



CONFIDENCE AT ANY AGE

We offer swim lessons (for all ages), family swim, competitive swimming and many kinds of adaptive swim programs for kids with special needs, so we can all safely enjoy the pleasures of an aquatic environment.



AQUATICS

UPDATED ON: OCTOBER 17, 2016

STAFF CONTACTS

APY – Roxanne Lee Aquatic Director P 954.7640 E rlee@ymcafoxcities.org
 APY – Casey Cebulski Aquatic Coordinator P 882.3689 E ccebulski@ymcafoxcities.org
 FWY – Nikki Boyd Aquatic Director P 560.3412 E nboyd@ymcafoxcities.org
 HVY - Belinda Price-Dajany Aquatic & Youth Director P 830.5707 E bpricedajany@ymcafoxcities.org
 HVY - Erin Brennan Aquatic Coordinator P 830.5714 E ebrennan@ymcafoxcities.org
 NMY - Angie Kennedy Aquatic Director P 886.2132 E akennedy@ymcafoxcities.org
 NMY – Reyna Garza Aquatic Coordinator P 886.2130 E rgarza@ymcafoxcities.org

PARENT TOT CLASSES

WATER ORIENTATION (AGES 3 MONTHS-1 YEAR)

Basic water orientation for parents and young children that will cover safety skills, holding positions, songs, and time to bond with your child in the water.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Water Orientation September 9	APY	3 months-1 year	F	5:15 PM	6:00 PM	FREE	FREE
October 21	APY	3 months-1 year	F	5:15 PM	6:00 PM	FREE	FREE

GOLDFISH (AGES 6 MONTHS-2 YEARS WITH A PARENT)

At least one adult must accompany each child and includes age appropriate water adjustment skills. If your child needs to be held in the water or is unable to stand in the shallow end of the pool at 2'6" this is the class for you.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Goldfish	APY	6 months-2 years	M	9:00 AM	9:30 AM	\$29	\$61
Goldfish	APY	6 months-2 years	M	6:20 PM	6:50 PM	\$29	\$61
Goldfish	APY	6 months-2 years	T	6:20 PM	6:50 PM	\$29	\$61
Goldfish	APY	6 months-2 years	W	9:00 AM	9:30 AM	\$29	\$61
Goldfish	APY	6 months-2 years	W	5:45 PM	6:15 PM	\$29	\$61
Goldfish	APY	6 months-2 years	R	9:30 AM	10:00 AM	\$29	\$61
Goldfish	APY	6 months-2 years	R	6:20 PM	6:50 PM	\$29	\$61
Goldfish	APY	6 months-2 years	S	8:30 AM	9:00 AM	\$29	\$61
Goldfish	FWY	6 months-2 years	M	9:00 AM	9:30 AM	\$29	\$61
Goldfish	FWY	6 months-2 years	M	6:20 PM	6:50 PM	\$29	\$61
Goldfish	FWY	6 months-2 years	T	11:20 AM	11:50 AM	\$29	\$61
Goldfish	FWY	6 months-2 years	T	6:20 PM	6:50 PM	\$29	\$61
Goldfish	FWY	6 months-2 years	W	9:00 AM	9:30 AM	\$29	\$61
Goldfish	FWY	6 months -2 years	R	6:20 PM	6:50 PM	\$29	\$61
Goldfish	FWY	6 months-2 years	S	9:00 AM	9:30 AM	\$29	\$61
Goldfish	HVY	6 months-2 years	R	10:10 AM	10:40 AM	\$29	\$61
Goldfish	HVY	6 months-2 years	R	6:20 PM	6:50 PM	\$29	\$61
Class name	YMCA	Age	Day	Start	End	Y Member	General Public

Fall Session 1: September 6-October 23, 2016
 Fall Session 2: October 24-December 18, 2016

(Monday classes prorated for Labor Day)
 (No Classes November 21-27, 2016)

This is a working document and is subject to change.

Goldfish	HVY	6 months-2 years	S	10:40 AM	11:10 AM	\$29	\$61
Goldfish	NMY	6 months-2 years	T	6:20 PM	6:50 PM	\$29	\$61
Goldfish	NMY	6 months-2 years	W	5:45 PM	6:15 PM	\$29	\$61
Goldfish (combo)	NMY	6 months-2 years	R	10:10 AM	10:40 AM	\$29	\$61

SUNFISH (AGES 2-3 YEARS WITH A PARENT)

At least one adult must accompany each child. Completing the Goldfish class prior to Sunfish is recommended. Child must be able to stand in the shallow end of the pool at 2'6" to participate in this class. Age appropriate water adjustment skills will be taught.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sunfish	APY	2-3 years	M	9:35 AM	10:05 AM	\$29	\$61
Sunfish	APY	2-3 years	M	5:45 PM	6:15 PM	\$29	\$61
Sunfish	APY	2-3 years	T	10:05 AM	10:35 AM	\$29	\$61
Sunfish	APY	2-3 years	T	5:45 PM	6:15 PM	\$29	\$61
Sunfish	APY	2-3 years	W	9:35 AM	10:05 AM	\$29	\$61
Sunfish	APY	2-3 years	W	6:20 PM	6:50 PM	\$29	\$61
Sunfish	APY	2-3 years	R	5:45 PM	6:15 PM	\$29	\$61
Sunfish	APY	2-3 years	S	10:50 AM	11:20 AM	\$29	\$61
Sunfish	FWY	2-3 years	M	5:45 PM	6:15 PM	\$29	\$61
Sunfish	FWY	2-3 years	T	9:00 AM	9:30 AM	\$29	\$61
Sunfish	FWY	2-3 years	W	6:20 PM	6:50 PM	\$29	\$61
Sunfish	FWY	2-3 years	R	5:45 PM	6:15 PM	\$29	\$61
Sunfish	FWY	2-3 years	S	11:20 AM	11:50 AM	\$29	\$61
Sunfish	HVY	2-3 years	T	10:45 AM	11:15 AM	\$29	\$61
Sunfish	HVY	2-3 years	T	6:20 PM	6:50 PM	\$29	\$61
Sunfish	HVY	2-3 years	R	5:45 PM	6:15 PM	\$29	\$61
Sunfish	HVY	2-3 years	S	11:15 AM	11:45 AM	\$29	\$61
Sunfish	NMY	2-3 years	W	6:20 PM	6:50 PM	\$29	\$61
Sunfish (combo)	NMY	2-3 years	R	10:10 AM	10:40 AM	\$29	\$61
Sunfish	NMY	2-3 years	R	6:20 PM	6:50 PM	\$29	\$61
Sunfish	NMY	2-3 years	S	8:30 AM	9:00 AM	\$29	\$61

PRESCHOOL PROGRESSIVE SWIM PROGRAM AGES 3-4 YEARS

SHRIMP (AGES 3-4 YEARS)

Skills focused on in this level: front and back floats with assistance, front float independently, blowing bubbles, putting face in water, submerging head and flutter kicking.

