

AQUATICS

Nationally, the YMCA is the leader in teaching the sport of **SWIMMING!** We are excited to announce our **NEW Children's Instructional Swim Program, SAFETY AROUND WATER-(SAW)** emphasizes life saving techniques as part of the instruction along with the development of the 4 competitive swim strokes.

Our Program features progressive, lifelong opportunities to get into the swim of things! Caring, professional, certified instructors make it happen. Class sizes are limited in number to ensure safety and optimal instruction. New swim students are required to be evaluated prior to registration. See website for evaluation schedule.

We are infusing safety with friendship and comfort in the water.

Level INFANT/TODDLER A Ages 6 - 18 mos.	Level INFANT/TODDLER B Ages 19 - 31 mos.	Level INFANT/TODDLER C Ages 32 - Age 3	Level LITTLE PRESCHOOL 1 Age 3	Level PRESCHOOL 1 Ages 4 - Young 6's	Level PRESCHOOL 2 Ages 4 - 6	Level PRESCHOOL 3 Ages 4 - 6	Level PRESCHOOL 4 Ages 4 - 7	Level SCHOOL AGE 5 Ages 6 - 12	Level SCHOOL AGE 6 Ages 8 - 12
Water Discovery Introduces Infants & Toddlers to the aquatic environment	Water Exploration Focuses on exploring body positions, blowing bubbles, & fundamental safety & aquatic skills	Water Preparation Develops confidence & swimming skills in preparation for swimming independently	Water Transition Builds comfort level in the water. Transition to independent swimming with other 3yr. olds	Water Acclimation Increases comfort with underwater exploration & introduces basic self-rescue skills performed with assistance	Level SCHOOL AGE 2 Ages 6 - 9 Water Movement Encourages forward movement in water & basic self-rescue skills performed independently	Level SCHOOL AGE 3 Ages 6 - 9 Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages	Level SCHOOL AGE 4 Ages 6 - 10 Stroke Introduction Introduces basic stroke technique in front crawl & back crawl & reinforces water safety through treading water & elementary backstroke	Stroke Development Introduces basic stroke technique in front crawl & back crawl & reinforces water safety through treading water & elementary backstroke	Stroke Mechanics Refines stroke technique on all major competitive strokes & encourages swimming as part of a healthy lifestyle

SWIM CLINIC

Ages 8 - 12

Skill Goals:

Freestyle, backstroke, breaststroke, butterfly, flip turns, diving from blocks

LET'S GET STARTED!

If you have been a part of our Swim Program, here is a helpful Reference Tool to get started.

Level INFANT/TODDLER A, B, & C

Previously Shrimp/Inia, Perch, Big Perch

Level PRESCHOOL 1, 2, 3, & 4

Previously Pike, Eel, Ray, Starfish

Level SCHOOL AGE 2, 3, 4, 5, & 6

Previously Polliwog, Guppy, Minnow, Fish I/II, Flying Fish

Session I / II:

30 min. Lessons

Infant/Toddler A,B,C, Preschool 1-4 School Age 2-4
 Full Member: \$115 Program Member: \$145

45 min. Lessons School Age 5

Full Member: \$130 Program Member: \$160

60 min. Lessons School Age 6 & Swim Clinic

Full Member: \$150 Program Member: \$180



AQUATICS SCHEDULE

I/II = 8 weeks, I-II = 16 weeks

SESS. I (8 weeks): Mon., Sep. 11 - Sat., Nov. 4 / SESS. II (8 weeks): Mon., Nov. 13 - Sun., Jan. 14

