

# Aquatics ages 5 and under

Register online now!

## PARENT/CHILD CLASSES ages 6 months–3 years

Swim diapers required for ages 6 months – 3 years.

**Parent/Tot ages 6–24 months:** No skills required. Parent assisted program designed to increase comfort in the water with a positive learning environment.

T/TH: 10:00 –10:30 am or SAT: 9:30 – 10:00 am

**Two Much Fun ages 24–36 months:** No skills required. An introduction to Pike I for children 24–36 months with their parents' participation. In class: they will learn to blow bubbles, put face in water and proper kicking.

T/TH: 10:00 –10:30 am or SAT: 10:05 – 10:35 am

## PRESCHOOL SWIM LESSONS ages 3–5

Thirty minute classes. Swim diapers required for 3- year-olds.

**Pike:** No skills required. Water readiness. In class: will learn to blow bubbles put, face in water and proper kicking, paddling, and front and back floats with use of flotation devices.

M/W: 3:30 pm; 4:05 pm; 5:30 pm T/TH: 3:30 pm; 4:05 pm; 5:30 pm  
SAT: 9:30 am; 10:05 am

**Eel:** Skills required: Put face in water, float on back and front w/ assistance, swim 5 feet without flotation. In class: Will learn to bob, kick on back, front and back float, swim without assistance 15 feet, wet ball and synchronized swimming skills.

M/W: 3:30 pm; 4:05 pm; 5:30 pm T/TH: 3:30 pm; 4:05 pm; 5:30 pm  
SAT: 9:30 am; 10:05 am

**Ray:** Skills required: Swim without flotation device 15 feet, float on front and back, and jump into water without help. In class: Will learn front crawl, elementary backstroke, treading water, synchronized swimming skills, and wet ball activities.

M/W: 3:30 pm; 5:30 pm T/TH: 3:30 pm; 5:30 pm  
SAT: 9:30 am; 10:05 am

**Starfish** Skills required: Tread water, swim 25 feet using a modified crawl stroke and swim on back. In class: Will learn survival float, kneeling and sitting dives, boating safety, to coordinate front crawl with rotary breathing and back crawl 25 yards.

M/W: 4:05 pm; 5:30 pm T/TH: 4:05 pm; 5:30 pm  
SAT: 10:40 am



## SWIM LESSONS

Weekdays: 6-wk sessions • 2-days a wk  
Saturdays: 6-wk sessions • 1-day a wk

### Weekdays

#### Session 1: Jan 9 – Feb 16

No class on Jan 16. Make-up, Jan 20  
Registration begins Dec 5

#### Session 2: Feb 20 – March 29

Registration begins Dec 5

#### Session 3: April 9 – May 17

Registration begins Dec 5

### Saturdays

#### Session 1: Jan 14 – Feb 18

Registration begins Dec 5

#### Session 2: Feb 25 – March 31

Registration begins Dec 5

#### Session 3: April 14 – May 19

Registration begins Dec 5

No refunds for unattended lessons. Weekday classes canceled by the Y will be made up on a following Friday.

## SWIM LESSON FEES

M/W or T/TH: MEM: \$90 PRO: \$136  
Saturdays: MEM: \$60 PRO: \$96

# Aquatics ages 6-12

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## YOUTH SWIM LESSONS ages 6-12

Classes are 45 minutes.

**Polliwog:** No skills required. In class: Will be introduced to the front crawl, front and back floats, putting face in water and personal safety skills.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 11:15 am

**Guppy:** Skills required: Blow bubbles, put face in water, float on front and back, and paddle 15 feet without assistance. In class: Will learn to tread water, rudimentary 25 yards front and back crawl, jump into deep end, and kneeling dive.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 11:15 am

**Minnow:** Skill required: Rudimentary 25 yd. front and back crawl, jump in deep end, and tread water for 30 seconds. In class: Will build endurance swimming, reinforce fundamentals of front crawl, elementary backstroke, and diving. Introduction to breaststroke arm pull. Emphasize rescue and safety skills.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 12:05 am

**Fish/Flying Fish/Shark:** Skills required: Swim two lengths of both front crawl and back stroke in good form. Can dive in water. In class: Will learn to perform 50 yards of each: breaststroke, sidestroke and open turns.

M/W: 4:40 pm; 6:05 pm T/TH: 4:40 pm; 6:05 pm SAT: 12:05 am

## PRIVATE SWIM LESSONS

**Private/Semi-Private Swim Lesson: Facility members only ages 3+:** Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are available on a first come, first served basis. Request private lessons at the Registration Office and submit a Private Lesson Request form.

Private MEM: \$121 (3 hours)

Semi-Private MEM: \$86 (per person) \*must register as a pair

**Pool Buddies:** Four hours of instruction for 3 or more persons (usually in eight 30-min. classes)

MEM: \$76 person PRO: \$121 person

## STROKE CLINIC

**Silver ages 5-8:** This practice is for our swimmers who are comfortable swimming a pool length or more, yet still need specific stroke refinement with freestyle and backstroke. Practice will emphasize rotary breathing with freestyle, correct pull and kick with free and back, etc.

M/W or T/TH: 4:30-5:30

Session 1: February 20 - March 29

Session 2: April 9 - May 17

MEM: \$90 PRO: \$136



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# Aquatics ages 13+

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## ADULT LESSONS ages 13+ Classes are 45 minutes.

**Adult Swim Beginner:** No skills required. In class: Become comfortable in water, learn breath control, floating, basic stroke techniques. M/W 7:00 pm

**Adult Swim Intermediate:** Skills required: Be comfortable in water, able to put face in water, glide, with rudimentary kick and pull. Float on back. In class: Refine stroke technique with rotary breathing, backstroke, breaststroke, treading water, and diving. M/W 7:45 pm

## CPR/AED CLASSES

**CPR/AED Classes ages 13+:** This course provides training in adult, child and infant CPR. To receive certification, participants must score 80% or better on the written exam and be able to correctly perform all of the skills. Participants will be certified to use an Automatic External Defibrillator, which is used to restart a stopped or abnormal heart rhythm. Saturdays 10:00 am – 2:00 pm

Jan 21, Feb 18 March 17, April 21, May 19

MEM: \$50 PRO: \$66



## LIFEGUARD TRAINING

**Lifeguard Training ages 16+:** provides all the necessary skills and certifications to be employed as a professional lifeguard in an aquatic facility. Participants will be required to swim 500 yards, attend 40 hours of class and pool instruction, and pass CPR/AED, First Aid, and Lifeguard examinations. Participant must pass all requirements to receive a YMCA Lifeguard certification.

April 2 – April 7: 9:30 am – 4:00 pm

May 29 – June 3: 9:30 am – 4:00 pm

MEM: \$200 PRO: \$295

## STROKE CLINIC

**Gold ages 9-18:** This advanced practice is for our swimmers who are knowledgeable and competent with at least freestyle, backstroke, and breaststroke. Practice will further enhance these strokes, focusing on every aspect of competitive swimming, including starts and turns. Butterfly will be introduced to those swimmers with little Fly experience, and further refined for those swimmers with experience.

M/W or T/TH: 5:30-6:30

Session 1: February 20 – March 29

Session 2: April 9 – May 17

MEM: \$90 PRO: \$136



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## SWIM LESSON FEES

M/W or T/TH: MEM: \$90 PRO: \$136

Saturdays: MEM: \$60 PRO: \$96