Class Prerequisites: Must be comfortable in the water without a parent and be able to stand in the shallow end of the pool at 2'6". Must have completed Sunfish or recommended by instructor.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Shrimp	APY	3-4 years	M	10:45 AM	11:15 AM	\$29	\$61
Shrimp	APY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Shrimp	APY	3-4 years	M	5:10 PM	5:40 PM	\$29	\$61
Shrimp	APY	3-4 years	T	9:30 AM	10:00 AM	\$29	\$61
Shrimp	APY	3-4 years	T	1:35 PM	2:05 PM	\$29	\$61
Class name	YMCA	Age	Day	Start	End	Y Member	General Public

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(No Classes November 21-27, 2016)

Shrimp	APY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Shrimp	APY	3-4 years	W	11:20 AM	11:50 AM	\$29	\$61
Shrimp	APY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Shrimp	APY	3-4 years	R	10:40 AM	11:10 AM	\$29	\$61
Shrimp	APY	3-4 years	R	5:10 PM	5:40 PM	\$29	\$61
Shrimp	APY	3-4 years	S	9:05 AM	9:35 AM	\$29	\$61
Shrimp	APY	3-4 years	S	9:40 AM	10:10 AM	\$29	\$61
Shrimp	FWY	3-4 years	M	9:35 AM	10:05 AM	\$29	\$61
Shrimp	FWY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Shrimp	FWY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Shrimp	FWY	3-4 years	W	5:10 PM	5:40 PM	\$29	\$61
Shrimp	FWY	3-4 years	R	10:10 AM	10:40 AM	\$29	\$61
Shrimp	FWY	3-4 years	R	4:00 PM	4:30 PM	\$29	\$61
Shrimp	FWY	3-4 years	S	9:35 AM	10:05 AM	\$29	\$61
Shrimp	HVY	3-4 years	M	4:35 PM	5:05 PM	\$29	\$61
Shrimp	HVY	3-4 years	M	5:45 PM	6:15 PM	\$29	\$61
Shrimp	HVY	3-4 years	T	10:10 AM	10:40 AM	\$29	\$61
Shrimp	HVY	3-4 years	T	4:00 PM	4:30 PM	\$29	\$61
Shrimp	HVY	3-4 years	T	5:10 PM	5:40 PM	\$29	\$61
Shrimp	HVY	3-4 years	W	4:00 PM	4:30 PM	\$29	\$61
Shrimp	HVY	3-4 years	W	5:10 PM	5:40 PM	\$29	\$61
Shrimp	HVY	3-4 years	W	9:00 AM	9:30 AM	\$29	\$61
Shrimp	HVY	3-4 years	R	4:35 PM	5:05 PM	\$29	\$61
Shrimp	HVY	3-4 years	R	5:10 PM	5:40 PM	\$29	\$61
Shrimp	HVY	3-4 years	R	9:35 AM	10:05 AM	\$29	\$61
Shrimp	HVY	3-4 years	S	8:55 AM	9:25 AM	\$29	\$61
Shrimp	HVY	3-4 years	S	10:05 AM	10:35 AM	\$29	\$61
Shrimp	NMY	3-4 years	M	5:10 PM	5:40 PM	\$29	\$61
Shrimp	NMY	3-4 years	M	5:45 PM	6:15 PM	\$29	\$61
Shrimp	NMY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Shrimp	NMY	3-4 years	T	5:45 PM	6:15 PM	\$29	\$61
Shrimp	NMY	3-4 years	W	10:10 AM	10:40 AM	\$29	\$61
Shrimp	NMY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Shrimp	NMY	3-4 years	R	10:45 AM	11:15 AM	\$29	\$61
Shrimp	NMY	3-4 years	R	4:35 PM	5:05 PM	\$29	\$61
Shrimp	NMY	3-4 years	R	5:45 PM	6:15 PM	\$29	\$61
Shrimp	NMY	3-4 years	S	10:10 AM	10:40 AM	\$29	\$61
Shrimp	NMY	3-4 years	S	10:45 AM	11:15 AM	\$29	\$61

KIPPER (AGES 3-4 YEARS)

Skills focused on in this level: front & back floats independently, front and back glides with kick, beginner stroke with forward progress, front crawl 4-5 strokes and jumping into shallow water independently.

Class Prerequisites: Must be able to level off and front float independently for 2-3 seconds with face in the water, float comfortably on back with minimal instructor support, submerge head completely and make forward progress while kicking using flotation (front and back).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Kipper	APY	3-4 years	M	11:20 AM	11:50 AM	\$29	\$61
Kipper	APY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Kipper	APY	3-4 years	M	5:10 PM	5:40 PM	\$29	\$61
Kipper	APY	3-4 years	T	10:40 AM	11:10 AM	\$29	\$61
Kipper	APY	3-4 years	T	5:10 PM	5:40 PM	\$29	\$61
Kipper	APY	3-4 years	W	10:45 AM	11:15 AM	\$29	\$61
Kipper	APY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Kipper	APY	3-4 years	R	11:15 AM	11:45 AM	\$29	\$61
Kipper	APY	3-4 years	R	4:00 PM	4:30 PM	\$29	\$61
Kipper	APY	3-4 years	S	10:15 AM	10:45 AM	\$29	\$61
Kipper	FWY	3-4 years	M	10:10 AM	10:40 AM	\$29	\$61
Kipper	FWY	3-4 years	M	4:35 PM	5:05 PM	\$29	\$61
Kipper	FWY	3-4 years	T	4:00 PM	4:30 PM	\$29	\$61
Kipper	FWY	3-4 years	T	5:10 PM	5:40 PM	\$29	\$61
Kipper	FWY	3-4 years	W	10:10 AM	10:40 AM	\$29	\$61
Kipper	FWY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Kipper	FWY	3-4 years	R	5:10 PM	5:40 PM	\$29	\$61
Kipper	FWY	3-4 years	S	10:10 AM	10:40 AM	\$29	\$61
Kipper	HVY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Kipper	HVY	3-4 years	T	9:35 AM	10:05 AM	\$29	\$61
Kipper	HVY	3-4 years	R	9:00 AM	9:30 AM	\$29	\$61
Kipper	NMY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Kipper	NMY	3-4 years	T	5:45 PM	6:15 PM	\$29	\$61
Kipper	NMY	3-4 years	R	9:35 AM	10:05 AM	\$29	\$61
Kipper	NMY	3-4 years	S	9:35 AM	10:05 AM	\$29	\$61

PRESCHOOL PROGRESSIVE SWIM PROGRAM AGES 4-6 YEARS

PERCH (AGES 4-6 YEARS)

Skills focused on in this level: front and back float with assistance, front float independently, blowing bubbles, putting face in water, submerging head and flutter kicking.