CLASS NAME: **AGE:** **TIME:**

MONDAY

Infant/Toddler A	Ages 6 - 18mos.	9:30-10am
Infant/Toddler B	Ages 19 - 31 mos	10-10:30am
Little Preschool 1	Age 3	10:30-11am
Little Preschool 1	Age 3	3:30-4pm
Little Preschool 1	Age 3	4-4:30pm
Little Preschool 1	Age 3	5-5:30pm
Preschool 1	Ages 4 - Young	10:30-11am
Preschool 1	Ages 4 - Young 6	1-1:30pm
Preschool 1	Ages 4 - Young 6	3-3:30pm
Preschool 1	Ages 4 - Young 6	3:30-4pm
Preschool 1	Ages 4 - Young 6	4:30-5pm
Preschool 1	Ages 4 - Young 6	6-6:30pm
Preschool 2	Ages 4 - 6	1:30-2pm
Preschool 2	Ages 4 - 6	4-4:30pm
Preschool 2	Ages 4 - 6	4:30-5pm
Preschool 3	Ages 4 - 6	4-4:30pm
Preschool 3	Ages 4 - 6	5:30-6pm
Preschool 4	Ages 4 - 7	4-4:30pm
Preschool 4	Ages 4 - 7	5-5:30pm
School Age 2	Ages 6 - 9	5-5:30pm
School Age 2	Ages 6 - 9	6-6:30pm
School Age 3	Ages 6 - 9	4:30-5pm
School Age 4	Ages 6 - 10	4:30-5pm
School Age 5	Ages 6 - 12	4-4:45pm
School Age 5	Ages 6 - 12	5:45-6:30pm
School Age 6	Ages 8 - 12	5:30-6:30pm
Swim Clinic	Ages 8 - 12	5:30-6:30pm
Teen Lessons Beg.	Ages 10-17	4:45-5:30pm
Teen Lessons Int.	Ages 10-17	5-5:45pm
PRIVATE LESSONS	Ages 4-17	1-6pm

TUESDAY

Infant/Toddler B	Ages 6 - 18 mos	9:30-10am
Infant/Toddler C	Ages 19 - 31 mos	10-10:30am
Little Preschool 1	Age 3	10:30-11am
Little Preschool 1	Age 3	12:30-1pm
Little Preschool 1	Age 3	1:30-2pm
Little Preschool 1	Age 3	3-3:30pm
Little Preschool 1	Age 3	4-4:30pm
Preschool 1	Ages 4 - Young 6	1-1:30pm
Preschool 1	Ages 4 - Young 6	3-3:30pm
Preschool 1	Ages 4 - Young 6	3:30-4pm
Preschool 1	Ages 4 - Young 6	4:30-5pm
Preschool 1	Ages 4 - Young 6	5:30-6pm
Preschool 2	Ages 4 - 6	1:30-2pm
Preschool 2	Ages 4 - 6	4-4:30pm
Preschool 2	Ages 4 - 6	5-5:30pm
Preschool 3	Ages 4 - 6	3-3:30pm
Preschool 3	Ages 4 - 6	4:30-5pm
Preschool 4	Ages 4 - 7	5-5:30pm
School Age 2	Ages 6 - 9	4-4:30pm
School Age 2	Ages 6 - 9	5:30-6pm

CLASS NAME: **AGE:** **TIME:**

TUESDAY continued

School Age 3	Ages 6 - 9	4:30-5pm
School Age 4	Ages 6 - 10	4-4:30pm
School Age 4	Ages 6 - 10	5:30-6pm
School Age 5	Ages 6 - 12	4-4:45pm
School Age 5	Ages 6 - 12	5-5:45pm
Teen Lessons Beg.	Ages 10-17	4:45-5:30pm
PRIVATE LESSONS	Ages 4-17	12-5:30pm

