional fee: \$150 Program Member / \$150 Premier Member

Trail Rides. Ages 10+: Includes a one-hour ride around camp property. Sign up must accompany registration for weeks 3, 5, 6, or 8 of Traditional Camp.

Trail ride additional fee: \$25 Program Member / \$25 Premier Member

Horse Camp: The best of traditional camp WITH horses! Must have previously completed horse unit or have confirmed horse experience. (\$150 non-refundable deposit due at registration)

Horse Camp/Traditional Camp Wk 8 only. 8/17-22

Fee: \$500 Program Member / \$500 Premier Member



YMCA Camp Reed is accredited by the American Camp Association

Camp Reed registration: campreed.org | 509 720 5630

CAMP REED

Counselor In Training | Entering Grade 10

The Counselor in Training program features group dynamics, leadership, stewardship, hard work, peer communication experiences and training. Each CIT group attends two weeks of camp; one work week and one 300 mile bike trip week, with a two day break between weeks.

Group 1: Work Wk: 6/22-27 Bike Wk: 6/29-7/5

Group 2: ~~Work Wk: 7/6-7/11 Bike Wk: 7/13-19~~ **SOLD OUT**

Group 3: ~~Work Wk: 7/20-25 Bike Wk: 7/27-8/2~~ **SOLD OUT**

Group 4: Work Wk: 8/10-15 Bike Wk: 8/17-22* *Group 4 bike week ends Fri at 5pm.

CIT Add: Work Wk: 7/27-8/1 Bike Wk: 8/3-8/9

CIT Program: \$550 Program Member / \$540 Premier Member

(\$200 non-refundable deposit due at registration)

CAMP REED | Camp Goodtimes

Camp Goodtimes | Ages 7-17

A FREE camp specifically designed for cancer patients and survivors ages 7-17. Accredited local pediatric oncology staff on-site during camp. Day & Resident camp options Aug 3-9. Activities include: Zag Day with Gonzaga basketball players, sports, arts & crafts, challenge course, climbing wall, volleyball, swimming & boating, archery, mountain biking, bb guns, dance & drama, wilderness & adventure, campfires, skits and more!

Sun 8/3-Sat 8/9 | FREE - apply at campreed.org

Like us on Facebook and support Camp Goodtimes

 [CampGoodtimesAtCampReed](https://www.facebook.com/CampGoodtimesAtCampReed).

