



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SONOMA COUNTY FAMILY YMCA CLOVERDALE MEMORIAL POOL

215 WEST FIRST STREET • CLOVERDALE • CA • 95425

707•894•9148

•MEMORIAL DAY-LABOR DAY•

WEEKENDS ONLY MAY 26th-JUNE 3rd & AUGUST 18th-SEPT. 3rd

FULL SCHEDULE BEGINING June 4th, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons Monday-Thursday 11:00-12:25pm				*Cold Weather Policy: Pool will close when the air temperature drops below 65 degrees.		
Monday-Thursday Open Swim 12:30-4:55pm; Friday-Sunday Open Swim 11:45-4:55pm *Adult must be present with child. No children under 13 can be left unattended at the facility.						
Adult Open Swim Monday-Thursday 5:00-7:00pm *Aqua Zumba Fridays 5:00-5:55pm						
Swim Lessons Monday-Thursday 5:00-7:00pm Pre-Team Practice Tuesday & Thursday 5:30-6:30PM				Pool Available for Private Party Rental for info call: 707-545-9622 ext. 3126		

### Day Use Pass:

Youth 13 & Under \$4  
 Seniors 55+ \$4  
 Adults 14+ \$5

### Family Swim Pass:

2 Adults & up to 3 Children  
 \$10

### Season Pool Pass:

Family Pass (up to 5 members) \$200  
 Youth/Senior Pass \$60  
 Adult Pass \$90

### \$1 WEDNESDAYS DOLLAR DAY

### 10 VISIT PUNCH CARD

Youth/Senior \$34  
 Adult \$43

### 20 VISIT PUNCH CARD

Youth/Senior \$50  
 Adult \$70



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## LEVEL

## PREREQUISITES

<b>Stage B: Water Exploration</b>	In this stage, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.
<b>Stage 1: Water Acclimation</b>	Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage . This stage lays the foundation that allows for a student's future progress in swimming.
<b>Stage 2: Water Movement</b>	Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.
<b>Stage 3: Water Stamina</b>	In this stage, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action
<b>Stage 4: Stroke Introduction</b>	Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Students in this stage focus on the following: Developing the front crawl and back crawl. Introducing components of the breaststroke and butterfly. Practicing safety techniques in deep water.

## SWIM LESSON

### SESSIONS

- Session I: June 4– June 14
- Session II: June 18–June 28
- Session III\*: July 2–July 12  
(\*No class July 4th)
- Session IV: July 16–July 26
- Session V: July 30–August 9

## Vamos a Nadar...Let's Go Swimming

Saturday, June 2nd from  
9AM–12PM.

Call 707-565-8034  
to register.

**Cloverdale Pre-Team practices Tuesday and Thursdays 5:30–6:30PM, July 2nd–26th, 2018. Registration required to participate. Enroll your child in our brand new program geared to help students learn team work skills, build their endurance and basic conditioning for future careers on swim teams.**

The YMCA swim lessons involve individualized swim instruction taught by caring instructors who guide students with praise and encouragement, while emphasizing personal safety. The Y offers a wide range of swimming options for the whole family that will help build strong swimming skills, personal endurance, and a healthy body while allowing for continual growth in self-confidence and social skills.

**CONTACT THE CLOVERDALE MEMORIAL POOL AT 707-894-9148 TO REGISTER FOR UPCOMING SESSIONS AND POOL RENTALS. REGISTRATION FOR SWIMMING LESSONS MUST BE MADE IN PERSON PRIOR TO THE START OF THE FIRST CLASS.**

**THE FEE FOR EACH 2 WEEK SESSION IS \$46.00. PAYMENT IN FULL IS DUE AT THE TIME OF REGISTRATION.**

Sonoma County Family YMCA • 1111 College Ave • Santa Rosa, CA 95404 707-545-9622 • Fax: 707-544-7805 • [www.scfymca.org](http://www.scfymca.org)

The Y is a non-profit, community organization. Financial Assistance is Available.