



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: MARCH 16, 2018

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
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- HVY - Erin Brennan Aquatic & Youth Director P 830.5714 E ebrennan@ymcafoxcities.org
- HVY – Bonny Leith Aquatic Coordinator P 830.5707 E bleith@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

Goodbye Fish!

New Swim Lesson Program coming June 2018! We’re updating our swim lesson program to focus even more on keeping kids safe in and around the water. Our new swim lesson stages emphasize the true progression of swimming with a sense of achievement throughout the stages. New swimmers or swimmers who have not attended lessons recently should have a swim check. At these swim checks we will find the best stage for your child.

Swim check dates:

Month	Day	Date	Time	YMCA
April	SAT	4/21	12-2pm	FWY
April	SAT	4/21	11:15-12pm	HVY
April	F	4/27	4-6pm	NMY
April	SAT	4/28	12-2pm	APY
May	SUN	5/6	12-2pm	APY
May	F	5/18	4-6pm	FWY
May	F	5/18	4:30-6pm	HVY
May	SAT	5/19	12-2pm	NMY
June	M	6/4	4-6pm	FWY
June	T	6/5	4-6pm	NMY
June	W	6/6	5-7pm	APY
June	TH	6/7	4-6pm	HVY

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, time to bond with your child in the water.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Water Orientation April 6	APY	3 months-1 year	F	5:00 PM	5:30 PM	FREE	FREE
Water Orientation April 20	NMY	3 months-1 year	F	5:00 PM	5:30 PM	FREE	FREE

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

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	6:20 PM	6:50 PM	\$30	\$63
Goldfish	APY	6 months-2 years	T	9:30 AM	10:00 AM	\$30	\$63
Goldfish	APY	6 months-2 years	T	6:20 PM	6:50 PM	\$30	\$63
Goldfish	APY	6 months-2 years	W	10:05 AM	10:35 AM	\$30	\$63
Goldfish	APY	6 months-2 years	W	5:45 PM	6:15 PM	\$30	\$63
Goldfish	APY	6 months-2 years	TH	9:30 AM	10:00 AM	\$30	\$63
Goldfish	APY	6 months-2 years	TH	6:20 PM	6:50 PM	\$30	\$63
Goldfish	APY	6 months-2 years	SAT	8:30 AM	9:00 AM	\$30	\$63
Goldfish	FWY	6 months-2 years	M	6:20 PM	6:50 PM	\$30	\$63
Goldfish	FWY	6 months-2 years	T	9:00 AM	9:30 AM	\$30	\$63
Goldfish	FWY	6 months-2 years	T	6:20 PM	6:50 PM	\$30	\$63
Goldfish	FWY	6 months-2 years	W	10:45 AM	11:15 AM	\$30	\$63
Goldfish	FWY	6 months -2 years	TH	6:20 PM	6:50 PM	\$30	\$63
Goldfish	FWY	6 months-2 years	SAT	8:30 AM	9:00 AM	\$30	\$63
Goldfish	HVY	6 months-2 years	TH	10:10 AM	10:40 AM	\$30	\$63
Goldfish	HVY	6 months-2 years	TH	6:20 PM	6:50 PM	\$30	\$63
Goldfish	HVY	6 months-2 years	SAT	10:40 AM	11:10 AM	\$30	\$63
Goldfish	NMY	6 months-2 years	T	6:20 PM	6:50 PM	\$30	\$63
Goldfish	NMY	6 months-2 years	W	10:45 AM	11:15 AM	\$30	\$63
Goldfish	NMY	6 months-2 years	W	5:10 PM	5:40 PM	\$30	\$63
Goldfish	NMY	6 months-2 years	SAT	10:10 AM	10:40 AM	\$30	\$63