CAMP REED | Families

Family Camp

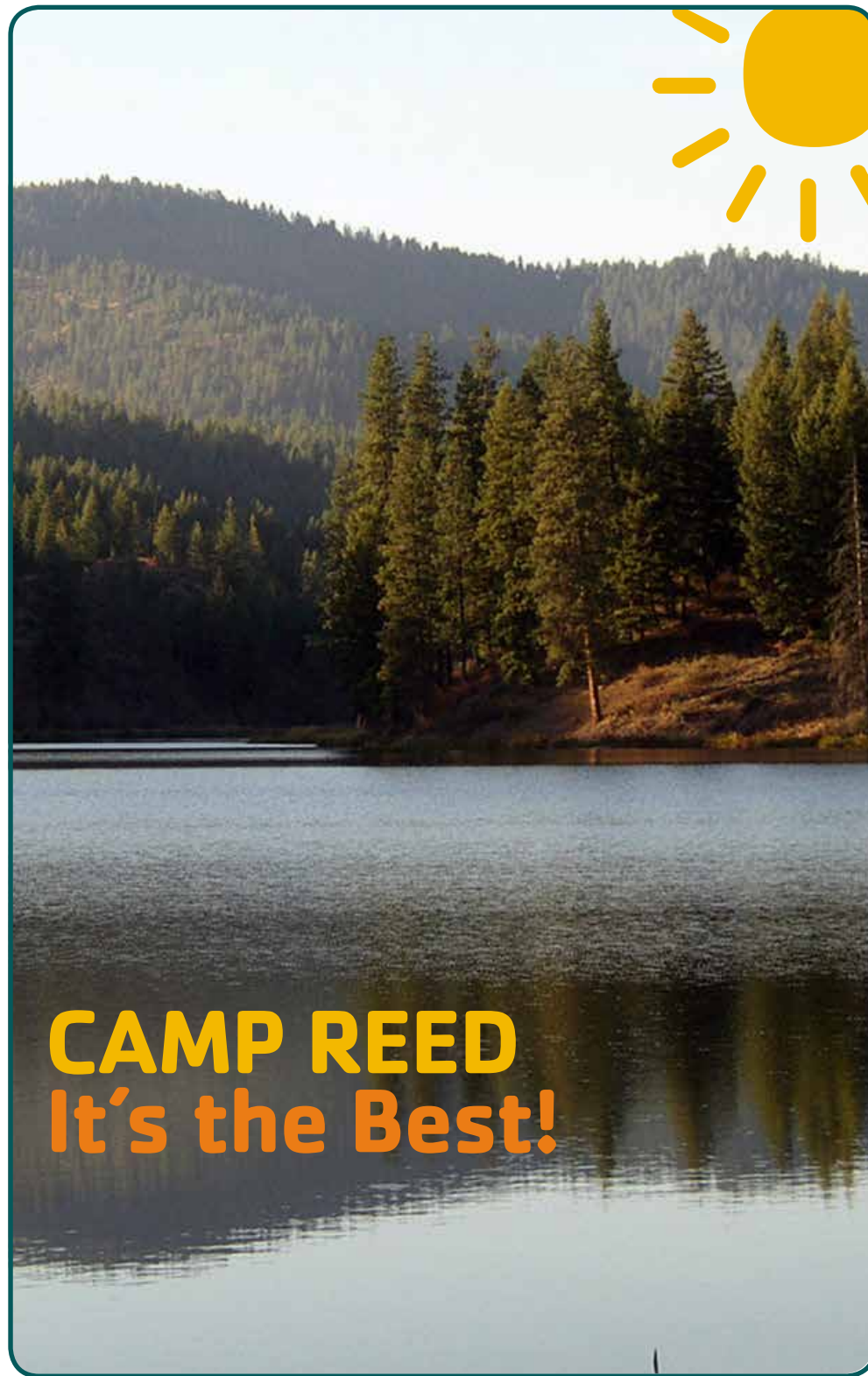
Get some quality time in with your family at Camp Reed's Family Camp! Our relaxed schedule will allow your family to experience the best of Camp Reed including waterfront activities, archery, arts & crafts and evening campfires!

Thur 6/12 - Sun 6/15

\$165/person for first 2 adults & 2 children: \$82/each additional

(\$165 non-refundable deposit due at registration)

Camp Reed registration: campreed.org | 509 720 5630





DAY & SPECIALTY CAMPS

DAY & SPECIALTY CAMPS

We are committed to providing kids with a fun Y Camp experience. We nurture community, promote the Y's Core Values, and encourage the joy of being active. With a variety of camps to choose from, we offer the opportunity to find a perfect fit for your child this summer.



YMCA Camps are accredited by the American Camp Association

WHY CHOOSE THE YMCA

QUALITY STAFF

- Qualified staff who are 'Professional Role Models' provide a safe and caring environment for your child.

YMCA's CORE VALUES

- Caring: Considerate to the needs of others
- Honesty: Being trustworthy and truthful
- Respect: Treating others, the environment, and yourself, with dignity
- Responsibility: Accepting accountability for your actions and role in the community

A PERFECT FIT FOR YOUR CHILD

- Explorers: K -1st grade
- Specialty Camps: Skill builders 3-6 grades
- Fun Clubs: All summer long camps for 1-4 grades
- Summer Fever: All summer long outdoor adventures for 5-6 grades
- Teen Camps: All summer long Triangle Club for 7-8 grades

SAFE ENVIRONMENT

- Low child/staff ratios based on age
- YMCA Camps are accredited by the American Camps Association
- Staff have passed Department of Early Learning background clearances, and are certified in CPR and First Aid

AFFORDABLE OPTIONS

- Financial assistance available
- State paid accepted with DSHS authorization

WEBSITE

- More information, forms and calendars available on our website: ymcaspokane.org