Class Prerequisites: Must be comfortable in the water without parent and be able to stand in the shallow end of the pool at 2'6".

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Perch	APY	4-6 years	M	10:45 AM	11:15 AM	\$29	\$61
Perch	APY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61

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Perch	APY	4-6 years	T	9:30 AM	10:00 AM	\$29	\$61
Perch	APY	4-6 years	T	1:35 PM	2:05 PM	\$29	\$61
Perch	APY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Perch	APY	4-6 years	W	11:20 AM	11:50 AM	\$29	\$61
Perch	APY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Perch	APY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Perch	APY	4-6 years	R	10:40 AM	11:10 AM	\$29	\$61
Perch	APY	4-6 years	R	5:10 PM	5:40 PM	\$29	\$61
Perch	APY	4-6 Years	S	9:40 AM	10:10 AM	\$29	\$61
Perch	APY	4-6 Years	S	10:15 AM	10:45 AM	\$29	\$61
Perch	FWY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Perch	FWY	4-6 years	T	10:10 AM	10:40 AM	\$29	\$61
Perch	FWY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Perch	FWY	4-6 years	W	9:35 AM	10:05 AM	\$29	\$61
Perch	FWY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Perch	FWY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Perch	FWY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Perch	FWY	4-6 years	S	10:45 AM	11:15 AM	\$29	\$61
Perch	HVY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Perch	HVY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Perch	HVY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Perch	HVY	4-6 years	T	9:00 AM	9:30 AM	\$29	\$61
Perch	HVY	4-6 years	W	4:35 PM	5:05 PM	\$29	\$61
Perch	HVY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Perch	HVY	4-6 years	W	9:35 AM	10:05 AM	\$29	\$61
Perch	HVY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Perch	HVY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Perch	HVY	4-6 years	S	8:20 AM	8:50 AM	\$29	\$61
Perch	HVY	4-6 years	S	9:30 AM	10:00 AM	\$29	\$61
Perch	NMY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Perch	NMY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Perch	NMY	4-6 years	W	10:10 AM	10:40 AM	\$29	\$61
Perch	NMY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Perch	NMY	4-6 years	R	10:45 AM	11:15 AM	\$29	\$61
Perch	NMY	4-6 years	R	5:10 PM	5:40 PM	\$29	\$61
Perch	NMY	4-6 years	S	9:00 AM	9:30 AM	\$29	\$61
Perch	NMY	4-6 years	S	10:45 AM	11:15 AM	\$29	\$61

PIKE (AGES 4-6 YEARS)

Skills focused on in this level: front & back floats independently, front and back glides with kick, beginner stroke with forward progress, front crawl 4-5 strokes and jumping into shallow water independently.

Class Prerequisites: Must be able to level off and front float independently for 2-3 seconds with face in the water, float comfortably on back with minimal instructor support, submerge head completely and make forward progress while kicking using flotation (front and back).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pike	APY	4-6 years	M	11:20 AM	11:50 AM	\$29	\$61
Pike	APY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Pike	APY	4-6 years	M	5:45 PM	6:15 PM	\$29	\$61
Pike	APY	4-6 years	T	10:40 AM	11:10 AM	\$29	\$61
Pike	APY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Pike	APY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Pike	APY	4-6 years	W	10:45 AM	11:15 AM	\$29	\$61
Pike	APY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Pike	APY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Pike	APY	4-6 years	R	11:15 AM	11:45 AM	\$29	\$61
Pike	APY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Pike	APY	4-6 years	S	9:05 AM	9:35 AM	\$29	\$61
Pike	APY	4-6 years	S	10:50 AM	11:20 AM	\$29	\$61
Pike	FWY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Pike	FWY	4-6 years	T	10:45 AM	11:15 AM	\$29	\$61
Pike	FWY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Pike	FWY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Pike	FWY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Pike	FWY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Pike	FWY	4-6 years	R	9:35 AM	10:05 AM	\$29	\$61
Pike	FWY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Pike	FWY	4-6 years	S	9:35 AM	10:05 AM	\$29	\$61
Pike	HVY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Pike	HVY	4-6 years	M	5:45 PM	6:15 PM	\$29	\$61
Pike	HVY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Pike	HVY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Pike	HVY	4-6 years	T	9:35 AM	10:05 AM	\$29	\$61
Pike	HVY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Pike	HVY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Pike	HVY	4-6 years	W	10:10 AM	10:40 AM	\$29	\$61
Pike	HVY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Pike	HVY	4-6 years	R	9:00 AM	9:30 AM	\$29	\$61
Pike	HVY	4-6 Years	R	5:10 PM	5:40 PM	\$29	\$61
Pike	HVY	4-6 years	S	8:55 AM	9:25 AM	\$29	\$61
Pike	HVY	4-6 years	S	10:05 AM	10:35 AM	\$29	\$61
Pike	NMY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Pike	NMY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pike	NMY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Pike	NMY	4-6 years	T	5:10 PM	5:40 PM	\$29	\$61
Pike	NMY	4-6 years	R	9:35 AM	10:05 AM	\$29	\$61
Pike	NMY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Pike	NMY	4-6 years	S	9:00 AM	9:30 AM	\$29	\$61
Pike	NMY	4-6 years	S	9:35 AM	10:05 AM	\$29	\$61

EEL (AGES 4-6 YEARS)

Skills focused on in this level: kicking with flotation front and back, front and back glide with kick, rotary breathing with flotation and kick, front crawl 20 feet, finning on back with kick, back crawl 10 feet, treading water and jumping into deep water.