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	9:30 AM	10:00 AM	\$30	\$63
Sunfish	APY	2-3 years	M	5:45 PM	6:15 PM	\$30	\$63
Sunfish	APY	2-3 years	T	5:45 PM	6:15 PM	\$30	\$63
Sunfish	APY	2-3 years	W	9:30 AM	10:00 AM	\$30	\$63
Sunfish	APY	2-3 years	W	6:20 PM	6:50 PM	\$30	\$63
Sunfish	APY	2-3 years	TH	10:40 AM	11:10 AM	\$30	\$63
Sunfish	APY	2-3 years	TH	5:45 PM	6:15 PM	\$30	\$63
Sunfish	APY	2-3 years	SAT	11:25 AM	11:55 AM	\$30	\$63
Sunfish	FWY	2-3 years	M	5:45 PM	6:15 PM	\$30	\$63
Sunfish	FWY	2-3 years	T	11:20 AM	11:50 AM	\$30	\$63
Sunfish	FWY	2-3 years	W	6:20 PM	6:50 PM	\$30	\$63
Sunfish	FWY	2-3 years	TH	5:45 PM	6:15 PM	\$30	\$63
Sunfish	FWY	2-3 years	SAT	8:30 AM	9:00 AM	\$30	\$63
Sunfish	HVY	2-3 years	T	10:45 AM	11:15 AM	\$30	\$63

Sunfish	HVY	2-3 years	T	6:20 PM	6:50 PM	\$30	\$63
Sunfish	HVY	2-3 years	TH	5:45 PM	6:15 PM	\$30	\$63
Sunfish	HVY	2-3 years	SAT	11:15 AM	11:45 AM	\$30	\$63
Sunfish	NMY	2-3 years	W	5:45 PM	6:15 PM	\$30	\$63
Sunfish	NMY	2-3 years	TH	10:10 AM	10:40 AM	\$30	\$63
Sunfish	NMY	2-3 years	TH	6:20 PM	6:50 PM	\$30	\$63
Sunfish	NMY	2-3 years	SAT	8:20 AM	8:50 AM	\$30	\$63

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	10:40 AM	11:10 AM	\$30	\$63
Shrimp	APY	3-4 years	M	4:00 PM	4:30 PM	\$30	\$63
Shrimp	APY	3-4 years	M	5:45 PM	6:15 PM	\$30	\$63
Shrimp	APY	3-4 years	T	10:05 AM	10:35 AM	\$30	\$63
Shrimp	APY	3-4 years	T	12:30 PM	1:00 PM	\$30	\$63
Shrimp	APY	3-4 years	T	4:35 PM	5:05 PM	\$30	\$63
Shrimp	APY	3-4 years	W	11:15 AM	11:45 AM	\$30	\$63
Shrimp	APY	3-4 years	W	5:45 PM	6:15 PM	\$30	\$63
Shrimp	APY	3-4 years	TH	1:05 PM	1:35 PM	\$30	\$63
Shrimp	APY	3-4 years	TH	5:10 PM	5:40 PM	\$30	\$63
Shrimp	APY	3-4 years	SAT	9:05 AM	9:35 AM	\$30	\$63
Shrimp	APY	3-4 years	SAT	9:40 AM	10:10 AM	\$30	\$63
Shrimp	FWY	3-4 years	M	9:00 AM	9:30 AM	\$30	\$63
Shrimp	FWY	3-4 years	M	10:10 AM	10:40 AM	\$30	\$63
Shrimp	FWY	3-4 years	M	4:00 PM	4:30 PM	\$30	\$63
Shrimp	FWY	3-4 years	T	4:35 PM	5:05 PM	\$30	\$63
Shrimp	FWY	3-4 years	W	9:00 AM	9:30 AM	\$30	\$63
Shrimp	FWY	3-4 years	W	10:10 AM	10:40 AM	\$30	\$63
Shrimp	FWY	3-4 years	W	4:00 PM	4:30 PM	\$30	\$63
Shrimp	FWY	3-4 years	W	5:10 PM	5:40 PM	\$30	\$63
Shrimp	FWY	3-4 years	TH	9:35 AM	10:05 AM	\$30	\$63
Shrimp	FWY	3-4 years	TH	4:00 PM	4:30 PM	\$30	\$63
Shrimp	FWY	3-4 years	SAT	9:05 AM	9:35 AM	\$30	\$63
Shrimp	HVY	3-4 years	M	4:35 PM	5:05 PM	\$30	\$63
Shrimp	HVY	3-4 years	M	5:45 PM	6:15 PM	\$30	\$63
Shrimp	HVY	3-4 years	T	10:10 AM	10:40 AM	\$30	\$63
Shrimp	HVY	3-4 years	T	4:00 PM	4:30 PM	\$30	\$63
Shrimp	HVY	3-4 years	T	5:10 PM	5:40 PM	\$30	\$63