OUR SUMMER CAMP LOCATIONS

- North Spokane YMCA
10727 N Newport
- Spokane Valley YMCA
2421 N Discovery Place
- Central Spokane YMCA (*Morning drop-off location for Riverfront Park)
930 N Monroe
- YMCA in Riverfront Park*
507 N Howard
(Corner of Howard & Mallon - Riverfront Park North Entrance)

DAY & SPECIALTY CAMP REGISTRATION INFO

REGISTRATION IS EASY

- 1** STEP 1: CHOOSE
Select the camp of your choice.
Select the week(s) of your choice.
- 2** STEP 2: COMPLETE
The camp registration form (also available at ymcaspokane.org).
All forms including child information and release form.
- 3** STEP 3: ATTACH DEPOSIT OR FULL PAYMENT
Attach \$10 non-transferable & non-refundable deposit per child/per week to reserve their spot OR pay in full. Full payment required the Wednesday prior to camp.
- 4** STEP 4: MAIL OR DELIVER
All completed forms, required documents and camp deposit, or payment, by mail to YMCA Summer Day Camps, 1126 N Monroe, Spokane, WA 99201 or in person to any YMCA facility.

DEPOSITS AND PAYMENTS

- Deposits to reserve your child's spot must be made 2 weeks in advance.
- A \$10 non-transferable & non-refundable deposit per child/per week is required.
- All payments are required Wednesday in advance of the week of attendance.
- Cancellation notice in writing must be received Wednesday prior to the week of attendance in order to receive any refund.

CAMP SESSIONS, REGISTRATION AND FEE DEADLINES

Wk	Session Dates	Registration, Payment or Cancellation Deadline
1	June 16-20	June 11
2	June 23-27	June 18
3	June 30-July 3	June 25
4	July 7-11	July 2
5	July 14-18	July 9
6	July 21-25	July 16
7	July 28-Aug 1	July 23
8	Aug 4-8	July 30
9	Aug 11-15	Aug 6
10	Aug 18-22	Aug 13
11	Aug 25-29	Aug 20

*YMCA closed Friday July 4th in observance of Independence Day.

DID YOU KNOW
Your YMCA Premier
Membership gives you great
summer camp discounts!



DAY & SPECIALTY CAMP REGISTRATION INFO

DSHS (or other 3rd Party Agency) PAYMENT & PARENT/GUARDIAN RESPONSIBILITY: State assistance is accepted once approval is received by the YMCA with your co-payment (if applicable). DSHS will not pay for Specialty Camps or Explorer Mini Camps. The parent/guardian is responsible for contacting DSHS and submitting all required forms and information. Please notify DSHS in advance of which site your child will be attending. If you would like your child to attend before we receive notification from the state, you can pay the full rate and you will receive a credit to your account upon approval.

If the 3rd Party authorization ends for any reason the parents/guardians are responsible for what isn't covered. This does not mean your child is cancelled from care, but that you are responsible to pay or cancel the Wednesday prior to the week.

- DSHS does not pay fees for late pick up, late payment, changes or cancellations.
- Failure to pay your bills will result in loss of care and account sent to collections.

CO-PAYMENTS are due with registration and on the 1st of each month.

- \$20 late fee is added if co-payments are not paid in full by the 10th of the month.
- All payments returned as non-payable will be charged a \$20 NSF fee.
- Session Changes and Cancellations are due in writing by Wednesday prior to the session being cancelled or changed.
- If no advanced cancellation, parents will be responsible to cover the cost of days absent over 5 per month that they registered for but their child didn't attend for any reason.
- Registrations for the remainder of the summer's Y Programs will be cancelled if there are 5 or more consecutive days of absence without advance notice to cancel and fees will be added.

DSHS PROVIDER NUMBERS:

YMCA in Riverfront Park, 507 N Howard (North Entrance) **276487**

North Spokane Y, 10727 N Newport Hwy*

Spokane Valley Y, 2421 N Discovery Place*

(*DSHS Provider Number not available until 5/15 please call the YMCA after this date to get the number)

YMCA FINANCIAL ASSISTANCE

Financial assistance is available to qualifying families. Applications are available online, at a Y facility or at the Corporate Business Office. Financial Assistance will not apply until after your application is approved. Application can take up to two weeks to process.