Class Prerequisites: Must be able to level of and front float independently for 5 seconds with face in the water, back float independently for 5 seconds, front glide and back glide with kick independently for 10 feet without stopping, perform 4-5 strokes of coordinated front crawl with face in water.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Eel	APY	4-6 years	M	10:10 AM	10:40 AM	\$29	\$61
Eel	APY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Eel	APY	4-6 years	T	1:00 PM	1:30 PM	\$29	\$61
Eel	APY	4-6 years	T	5:10 PM	5:40 PM	\$29	\$61
Eel	APY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Eel	APY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Eel	APY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61
Eel	APY	4-6 years	S	11:25 AM	11:55 AM	\$29	\$61
Eel	FWY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Eel	FWY	4-6 years	M	5:45 PM	6:15 PM	\$29	\$61
Eel	FWY	4-6 years	T	9:35 AM	10:05 AM	\$29	\$61
Eel	FWY	4-6 years	T	5:10 PM	5:40 PM	\$29	\$61
Eel	FWY	4-6 years	W	10:45 AM	11:15 AM	\$29	\$61
Eel	FWY	4-6 years	W	4:35 PM	5:05 PM	\$29	\$61
Eel	FWY	4-6 years	R	9:00 AM	9:30 AM	\$29	\$61
Eel	FWY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Eel	FWY	4-6 years	S	10:10 AM	10:40 AM	\$29	\$61
Eel	HVY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Eel	HVY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Eel	HVY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Eel	HVY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61
Eel	HVY	4-6 years	S	11:20 AM	11:50 AM	\$29	\$61
Eel	NMY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Eel	NMY	4-6 years	T	5:10 PM	5:40 PM	\$29	\$61
Eel	NMY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61
Eel	NMY	4-6 years	S	10:10 AM	10:40 AM	\$29	\$61

RAY (AGES 4-6 YEARS)

Skills focused on in this level: rotary breathing with flotation and kick 25 yards, front crawl 10 yards, finning on back with kick 10 yards, back crawl 10 yards, treading water 15 seconds, jumping into deep water independently.

Class Prerequisites: Must be able to demonstrate coordinated front crawl with face in the water for 20 feet without stopping and coordinated back crawl for 10 feet without stopping, rotary breathing with flotation for 25 yards (1 length of the pool).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ray	APY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Ray	APY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Ray	APY	4-6 years	W	10:10 AM	10:40 AM	\$29	\$61
Ray	APY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Ray	APY	4-6 years	S	8:30 AM	9:00 AM	\$29	\$61
Ray	FWY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Ray	FWY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Ray	FWY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Ray	FWY	4-6 years	R	5:10 PM	5:40 PM	\$29	\$61
Ray	FWY	4-6 years	S	10:45 AM	11:15 PM	\$29	\$61
Ray	HVY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Ray	HVY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Ray	HVY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Ray	HVY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61
Ray	HVY	4-6 years	S	11:20 AM	11:50 AM	\$29	\$61
Ray	NMY	4-6 years	M	5:45 PM	6:15 PM	\$29	\$61
Ray	NMY	4-6 years	R	5:10 PM	5:40 PM	\$29	\$61

STARFISH (AGES 4-6 YEARS)

Skills focused on in this level: front crawl 25 yards with good form, back crawl 25 yards with good form, finning on back with kick 25 yards, introduction to elementary backstroke, endurance swimming, treading water 30-60 seconds, introduction to diving (APY/NMY only).

Class prerequisites: Must be able to demonstrate coordinated front crawl with rotary breathing for 10 yards without stopping and coordinated back crawl for 10 yards without stopping, treading water for 15 seconds.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Starfish	APY	4-6 years	W	4:45 PM	5:15 PM	\$29	\$61
Starfish	FWY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61

YOUTH PROGRESSIVE SWIM PROGRAM AGES 6-12 YEARS (1ST GRADE AND OLDER)

PRE-POLLIWOG

Skills focused on in this level: front and back float independently 5 seconds each, kick with flotation front & back 5 yards, front and back glide with kick, submerge head, front crawl 5 yards, finning on back with kick 5 yards, introduction to treading water, jumping into water independently.

Class prerequisites: Must be comfortable in the water without parent. Must be in first grade or older or recommended by instructor.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Polliwog	APY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Pre-Polliwog	APY	6-12 years	M	6:15 PM	6:55 PM	\$29	\$61
Pre-Polliwog	APY	6-12 years	T	4:45 PM	5:25 PM	\$29	\$61
Pre-Polliwog	APY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Pre-Polliwog	APY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Pre-Polliwog	APY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Pre-Polliwog	APY	6-12 years	S	9:00 AM	9:40 AM	\$29	\$61
Pre-Polliwog	APY	6-12 years	S	10:30 AM	11:10 AM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	M	5:30PM	6:10PM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	T	5:30PM	6:10PM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	W	4:00PM	4:40PM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	W	6:15PM	6:55PM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	R	4:45PM	5:25PM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	R	6:15PM	6:55PM	\$29	\$61
Pre-Polliwog	FWY	6-12 years	S	8:45AM	9:25AM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	T	5:20 PM	6:00 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	T	6:05 PM	6:45 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	R	6:20 PM	7:00 PM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	S	8:20 AM	9:00 AM	\$29	\$61
Pre-Polliwog	HVY	6-12 years	S	10:40 AM	11:20 AM	\$29	\$61
Pre-Polliwog	NMY	6-12 years	T	4:00 PM	4:40 PM	\$29	\$61
Pre-Polliwog	NMY	6-12 years	T	6:15 PM	6:55 PM	\$29	\$61
Pre-Polliwog	NMY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Pre-Polliwog	NMY	6-12 years	R	6:15 PM	6:55 PM	\$29	\$61
Pre-Polliwog	NMY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61

POLLIWOG 1

Skills focused on in this level: front and back glide with kick 10 yards each, rotary breathing with flotation and kick 25 yards, front crawl 10 yards, finning on back with kick 10 yards, back crawl 10 yards, treading water 15 seconds, jumping into deep water independently.