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

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Shrimp	HVY	3-4 years	W	4:00 PM	4:30 PM	\$30	\$63
Shrimp	HVY	3-4 years	W	5:10 PM	5:40 PM	\$30	\$63
Shrimp	HVY	3-4 years	W	9:00 AM	9:30 AM	\$30	\$63
Shrimp	HVY	3-4 years	TH	4:35 PM	5:05 PM	\$30	\$63
Shrimp	HVY	3-4 years	TH	5:10 PM	5:40 PM	\$30	\$63
Shrimp	HVY	3-4 years	TH	9:35 AM	10:05 AM	\$30	\$63
Shrimp	HVY	3-4 years	SAT	8:55 AM	9:25 AM	\$30	\$63
Shrimp	HVY	3-4 years	SAT	10:05 AM	10:35 AM	\$30	\$63
Shrimp	NMY	3-4 years	M	5:10 PM	5:40 PM	\$30	\$63
Shrimp	NMY	3-4 years	M	5:45 PM	6:15 PM	\$30	\$63
Shrimp	NMY	3-4 years	T	4:35 PM	5:05 PM	\$30	\$63
Shrimp	NMY	3-4 years	T	5:45 PM	6:15 PM	\$30	\$63
Shrimp	NMY	3-4 years	W	10:10 AM	10:40 AM	\$30	\$63
Shrimp	NMY	3-4 years	W	4:35 PM	5:05 PM	\$30	\$63
Shrimp	NMY	3-4 years	TH	10:45 AM	11:15 AM	\$30	\$63
Shrimp	NMY	3-4 years	TH	4:35 PM	5:05 PM	\$30	\$63
Shrimp	NMY	3-4 years	TH	5:45 PM	6:15 PM	\$30	\$63
Shrimp	NMY	3-4 years	SAT	9:35 AM	10:05 AM	\$30	\$63

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	10:05 AM	10:35 AM	\$30	\$63
Kipper	APY	3-4 years	M	5:10 PM	5:40 PM	\$30	\$63
Kipper	APY	3-4 years	T	10:40 AM	11:10 AM	\$30	\$63
Kipper	APY	3-4 years	T	1:40 PM	2:10 PM	\$30	\$63
Kipper	APY	3-4 years	T	5:45 PM	6:15 PM	\$30	\$63
Kipper	APY	3-4 years	W	10:40 AM	11:10 AM	\$30	\$63
Kipper	APY	3-4 years	W	4:00 PM	4:30 PM	\$30	\$63
Kipper	APY	3-4 years	TH	11:15 AM	11:45 AM	\$30	\$63
Kipper	APY	3-4 years	TH	12:30 PM	1:00 PM	\$30	\$63
Kipper	APY	3-4 years	TH	4:00 PM	4:30 PM	\$30	\$63
Kipper	APY	3-4 years	SAT	10:15 AM	10:45 AM	\$30	\$63
Kipper	APY	3-4 years	SAT	10:50 AM	11:20 AM	\$30	\$63
Kipper	FWY	3-4 years	M	9:35 AM	10:05 AM	\$30	\$63
Kipper	FWY	3-4 years	M	4:35 PM	5:05 PM	\$30	\$63
Kipper	FWY	3-4 years	T	5:10 PM	5:40 PM	\$30	\$63
Kipper	FWY	3-4 years	W	9:35 AM	10:05 AM	\$30	\$63
Kipper	FWY	3-4 years	W	4:35 PM	5:05 PM	\$30	\$63
Kipper	FWY	3-4 years	TH	5:10 PM	5:40 PM	\$30	\$63
Kipper	FWY	3-4 years	SAT	9:40 AM	10:10 AM	\$30	\$63