WEDNESDAY

Little Preschool 1	Age 3	1-1:30pm
Little Preschool 1	Age 3	3-3:30pm
Little Preschool 1	Age 3	4-4:30pm
Little Preschool 1	Age 3	5-5:30pm
Preschool 1	Ages 4 - Young 6	1:30-2pm
Preschool 1	Ages 4 - Young 6	3-3:30pm
Preschool 1	Ages 4 - Young 6	3:30-4pm
Preschool 1	Ages 4 - Young 6	4-4:30pm
Preschool 1	Ages 4 - Young 6	4:30-5pm
Preschool 2	Ages 4 - 6	1:30-2pm
Preschool 2	Ages 4 - 6	3:30-4pm
Preschool 2	Ages 4 - 6	4-4:30pm
Preschool 2	Ages 4 - 6	6-6:30pm
Preschool 3	Ages 4 - 6	4:30-5pm
Preschool 4	Ages 4 - 7	5:30-6pm
School Age 2	Ages 6 - 9	4-4:30pm
School Age 2	Ages 6 - 9	6-6:30pm
School Age 3	Ages 6 - 9	4-4:30pm
School Age 3	Ages 6 - 9	5-5:30pm
School Age 4	Ages 6 - 10	4:30-5pm
School Age 4	Ages 6 - 10	6-6:30pm
School Age 5	Ages 6 - 12	5:15-6pm
School Age 6	Ages 8 - 12	5:30-6:30pm
Teen Lessons Int.	Ages 10-17	4:30-5:15pm
Teen Lessons Adv.	Ages 13-17	5:30-6:30pm
Diving	Ages 6 - 12	5-5:30pm
Swim Clinic	Ages 8 - 12	4:30-5:30pm
Mini Masters	Ages 8 - 12	6-7pm
Jr. Masters	Ages 13-17	7-8pm
PRIVATE LESSONS	Ages 4-17	3-6pm

THURSDAY

Little Preschool 1	Age 3	10-10:30am
Little Preschool 1	Age 3	3-3:30pm
Little Preschool 1	Age 3	4-4:30pm
Little Preschool 1	Age 3	5:30-6pm
Preschool 1	Ages 4 - Young 6	9:30-10am
Preschool 1	Ages 4 - Young 6	3-3:30pm
Preschool 1	Ages 4 - Young 6	3:30-4pm
Preschool 1	Ages 4 - Young 6	4:30-5pm

CLASS NAME:**AGE:****TIME:****CLASS NAME:****AGE:****TIME:****THURSDAY continued**

Preschool 2	Ages 4 - 6	3:30-4pm
Preschool 2	Ages 4 - 6	4-4:30pm
Preschool 2	Ages 4 - 6	5-5:30pm
Preschool 3	Ages 4 - 6	4-4:30pm
Preschool 3	Ages 4 - 6	5-5:30pm
Preschool 4	Ages 4 - 7	4-5:30pm
School Age 2	Ages 6 - 9	4:30-5pm
School Age 2	Ages 6 - 9	5:30-6pm
School Age 3	Ages 6 - 9	5-5:30pm
School Age 4	Ages 6 - 10	4:30-5pm
School Age 4	Ages 6 - 10	5:30-6pm
School Age 5	Ages 6 - 12	3:45-4:30pm
School Age 5	Ages 6 - 12	5:15-6pm
Swim Clinic	Ages 8 - 12	4:30-5:30pm
Teen Lessons Int.	Ages 10-17	4:30-5:15pm
X-Fit H2O	Ages 9-13	6:30-7:30pm
PRIVATE LESSONS	Ages 4-17	1-5:30pm

FRIDAY

Infant/Toddler A	Ages 6 - 18mos.	9:15-9:45am
Infant/Toddler B	Ages 19 - 31mos.	9:45-10:15am
Infant/Toddler C	Ages 32 mos - 3	10:15-10:45am
Little Preschool 1	Age 3	10:15-10:45am
Little Preschool 1	Age 3	1:30-2pm
Little Preschool 1	Age 3	4-4:30pm
Little Preschool 1	Age 3	5:30-6pm
Preschool 1	Ages 4 - Young 6	9:15-9:45am
Preschool 1	Ages 4 - Young 6	1-1:30pm
Preschool 1	Ages 4 - Young 6	4-4:30pm
Preschool 1	Ages 4 - Young 6	5-5:30pm
Preschool 1	Ages 4 - Young 6	6-6:30pm
Preschool 2	Ages 4 - 6	9:45-10:15am
Preschool 2	Ages 4 - 6	1:30-2pm
Preschool 2	Ages 4 - 6	4:30-5pm
Preschool 3	Ages 4 - 6	1-1:30pm
Preschool 3	Ages 4 - 6	5-5:30pm
Preschool 4	Ages 4 - 7	4:30-5pm
Preschool 4	Ages 4 - 7	6-6:30pm
School Age 2	Ages 6 - 9	4-4:30pm
School Age 2	Ages 6 - 9	5:30-6pm
School Age 3	Ages 6 - 9	4:30-5pm
School Age 3	Ages 6 - 9	6-6:30pm
School Age 4	Ages 6 - 10	4-4:30pm
School Age 4	Ages 6 - 10	5:30-6pm
School Age 5	Ages 6 - 12	3:45-4:30pm
School Age 5	Ages 6 - 12	5:15-6pm
School Age 6	Ages 8 - 12	4:30-5:30pm
Teen Lessons Beg.	Ages 10-17	4:30-5:15pm
Teen Lessons Adv.	Ages 13-17	5:30-6:30pm
PRIVATE LESSONS	Ages 4-17	2-6pm