CHANGES AND CANCELLATIONS

Changes or cancellations are accepted in **writing** at the Corporate Business Office by Wednesday of the week prior to session of change or cancel. We cannot credit due to illness or other unforeseen circumstances after Wednesday of the week prior.

MAIL, FAX OR EMAIL **WRITTEN NOTICE**. ALL REFUNDS ARE SUBJECT TO A \$5 SERVICE FEE.

MAIL: YMCA Corporate Business Office

Day Camp

1126 N Monroe St

Spokane, WA 99201

FAX: 509.343.4096

EMAIL: bzhem@ymcaspokane.org

DAY CAMPS

Explorers Club | Entering Kindergarten & 1st Grade

Send your beginning camper to the YMCA Explorers Club and give them the best summer ever! Designed to ease the transition into kindergarten and first grade, this camp features age-appropriate activities, swimming and weekly field trips with a focus on reading, writing and social skills. This is a state licensed program.

Weekly / Daily: June 16 – Aug 29 | Monday – Friday | 6:30am – 6pm

YMCA in Riverfront Park, North YMCA & Valley YMCA

Fee Weekly: \$177 Program Member / \$167 Premier Family Member

Fee Daily: \$38 Program Member / \$35 Premier Family Member

Explorers Club Check List

- ✓ Circle Time
- ✓ Free Lunch
- ✓ Swimming
- ✓ Low Child/Staff Ratio
- ✓ Social Time
- ✓ Friday Field Trips

Fun Clubs | Entering Grades 1–4

Give your child a fun summer with our Summer Day Camp Fun Clubs! Your child's days will be filled with age appropriate activities specializing in developing imagination, creativity, learning, and physical activity. Weekly field trips and staffed with 'Professional Role Models', two great reasons to sign your child up for Summer Day Camp Fun Clubs! This is a state licensed program.

Weekly: June 16 – Aug 29 | Monday – Friday | 6:30am – 6pm

YMCA in Riverfront Park, North YMCA & Valley YMCA

Fee Weekly: \$177 Program Member / \$167 Premier Family Member

Fee Daily: \$38 Program Member / \$35 Premier Family Member

Summer Fever | Entering Grades 5–6

Not quite a teen? This camp features activities focusing on social responsibility and physical activity, including day trips, hiking, team building and outdoor activities. This is a state licensed program.

Weekly: June 6 – Aug 29 | Monday – Friday | 6:30am – 6pm

YMCA in Riverfront Park, North YMCA & Valley YMCA

Fee Weekly: \$177 Program Member / \$167 Premier Family Member

Fee Daily: \$38 Program Member / \$35 Premier Family Member

Triangle Club | Entering Grades 7–8

Triangle Club brings teens together with jam packed days of on-the-go activities. Day trips to local lakes, hiking and teambuilding activities plus two overnight campouts. An additional focus will be on social responsibility and exploring our environment.

Weekly / Daily: June 16 – Aug 29 | Monday – Friday | 6:30am – 6pm

YMCA in Riverfront Park, North Spokane YMCA & Spokane Valley YMCA

Fee Weekly: \$177 Program Member / \$167 Premier Family Member

Fee Daily: \$38 Program Member / \$35 Premier Family Member

SPECIALTY DAY CAMPS

Specialty Day Camps | Entering Grades 3–6

Our Specialty Camps offer something for everyone! We developed these weekly special interest camps to offer skill building themes paced to fit your child's abilities and curiosities. Your child will have a blast learning a new skill through a variety of fun, engaging activities while creating lasting memories!

North YMCA | 6:30am – 6pm

Fee Weekly: \$189 Program Member / \$179 Premier Family Member

Week 4 July 7-11

Outdoor Excursion Week

This week is planned for the outdoor enthusiast. So grab your hiking shoes as we hit the trail, learn archery, and go rock climbing.