Kipper	HVY	3-4 years	T	4:35 PM	5:05 PM	\$30	\$63
Kipper	HVY	3-4 years	T	9:35 AM	10:05 AM	\$30	\$63
Kipper	HVY	3-4 years	TH	9:00 AM	9:30 AM	\$30	\$63
Kipper	NMY	3-4 years	T	5:10 PM	5:40 PM	\$30	\$63
Kipper	NMY	3-4 years	TH	9:35 AM	10:05 AM	\$30	\$63

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	10:40 AM	11:10 AM	\$30	\$63
Perch	APY	4-6 years	M	4:35 PM	5:05 PM	\$30	\$63
Perch	APY	4-6 years	T	10:05 AM	10:35 AM	\$30	\$63
Perch	APY	4-6 years	T	12:30 PM	1:00 PM	\$30	\$63
Perch	APY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Perch	APY	4-6 years	W	11:15 AM	11:45 AM	\$30	\$63
Perch	APY	4-6 years	W	4:00 PM	4:30 PM	\$30	\$63
Perch	APY	4-6 years	W	5:10 PM	5:40 PM	\$30	\$63
Perch	APY	4-6 years	TH	1:05 PM	1:35 PM	\$30	\$63
Perch	APY	4-6 years	TH	4:35 PM	5:05 PM	\$30	\$63
Perch	APY	4-6 Years	SAT	9:40 AM	10:10 AM	\$30	\$63
Perch	APY	4-6 Years	SAT	10:15 AM	10:45 AM	\$30	\$63
Perch	FWY	4-6 years	M	5:10 PM	5:40 PM	\$30	\$63
Perch	FWY	4-6 years	T	10:10 AM	10:40 AM	\$30	\$63
Perch	FWY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Perch	FWY	4-6 years	T	5:45 PM	6:15 PM	\$30	\$63
Perch	FWY	4-6 years	W	5:45 PM	6:15 PM	\$30	\$63
Perch	FWY	4-6 years	TH	4:35 PM	5:05 PM	\$30	\$63
Perch	FWY	4-6 years	SAT	10:50 AM	11:20 AM	\$30	\$63
Perch	HVY	4-6 years	M	4:00 PM	4:30 PM	\$30	\$63
Perch	HVY	4-6 years	M	5:10 PM	5:40 PM	\$30	\$63
Perch	HVY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Perch	HVY	4-6 years	T	9:00 AM	9:30 AM	\$30	\$63
Perch	HVY	4-6 years	W	4:35 PM	5:05 PM	\$30	\$63
Perch	HVY	4-6 years	W	5:45 PM	6:15 PM	\$30	\$63
Perch	HVY	4-6 years	W	9:35 AM	10:05 AM	\$30	\$63
Perch	HVY	4-6 years	TH	4:00 PM	4:30 PM	\$30	\$63
Perch	HVY	4-6 years	TH	4:35 PM	5:05 PM	\$30	\$63
Perch	HVY	4-6 years	SAT	8:20 AM	8:50 AM	\$30	\$63
Perch	HVY	4-6 years	SAT	9:30 AM	10:00 AM	\$30	\$63

Perch	NMY	4-6 years	M	4:35 PM	5:05 PM	\$30	\$63
Perch	NMY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Perch	NMY	4-6 years	W	10:10 AM	10:40 AM	\$30	\$63
Perch	NMY	4-6 years	W	4:35 PM	5:05 PM	\$30	\$63
Perch	NMY	4-6 years	W	6:20 PM	6:50 PM	\$30	\$63
Perch	NMY	4-6 years	TH	10:45 AM	11:15 AM	\$30	\$63
Perch	NMY	4-6 years	TH	5:10 PM	5:40 PM	\$30	\$63
Perch	NMY	4-6 years	SAT	10:45 AM	11:15 AM	\$30	\$63