Class Prerequisites: Must able to level off and front float independently for 5 seconds with face in the water, back float independently for 5 seconds, submerge head completely, front glide, back glide with kick for two body lengths without stopping, demonstrate coordinated front crawl with face in the water for 5 yards.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Polliwog 1	APY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 1	APY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Polliwog 1	APY	6-12 years	T	4:00 PM	4:40 PM	\$29	\$61
Polliwog 1	APY	6-12 years	T	5:30 PM	6:10 PM	\$29	\$61
Polliwog 1	APY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Polliwog 1	APY	6-12 years	W	6:15 PM	6:55 PM	\$29	\$61
Polliwog 1	APY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Polliwog 1	APY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Polliwog 1	APY	6-12 years	S	10:30 AM	11:10 AM	\$29	\$61
Polliwog 1	FWY	6-12 years	M	4:45PM	5:25PM	\$29	\$61
Polliwog 1	FWY	6-12 years	M	6:15PM	6:55PM	\$29	\$61
Polliwog 1	FWY	6-12 years	T	4:00PM	4:40PM	\$29	\$61
Polliwog 1	FWY	6-12 years	T	6:15PM	6:55PM	\$29	\$61
Polliwog 1	FWY	6-12 years	W	4:45PM	5:25PM	\$29	\$61
Polliwog 1	FWY	6-12 years	W	5:30PM	6:10PM	\$29	\$61
Polliwog 1	FWY	6-12 years	R	4:00PM	4:40PM	\$29	\$61
Polliwog 1	FWY	6-12 years	R	5:30PM	6:10PM	\$29	\$61
Polliwog 1	FWY	6-12 years	S	8:45 AM	9:25 AM	\$29	\$61
Polliwog 1	HVY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	T	4:35 PM	5:15 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	T	6:05 PM	6:45 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	R	5:30 PM	6:10 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	R	6:15 PM	6:55 PM	\$29	\$61
Polliwog 1	HVY	6-12 years	S	8:20 AM	9:00 AM	\$29	\$61
Polliwog 1	HVY	6-12 years	S	9:50 AM	10:30 AM	\$29	\$61
Polliwog 1	NMY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 1	NMY	6-12 years	T	5:30 PM	6:10 PM	\$29	\$61
Polliwog 1	NMY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Polliwog 1	NMY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Polliwog 1	NMY	6-12 years	S	9:00 AM	9:40 AM	\$29	\$61
Polliwog 1	NMY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61

POLLIWOG 2

Skills focused on in this level: front crawl with breathing 25 yards, finning on back with kick 25 yards, back crawl with good form 25 yards, endurance swimming, treading water 30 seconds, introduction to diving (APY/NMY only).

Class Prerequisites: Must be able to demonstrate coordinated front crawl for 10 yards without stopping, back crawl for 10 yards without stopping, rotary breathing with floatation for 25 yards (1 length of the pool), treading water for 15 seconds. Must be comfortable jumping into water over their head.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Polliwog 2	APY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	APY	6-12 years	M	6:15 PM	6:55 PM	\$29	\$61
Polliwog 2	APY	6-12 years	T	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	APY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	APY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	APY	6-12 years	R	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	APY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61
Polliwog 2	FWY	6-12 years	M	4:00PM	4:40PM	\$29	\$61
Polliwog 2	FWY	6-12 years	M	6:15PM	6:55PM	\$29	\$61
Polliwog 2	FWY	6-12 years	T	4:45PM	5:25PM	\$29	\$61
Polliwog 2	FWY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	FWY	6-12 years	W	5:30PM	6:10PM	\$29	\$61
Polliwog 2	FWY	6-12 years	R	4:45PM	5:25PM	\$29	\$61
Polliwog 2	FWY	6-12 years	S	10:15 AM	10:55 AM	\$29	\$61
Polliwog 2	HVY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	T	4:35 PM	5:15 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	T	5:20 PM	6:00 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	R	6:15 PM	6:55 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	S	9:05 AM	9:45 AM	\$29	\$61
Polliwog 2	HVY	6-12 years	S	10:35 AM	11:15 AM	\$29	\$61
Polliwog 2	NMY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	T	4:45 PM	5:25 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	R	6:15 PM	6:55 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	S	10:30 AM	11:10 AM	\$29	\$61
Polliwog 2	NMY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61

GUPPY

Skills focused on in this level: front and back crawl 50 yards each in good form, introduction to elementary backstroke kick, endurance swim 75 yards, treading water 1 minute, kneeling dive (APY/NMY only).

Class Prerequisites: Must be comfortable to demonstrate coordinated front crawl with rotary breathing for 25 yards (1 length of pool) without stopping, coordinated back crawl for 25 yards (1 length of pool) without stopping, treading water for 30 seconds.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Guppy	APY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Guppy	APY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Guppy	APY	6-12 years	T	5:30 PM	6:10 PM	\$29	\$61
Guppy	APY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Guppy	APY	6-12 years	W	6:15 PM	6:55 PM	\$29	\$61
Guppy	APY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Guppy	APY	6-12 years	S	9:00 AM	9:40 AM	\$29	\$61
Guppy	FWY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Guppy	FWY	6-12 years	T	4:00PM	4:40PM	\$29	\$61
Guppy	FWY	6-12 years	W	4:45PM	5:25PM	\$29	\$61
Guppy	FWY	6-12 years	W	6:15PM	6:55PM	\$29	\$61
Guppy	FWY	6-12 years	R	5:30 PM	6:10 PM	\$29	\$61
Guppy	FWY	6-12 years	S	9:30 AM	10:10 AM	\$29	\$61
Guppy	HVY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Guppy	HVY	6-12 years	T	4:35 PM	5:15 PM	\$29	\$61
Guppy	HVY	6-12 years	T	6:05 PM	6:45 PM	\$29	\$61
Guppy	HVY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Guppy	HVY	6-12 years	R	5:30 PM	6:10 PM	\$29	\$61
Guppy	HVY	6-12 years	S	10:35 AM	11:15 AM	\$29	\$61
Guppy	NMY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Guppy	NMY	6-12 years	T	4:45 PM	5:25 PM	\$29	\$61
Guppy	NMY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Guppy	NMY	6-12 years	R	5:30 PM	6:10 PM	\$29	\$61
Guppy	NMY	6-12 years	S	9:00 AM	9:40 AM	\$29	\$61

MINNOW

Skills focused on in this level: front and back crawl 100 yards each with good form, elementary backstroke 25 yards, introduction to breaststroke kick, endurance swim 150 yards, treading water 3 minutes, standing dive (APY/NMY only).

Class prerequisites: Must be able to demonstrate coordinated front crawl with rotary breathing for 50 yards (1 full lap) without stopping, coordinated back crawl for 50 yards (1 full lap) without stopping, treading water for 1 minute. Must have been introduced to and worked on elementary backstroke.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Minnow	APY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Minnow	APY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Minnow	APY	6-12 years	R	5:30 PM	6:10 PM	\$29	\$61
Minnow	APY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61

Fall Session 1: September 6-October 23, 2016
Fall Session 2: October 24-December 18, 2016

(Monday classes prorated for Labor Day)
(No Classes November 21-27, 2016)

This is a working document and is subject to change.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Minnow	FWY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Minnow	FWY	6-12 years	T	5:30 PM	6:10 PM	\$29	\$61
Minnow	FWY	6-12 years	W	4:00 PM	4:40PM	\$29	\$61
Minnow	FWY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Minnow	FWY	6-12 years	S	9:30 AM	10:10 AM	\$29	\$61
Minnow	HVY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Minnow	HVY	6-12 years	T	6:05 PM	6:45 PM	\$29	\$61
Minnow	HVY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Minnow	HVY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Minnow	HVY	6-12 years	S	9:05 AM	9:45 AM	\$29	\$61
Minnow	NMY	6-12 years	T	5:30 PM	6:10 PM	\$29	\$61
Minnow	NMY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Minnow	NMY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61

FISH

Skills focused on in this level: front and back crawl 150 yards each with good form, breaststroke 25 yards, introduction to scissors kick, endurance swim 250 yards, open turns, treading water 3 minutes (1 minute each arms only, legs only, both), underwater swimming, diving (APY/NMY only).