SATURDAY

Infant/Toddler A	Ages 6 - 18 mos	9:45-10:15am
Infant/Toddler A	Ages 6 - 18 mos	11:15-11:45am
Infant/Toddler B	Ages 19 - 31 mos	9:15-9:45am
Infant/Toddler B	Ages 19 - 31 mos	10:15-10:45am
Infant/Toddler B	Ages 19 - 31 mos	11:45-12:15pm
Infant/Toddler C	Ages 32 mos - 3	10:45-11:15am
Infant/Toddler C	Ages 32 mos - 3	12:15-12:45pm
Little Preschool 1	Age 3	9-9:30am
Little Preschool 1	Age 3	9:30-10am
Little Preschool 1	Age 3	10:30-11am
Little Preschool 1	Age 3	11:30-12pm
Little Preschool 1	Age 3	12-12:30pm
Preschool 1	Ages 4 - Young 6	9-9:30am
Preschool 1	Ages 4 - Young 6	10-10:30am
Preschool 1	Ages 4 - Young 6	10:30-11am
Preschool 1	Ages 4 - Young 6	11-11:30am
Preschool 1	Ages 4 - Young 6	12-12:30am
Preschool 2	Ages 4 - 6	9-9:30am
Preschool 2	Ages 4 - 6	9:30-10am
Preschool 2	Ages 4 - 6	11-11:30am
Preschool 2	Ages 4 - 6	12-12:30am
Preschool 3	Ages 4 - 6	10-10:30am
Preschool 3	Ages 4 - 6	12-12:30pm
Preschool 4	Ages 4 - 7	9:30-10am
Preschool 4	Ages 4 - 7	10-10:30am
School Age 2	Ages 6 - 9	9:30-10am
School Age 2	Ages 6 - 9	11-11:30am
School Age 3	Ages 6 - 9	10:30-11am
School Age 3	Ages 6 - 9	11:30-12pm
School Age 4	Ages 6 - 10	10-10:30am
School Age 4	Ages 6 - 10	11-11:30am
School Age 5	Ages 6 - 12	9-9:45am
School Age 5	Ages 6 - 12	11-11:45am
School Age 6	Ages 8 - 12	11:45-12:45pm
Swim Clinic	Ages 8 - 12	10-11am
Teen Lessons Beg.	Ages 10-17	9:45-10:30am
Teen Lessons Int.	Ages 10-17	11-11:45am
PRIVATE LESSONS	Ages 4-17	9-12:30pm

SUNDAY

Little Preschool 1	Age 3	10-10:30am
Preschool 1	Ages 4 - Young 6	10:30-11am
Preschool 1	Ages 4 - Young 6	11:30-12pm
Preschool 2	Ages 4 - 6	11-11:30am
Preschool 3	Ages 4 - 6	10-10:30am
Preschool 4	Ages 4 - 7	11-11:30am
School Age 2	Ages 6 - 9	10:30-11am
School Age 2	Ages 6 - 9	11:30-12pm
PRIVATE LESSONS	Ages 4-17	10-11:30am