Week 5 July 14-18

Let's Go Camping

Grab your gear and hang out with us for a week long adventure of camping activities. This week will include camping basics such as how to build a campfire, how to plan your meals, outdoor and fire safety, rock climbing, and an overnight campout at Deer Lake.

Week 6 July 21-25

All About Animals

Join us as we explore the world of animals! We will visit a local veterinarian and a working dairy farm as well as spend time outdoors exploring natural habitats at Turnbull Animal Refuge.

Week 7 July 28-Aug 1

Archery

Join us for a week focused on Archery. Campers will learn the basic skills from certified archery staff which will include safety instruction, tips and practice time. Bow and arrows are provided.

Week 8 Aug 4-8

Fishing, Kayaking, and Camping Oh My

Campers will get a chance to brush up on their fishing skills as we hit the lake! This week includes fishing, kayaking, an overnight campout and lots of outdoor adventures. Don't forget your fishing pole, tackle box, and bait!

Week 9 Aug 11-15

Geocaching and Orienteering

This week you will learn how to orient yourself to your environment. We will be hunting for treasures, participating in scavenger hunts, learning how to use a compass and spending time together in nature.

Week 10 Aug 18-22

W.O.W. (Water, Outdoors, & Wilderness)

As we wrap up our summer of specialty camps, this week's schedule will be all fun all day long! With a day at Splashdown, a family picnic at an area park, and other great water adventures, you are sure to have a blast!



SWIMMING LESSONS

SWIMMING LESSONS | Pre-school

Shrimp/Kippers | Parents and Kids 6-18 Months

The primary objective of the Shrimp/Kipper class is to provide a positive parent/child experience and an opportunity to build the parent/child relationship while developing trust and safety between parents, children and the instructors. Parents and babies will be encouraged to have fun in the water by exploring basic water skills using toys and flotation devices and interacting with other families.

Inia/Perch | Parents and Kids 18-36 Months

This level encourages children to explore their aquatic environment and their own skills in the water with their parent's help. Building on skills learned in Shrimp/Kipper, you and your child will continue to develop basic swimming skills, while increasing your child's comfort and confidence in the water. This class will help with the transition to our preschool program where children will begin swimming without parents.

Pike | Ages 3-5

The first of our four preschool program classes, Pike will teach your child the basics of adjusting to full water immersion and how to be safe in the pool through fun and educational games. We will also teach your child basic water skills, how to float on their own and introduce them to elementary backstroke. In the Pike class, your child will also have fun playing games designed to get them used to having their face in the water.

Eel | Ages 3-5

This advanced-beginner level is for children who are comfortable in the water and reinforces Pike skills. Children are taught arm movements and learn to integrate kicking and floating for a progressive and independent paddle stroke. We will introduce them to basic crawl and backstroke, focusing on getting their arms out of the water and flutter kicking.

Ray | Ages 3-5

In Ray, we will teach your child efficient swimming techniques. Rays will learn how to enhance the strokes they learned as Eels, as well as learn how to dolphin kick, dive from a kneeling position and how to tread water.

Starfish | Ages 3-5

Children learn the fundamentals of lap swimming, swimming as part of a team, and the basics of the four competitive strokes. Front crawl and backstroke are refined. The Starfish class also increases your child's strength and endurance, and helps shape them into proficient swimmers and athletes later down the line.

Swimming Lessons registration:
ymcaspokane.org | 509 777 YMCA (9622)

SWIMMING LESSONS | Ages 6-14

Polliwog | Ages 6-14

This is the beginning level for school-age children. Here, the swimmers become acquainted with the pool environment, safety, flotation devices, basic stroke and kicking skills. Swimmers will learn to float on their front and back, and swim a front paddle, back paddle and side paddle 20 feet without support.

Guppy | Ages 6-14

The Guppy class expands on knowledge gained in previous classes and marks the third step in our goal of teaching every child in our community how to swim. Students will continue developing skills learned in Polliwog into more streamlined and efficient ways of moving through the water and we will also introduce breaststroke, teaching how to pull, kick and breathe efficiently. Guppies will also learn how to tread water effectively in the deep end of the pool, enabling them to be safe in any aquatic environment. Finally, students will be taught basic rescue skills.