Class prerequisites: Must be able to demonstrate coordinated front crawl with rotary breathing for 100 yards (2 full laps) without stopping, coordinated back crawl for 100 yards (2 full laps) without stopping, coordinated elementary backstroke for 25 yards (1 length of the pool), treading water for 3 minutes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fish	APY	6-12 years	T	4:45 PM	5:25 PM	\$29	\$61
Fish	APY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Fish	APY	6-12 years	R	4:00 PM	4:45 PM	\$29	\$61
Fish	APY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61
Fish	FWY	6-12 years	T	6:15 PM	6:55 PM	\$29	\$61
Fish	FWY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Fish	FWY	6-12 years	W	6:15PM	6:55PM	\$29	\$61
Fish	FWY	6-12 years	S	10:15 AM	10:55 AM	\$29	\$61
Fish	HVY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Fish	HVY	6-12 years	T	5:20 PM	6:00 PM	\$29	\$61
Fish	HVY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Fish	HVY	6-12 years	S	9:05 AM	9:45 AM	\$29	\$61
Fish	NMY	6-12 years	T	6:15 PM	6:55 PM	\$29	\$61
Fish	NMY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Fish	NMY	6-12 years	S	10:30 AM	11:10 AM	\$29	\$61

FLYING FISH

Skills focused on in this level: endurance swim 300 yards front crawl, individual medley 100 yards, sidestroke 25 yards, butterfly 25 yards coordinated, treading water 6-minutes (2 minutes each arms only, legs only, both), underwater swimming 3-4 body lengths.

Class prerequisites: Must be able to demonstrate coordinated front crawl with rotary breathing for 150 yards (3 full laps) without stopping, coordinated back crawl for 150 (3 full laps) without stopping, coordinated breaststroke for 25 yards (1 length of the pool).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Flying Fish	APY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Flying Fish	APY	6-12 years	W	6:15 PM	6:55 PM	\$29	\$61
Flying Fish	APY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Flying Fish	APY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61
Flying Fish	FWY	6-12 years	M	5:30PM	6:10PM	\$29	\$61
Flying Fish	FWY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Flying Fish	FWY	6-12 years	S	11:00 AM	11:40 AM	\$29	\$61
Flying Fish	HVY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Flying Fish	HVY	6-12 years	T	5:20 PM	6:00 PM	\$29	\$61
Flying Fish	HVY	6-12 years	S	9:50 AM	10:30 AM	\$29	\$61
Flying Fish (combo)	NMY	6-12 years	M	6:15 PM	6:55 PM	\$29	\$61
Flying Fish (combo)	NMY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61

SHARK

Skills focused on in this level: endurance swim 15 minutes front crawl, flip turns, individual medley 200 yards, butterfly 50 yards with good form, 10 lb. object retrieval from deep water, basic lifesaving skills.

Class prerequisites: Must be able to demonstrate coordinated front crawl with rotary breathing for 300 yards (6 full laps) using open turns, coordinated butterfly for 25 yards, coordinated sidestroke for 25 yards, treading water for 6 minutes. Must be able to complete individual medley 100 yards (25 yards of each stroke in order: butterfly, back crawl, breaststroke, and front crawl).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Shark	APY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Shark	APY	6-12 years	W	6:15 PM	6:55 PM	\$29	\$61
Shark	APY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Shark	APY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61
Shark	FWY	6-12 years	M	5:30PM	6:10PM	\$29	\$61
Shark	FWY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Shark	FWY	6-12 years	S	11:00 AM	11:40 AM	\$29	\$61
Shark	HVY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Shark	HVY	6-12 years	S	9:50 AM	10:30 AM	\$29	\$61
Shark (combo)	NMY	6-12 years	M	6:15 PM	6:55 PM	\$29	\$61
Shark (combo)	NMY	6-12 years	S	11:15 AM	11:55 PM	\$29	\$61

PRIVATE SWIM LESSONS (APY, FWY, HVY, NMY)

We offer private swim lessons for youth and adults, and all skill levels. Please contact your local YMCA Aquatics Department for more information and availability.

Fees YMCA Members: \$119 General Public: \$175

SPECIAL NEEDS INDIVIDUAL SWIM LESSONS (APY and FWY)

We offer special needs individual swim lessons for children with physical, developmental or learning disabilities. Please contact the Appleton YMCA Aquatics Department for more information and availability.

Fees YMCA Members: \$50 General Public: \$75

ADAPTIVE OPEN SWIM (HVY)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adapted Open Swim	HVY	11-14 years	M	NOON	1:00 PM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	T	1:00 PM	2:30 PM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	R	1:00 PM	2:30 PM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	F	10:00 AM	11:00 AM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	F	1:00 PM	2:30 PM	FREE	\$3

Y MILER CLUB (APY, FWY, HVY, NMY)

Y members keep track of the miles you swim in our pools. You will be rewarded for reaching mile stones in your swimming quest. To join inquire with the lifeguard or the Aquatic Office in any of our YMCAs.

SPECIALTY AQUATICS

SWIM TEAM 101 (AGES 6 – 14 YEARS) (APY and FWY)

For participants who have progressed through the Guppy Level in swim lessons. This course will prepare you for joining the swim team. You will learn the four competitive swimming strokes, turns, drills, and how to read a pace clock.

