

# Y Programs: Swim Lessons & Sports

## Summer Swim Lesson Preview

*The YMCA has been teaching people of all ages to swim for over 100 years! Learn from the best this summer! Registration opens April 15th!*

### Preschool Swim Lessons, for ages 3-5

**Pike:** No skills required. Water readiness.

**Eel:** Skills required: Must be able to swim 15 yards with or without a flotation device, put face in water, float on back and front w/ assistance, swim 5 feet without flotation device.

### Youth Swim Lessons, for ages 6-12

**Polliwog** (Beginner): No skills required.

**Guppy** (Advanced Beginner)

**Minnow** (Intermediate - very little to no fear water)

### Adult Swim Lessons, for ages 13+

**Beginner:** No skills required.

**Advanced Beginner:** Skills required:

### Piranha Swim Team, ages 5-18

The Covington Family YMCA Piranha Summer Swim Team will be in full swing before you know it!

*Registration opens April 15th!*



## Winter/Spring Sports

### Spring Flag Football *ages 4-12:*

Registration: February 1 – March 13

Members: \$75 Non-Members: \$85

Uniform Fee: \$20

**Winter/Spring Soccer *ages 3-16:*** Players returning from the 2009 Fall season may use their same uniform.

Registration: January 4 -February 15

U4 & U6 Facility Members: \$75

U4 & U6 Program Members: \$85

U8 & Up Facility Members: \$85

U8 & Up Program Members: \$95

Uniform Fee: \$20

### Covington Galaxy Academy & Select

**Team *ages 7-15:*** Our Academy & Select Teams receive a more challenging training schedule with all licensed coaches to develop your child into a well-rounded soccer player. Contact Brandon Daniel for more information.

*Brandon Daniel*

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