Minnow | Ages 6-14

By now your children should feel safe and confident, as we build upon skills previously learned in the Guppy class. Minnows will focus on boosting coordination by emphasizing technique for both crawl and backstroke. In this class, we will continue working on breaststroke as well as introduce dolphin kick, a crucial component to butterfly stroke.

Fish | Ages 6-14

By the end of the Fish class, your child will be able to swim all four competitive strokes efficiently and effectively, and will also be a stronger and more coordinated swimmer. Fish will be refining all their strokes including the newly learned butterfly stroke. In addition to these four strokes, Fish will begin learning elements of competitive swimming. Participants also develop leadership skills through supporting and learning to teach each other.

Flying Fish | Ages 6-14

The Flying fish level provides a transition into our swim team. The class refines all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). The students will begin to have more structured training sessions that will prepare them for swim team.

Shark | Ages 6-14

At Shark level students learn the relevance of swimming skills, lifesaving techniques, conditioning and team work. Stroke refinement and workout planning build on the student's already well-developed understanding of strokes.

Swimming Lessons registration:
ymcaspokane.org | 509 777 YMCA (9622)

SWIMMING LESSONS | Dates

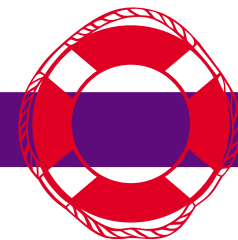
Summer	Session Dates	Member Reg	Non Member Reg
4 Week Saturday Sessions:			
14JUN*	Jun 21, 28, Jul 12, 19 *No Class on Sat 7/5	Jun 9	Jun 16
14JUL	Jul 26, Aug 2, 9, 16	Jul 14	Jul 21
Fees:	North Y & Valley Y - \$32 (Y-Family Member \$ 16) Central Y - \$34 includes parking* (Y-Family Member \$ 16) *Up to 3 ½ hours free		

2 Week M/W or T/Th Sessions:

14SE1	Jun 16 – Jun 26	Jun 9	Jun 11
14SE2	Jun 30 – Jul 10	Jun 23	Jun 25
14SE3	Jul 14 – Jul 24	Jul 7	Jul 9
14SE4	Jul 28 – Aug 7	Jul 21	Jul 23
14SE5	Aug 11 – Aug 21	Aug 4	Aug 6
Break Week: Aug 25 – Aug 30			

Fees: North Y & Valley Y - \$62 (Y-Family Member \$32)
 Central Y - \$66 includes parking* (Y-Family Member \$32)

Times vary by location please visit ymcaspokane.org



Lifeguarding | Ages 15 and up

Red Cross Lifeguard Training Certification. Class includes certification in Red Cross Lifeguard Training, First Aid and CPR/AED all valid for 2 years. Participants will also receive a CPR Pocket Mask and Lifeguard Training Manual. Participants must attend all classes in order to be eligible to pass the course. Pre-requisites: 15 years or older by the last day of the course. Swim a continuous 300 yard swim using freestyle, breaststroke or a combination of the two. Swim 20 yards freestyle or breaststroke, dive down 7-10 feet, retrieve a 10 pound brick and bring it back to the surface, then swim the brick back to the starting point (both hands must be on the brick and the swimmer's face must be out of the water), this is a timed skill and must be completed within 1 minute 40 seconds (no goggles allowed). 2 minutes of continuous treading water, legs only. See ymcaspokane.org/aquatics for more information.



**FOR YOUTH DEVELOPMENT®
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**ymcaspokane.org
509 777 YMCA (9622)**

**CENTRAL SPOKANE YMCA
930 N Monroe
Spokane WA 99201**

**NORTH SPOKANE YMCA
10727 N Newport Hwy
Spokane WA 99218**

**SPOKANE VALLEY YMCA
2421 N Discovery Pl
Spokane Valley WA 99216**

**CAMP REED
1126 N Monroe
Spokane WA 99201
campreed.org**