OLDER YOUTH LESSONS (AGES 12-14 YEARS) (APY, FWY, HVY)

This is a class for children who are older and are not comfortable being in a progressive level with children much younger than them.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Swim Team 101- Buchanan Pool	APY	6-14 years	T	6:15 PM	6:55 PM	\$29	\$61
Swim Team 101 – Buchanan Pool	APY	6-14 years	R	6:15 PM	6:55 PM	\$29	\$61
Swim Team 101	FWY	6-14 years	R	6:15 PM	6:55 PM	\$29	\$61
Older Youth	APY	12-14 years	R	5:30 PM	6:10 PM	\$29	\$61
Older Youth	FWY	12-14 years	T	4:45 PM	5:25PM	\$29	\$61
Older Youth	FWY	12-14 years	S	11:00 AM	11:40 AM	\$29	\$61
Older Youth - Beginner	HVY	12-14 years	W	4:00 PM	4:40 PM	\$29	\$61

HOME SCHOOL SWIM LESSONS (AGES 6 YEARS AND OLDER) (FWY, NMY)

Swim lessons offered specifically for home school students.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Home School Swim Lessons – Beginner	FWY	6-12 years	M	10:40 AM	11:15 AM	\$29	\$61

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(Monday classes prorated for Labor Day)
(No Classes November 21-27, 2016)

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Home School Swim Lessons – Advanced	FWY	6-12 years	M	11:20 AM	NOON	\$29	\$61
Flex Academy Swim K-3 rd grades	FWY	5-9 years	R	10:45 AM	11:15AM	\$29	\$61
Flex Academy Swim 4 th -8 th grades	FWY	9-14 years	R	11:15 AM	11:45 AM	\$29	\$61

ADULT SWIM LESSONS (AGES 14 AND OLDER) (APY, FWY, HVY, NMY)

The instructor will meet the needs of each individual person attending the class. This class will help the very beginner swimmer to the more advanced swimmer trying to refine their strokes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Swim Lessons	APY	14 years and older	M	6:15 PM	7:00 PM	\$35	\$65
Adult Swim Lessons	APY	14 years and older	T	11:15 AM	11:55 AM	\$35	\$65
Adult Swim Lessons	FWY	14 years and older	M	6:15 PM	6:55 PM	\$35	\$65
Adult Swim Lessons	FWY	14 years and older	W	11:15 AM	11:55 AM	\$35	\$65
Adult Swim Lessons	HVY	14 years and older	R	5:30 AM	6:00 AM	\$27	\$49
Adult Swim Lessons - Beginner	NMY	14 years and older	M	6:15 PM	6:55 PM	\$35	\$65

SKILLS AND DRILLS FREESTYLE CLINIC (AGES 18 AND OLDER) (HVY)

Sunday, November 6- 7:00-10:00 AM

Great swimming is more than getting from here to there. Whether you're a beginner or advance swimmer this will benefit you. We will go over stroke theory and then practice the ideas in the pool. Please come prepared for a great workout. Coach Beutler is a dedicated triathlete who has competed in Ironman races, the Long Course World Championships for Team USA and has been a swim coach for many years. All proceeds go to the Annual Campaign. Sorry no refunds.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Skills & Drills Freestyle Clinic	HVY	18 years and older	N	7:00 AM	10:00 AM	\$40	\$ 60

SCOUT SKILL BUILDING

Boy Scouts BSA Swim Test and Aquanaut Badge - Fee: \$5/scout. Please contact your local Y Aquatics Department for more information or to schedule your time.

Boy Scout Merit Badge - Fee: \$8/scout per time (usually takes 1-2 visits) available at the Appleton YMCA. Please contact the Appleton YMCA at 954.7640 for more information or to schedule your visit.

LIFEGUARD TRAINING (AGES 15 AND OLDER) (APY, HVY, NMY, FWY)

Certification includes Lifeguarding, CPR/AED for the Professional Rescuer and First Aid

Course Prerequisites:

Must be 15 years of age on or before the final scheduled session day of this course.

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing using the

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front crawl or breast stroke or a combination of those two strokes.

- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute 40-seconds (without using goggles).
Starting in the water swim 20 yards.

Surface dive, feet first or head first to a depth of 7-10 feet to retrieve a 10 pound object.

Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object. Exit the water without using a ladder or steps. All materials are included in the price of class.

Fee: YMCA Member - \$120 General Public - \$175

Appleton YMCA

Fall Session 2 - Prescreening will be held the first day of class. Classes will be held on Fall: Sat and Sun November 12 and 13 and November 19 and 20 from 9:00 AM-5:00 PM

Fox West YMCA

Fall Session 1– Prescreening will be held the first day of class. Classes will be held on Sundays 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/25 from 9:00am-12:00pm.

Fall Session 2- Prescreening will be held the first day of class. Classes will be held on Sundays 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18 from 5:30pm – 8:30pm.

Heart of the Valley YMCA

Fall Session 1 - Prescreening will be held the first day of class.

Classes will be held Saturday & Sundays October 15,16,22,23 9:00 AM-5:00 PM.

WSI-WATER SAFETY INSTRUCTOR COURSE (AGE 16 YEARS AND UP)

This course will certify individuals to teach swim lessons. Must be 16 years if age on or before the end date of the class. The fee does include the registration fee for the Red Cross Web site for instructors.

Fox West YMCA

Fall Session 1 – Classes will be held on Thursday evenings in Fall Session 1 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training	APY	15 years and older	Sat Sun	9:00 AM 9:00 AM	5:00 PM 5:00 PM	\$120	\$175
Lifeguard Training – Fall Session 1	FWY	15 years and older	N	9:00 AM	12:30 PM	\$120	\$175
Lifeguard Training – Fall Session 2	FWY	15 years and older	N	5:30 PM	8:30 PM	\$120	\$175
Lifeguard Training Fall Session 1	HVY	15 years and older	S/N	9:00 AM	5:00 PM	\$120	\$175
WSI-Water Safety Instructor Fall 1	FWY	16 years and older	R	6:00 PM	9:00 PM	\$155	\$210

24th ANNUAL GREAT PUMPKIN SPLASH (GRADES K-6) (APY)

Games, races, ghosts, pumpkins, spooky music, prizes and FUN! Join us in the Buchanan pool from 1:00 PM-2:15 PM and in the McGuire gym for the inflatable obstacle course and other fun activities from 2:30 PM-3:30 PM. Children may be dropped off, but there is not a supervised check in-check out procedure. Any child that requires a lifejacket must be accompanied by an adult in the water.

*Must register at the Member Service Desk or online at www.ymcafoxcities.org prior to the event, sorry no refunds.

Friday 1:00-2:15 PM Pool & 2:30-3:30 PM Gym October 28

Fee: Y Member - \$2 General Public - \$5

PUMPKIN SPLASH (FWY)

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We welcome you to join us for an afternoon of fun including open swim, a craft, hot apple cider, and caramel apples. Ages 7 and under need to have an adult with them in the pool.

Friday 1:00-2:30 PM October 28

Fee: Y Member- \$2

General Public- \$5

Holiday Hullabaloo (GRADES K-6) (APY)

Come have some Winter Fun in the pool and gym. Games, races, prizes, and Holiday Fun! The fun begins in the Buchanan Pool from 1:00-2:15 PM and continues in the McGuire gym from 2:30 PM-3:30 PM. Children may be dropped off, but there is not a supervised check in and out procedure. Any child that requires a lifejacket must be accompanied by an adult in the water.

*Must register at the Front Desk or online prior to the event, sorry no refunds.

Friday 1:00 – 2:15 PM December 23

Fee: Y Member - \$2 General Public - \$5

SWIM TEAM

UPDATED ON: OCTOBER 17, 2016

STAFF CONTACTS

APY – Angela Monty Head Swim Coach P 954.7627 E amonty@ymcafoxcities.org

APY – Christi Latta Head Developmental Swim Coach P 954.7615 E clatta@ymcafoxcities.org

APY – Melinda Einan Registrar P 954.7627 E meinan@ymcafoxcities.org

The YMCA of the Fox Cities offers a year round competitive swimming program for all ages and abilities ranging from new swimmers to national level athletes. Practice opportunities are offered five days per week for the novice, age group swimmers and National athletes.

*For team information, practices times and locations, please check our website at www.fcyst.org.

FCYST BLUE CRUSH TRAINING CAMP

The Blue Crush is an intensive week long training camp designed for Senior Blue, Senior Teal and Junior Blue Swimmers seeking an intense boost to the start of the swim season. Blue Crush will concentrate on Biomechanics, Drills, Core Strength, and Flexibility. The emphasis is for the continued development of strong and supple shoulder and core muscles to advance the four technical strokes and to prevent injuries for our athletes.

We will highlight the importance of strengthening and stretching at the same time that athletes extend their endurance. Blue crush will use accountability, nutrition, endurance and sprint training, speed & agility work, weight training, jump roping, plyo-metrics and much more to create a powerhouse of a workout.

This program may be held in the Buchanan Pool, outside, in the gym, multi-purpose room or aerobics studio in the Appleton YMCA. Each day will have a different focus so... come ready for anything! Swimmers should have their swim gear, equipment bags and workout appropriate clothing, socks and shoes.

Group will meet by the Lower Lobby and start with Dry land. Waiver must be completed before the start of camp and can be found on the www.fcyst.org under the registration tab.

Dates: September 12-15th

Time: 5:00-7:15 PM

Fee: \$75

FCYST Powder Blue Crush Stroke Camp

The Powder Blue Crush is a weeklong stroke camp designed for Developmental Blue, Developmental Teal, Junior Teal and Senior Developmental athletes. Powder Blue Crush will be focusing on stroke mechanics,

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racing starts and turns and racing techniques. This program will be held in the Buchanan Pool and in the gym.

Swimmers should have their swim gear and workout appropriate clothing, socks and shoes. We meet by the Lower Lobby and start with Dry land. Waiver must be completed before the start of camp and can be found on the www.fcyst.org under the registration tab.

Dates: September 12-15th

Time: 5:00-6:30 PM

Fee: \$60

Fall/Winter Season Practices will start on September, 2016

2-WEEK TRIAL

Thank you for your interest in joining our Team! Swimmers may try the team for two weeks without obligation. We are unable to take 2 week trials and new athletes in February, March, July, and August due to training schedules. **2-WEEK TRIAL REQUIREMENTS:** Each athlete must be able to safely perform a 25 freestyle and a 25 backstroke without stopping to continue with the trial. It will be the deck coaches' discretion as to whether or not each athlete is able to safely continue the practice. The ability to do a standing dive is highly encouraged, but not required. For safety reasons, our age **minimum is 5 years old**. We recommend that children work through the swimming lessons at the Y, complete the Guppy level then take the course Swim Team 101 prior to the 2 week trial. Please contact the swim team office at 920.954.7627 with any questions or visit our website at www.fcyst.org.

DEVELOPMENTAL TEAL

This group practices for 60-minutes and teaches the basics of becoming a good teammate and a strong athlete. Within Developmental Teal, each athlete will learn swim team terminology, swimming technique, have fun and form the relationships that will last a lifetime. Swim meet participation is encouraged but not required. The group focus in on learning the four competitive strokes, understanding the basics of using a pace clock and working on turns and starts. Practice is offered 4 times per week. A minimum of 2 times per week attendance is recommended. **This group is for 13 years old and under** and is the beginning level for the Fox Cities YMCA Swim Team.

DEVELOPMENTAL BLUE (AGES 13 YEARS AND UNDER)

This level will continue to focus on developing the 4 competitive strokes as well as endurance. Swim meet participation is highly encouraged. Practices for Developmental Blue are 60-minutes and are offered 5 times per week. A minimum of 2-3 times per week attendance is recommended. **This group is for 13 years old and under, but a minimum of 7 years old.**

To progress into Developmental Blue, the athlete must have times from swimming in a meet showing that they are legal in 3 of the 4 competitive strokes.

JUNIOR TEAL (AGES 9 YEARS AND OLDER)

This group still remains predominately technique driven. Swimmers at this level are introduced to the ideas of training and taking care of their bodies. The focus will be on perfection of all 4 strokes, dives and flip turns combined with endurance training. Each swimmer is expected to attend at least 3-4 times per week and swim meet participation is strongly recommended. Practices for Junior Teal are 90-minutes long and are offered 5 times per week. Athletes must be a minimum of 9 years old, have legal times in the system for all 4 strokes and the ability to swim a 200 meter freestyle without stopping to progress into Junior Teal.

JUNIOR BLUE

This group has a strong focus on race strategy, training, proper nutrition for their bodies to ensure peak performance and technique work. Practices are written based on consistent attendance and continued meet performance will be based on practice attendance. 3 times per week is required, however Junior Blue athletes are asked to participate at least 4 times per week. Practices are 120-minutes long and dry land is

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introduced in Junior Blue. Practices are offered 5 times per week. Swim meet participation is expected.
Athlete 10-13 years old unless head coach approved for training purposes.

SENIOR TEAL

This group focuses mainly on training and race strategy combined with technique work. Swim meet participation is strongly recommended. Practices for Senior Teal are 120-minutes long and are offered 5 times per week. Senior Teal is for all **athletes 13 years and older** that are looking to stay in shape, work on stroke correction and endurance in a more relaxed environment.

SENIOR BLUE

This senior group of the Fox Cities YMCA Swim Team consists of **athletes 14 years and older**. Swimmers in this group have shown the commitment to train at the highest level. Two a day practices and dry land workouts are offered. Practices are written based on consistent attendance and continued meet performance will be based on practice attendance. Athletes are required to participate in a minimum of 4 practices per week to remain in this group. Swim meet participation is expected.