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	10:05 AM	10:35 AM	\$30	\$63
Pike	APY	4-6 years	M	4:35 PM	5:05 PM	\$30	\$63
Pike	APY	4-6 years	T	10:40 AM	11:10 AM	\$30	\$63
Pike	APY	4-6 years	T	1:40 PM	2:10 PM	\$30	\$63
Pike	APY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Pike	APY	4-6 years	T	5:10 PM	5:40 PM	\$30	\$63
Pike	APY	4-6 years	W	10:40 AM	11:10 AM	\$30	\$63
Pike	APY	4-6 years	W	4:35 PM	5:05 PM	\$30	\$63
Pike	APY	4-6 years	TH	11:15 AM	11:45 AM	\$30	\$63
Pike	APY	4-6 years	TH	12:30 PM	1:00 PM	\$30	\$63
Pike	APY	4-6 years	TH	4:35 PM	5:05 PM	\$30	\$63
Pike	APY	4-6 years	SAT	9:05 AM	9:35 AM	\$30	\$63
Pike	APY	4-6 years	SAT	10:50 AM	11:20 AM	\$30	\$63
Pike	FWY	4-6 years	M	5:10 PM	5:40 PM	\$30	\$63
Pike	FWY	4-6 years	T	10:45 AM	11:15 AM	\$30	\$63
Pike	FWY	4-6 years	T	4:35 PM	5:05 PM	\$30	\$63
Pike	FWY	4-6 years	T	5:45 PM	6:15 PM	\$30	\$63
Pike	FWY	4-6 years	W	4:00 PM	4:30 PM	\$30	\$63
Pike	FWY	4-6 years	W	5:45 PM	6:15 PM	\$30	\$63
Pike	FWY	4-6 years	TH	9:00 AM	9:30 AM	\$30	\$63
Pike	FWY	4-6 years	TH	4:35 PM	5:05 PM	\$30	\$63
Pike	FWY	4-6 years	SAT	10:15 AM	10:45 AM	\$30	\$63
Pike	HVY	4-6 years	M	4:35 PM	5:05 PM	\$30	\$63
Pike	HVY	4-6 years	M	5:45 PM	6:15 PM	\$30	\$63
Pike	HVY	4-6 years	T	4:35 PM	5:05 PM	\$30	\$63
Pike	HVY	4-6 years	T	5:45 PM	6:15 PM	\$30	\$63
Pike	HVY	4-6 years	T	9:35 AM	10:05 AM	\$30	\$63
Pike	HVY	4-6 years	W	4:00 PM	4:30 PM	\$30	\$63

Pike	HVY	4-6 years	W	5:45 PM	6:15 PM	\$30	\$63
Pike	HVY	4-6 years	W	10:10 AM	10:40 AM	\$30	\$63
Pike	HVY	4-6 years	TH	4:00 PM	4:30 PM	\$30	\$63
Pike	HVY	4-6 years	TH	9:00 AM	9:30 AM	\$30	\$63
Pike	HVY	4-6 Years	TH	5:10 PM	5:40 PM	\$30	\$63
Pike	HVY	4-6 years	SAT	8:55 AM	9:25 AM	\$30	\$63
Pike	HVY	4-6 years	SAT	10:05 AM	10:35 AM	\$30	\$63
Pike	NMY	4-6 years	M	4:00 PM	4:30 PM	\$30	\$63
Pike	NMY	4-6 years	M	5:10 PM	5:40 PM	\$30	\$63
Pike	NMY	4-6 years	T	4:35 PM	5:05 PM	\$30	\$63
Pike	NMY	4-6 years	T	5:45 PM	6:15 PM	\$30	\$63
Pike	NMY	4-6 years	W	4:00 PM	4:30 PM	\$30	\$63
Pike	NMY	4-6 years	W	6:20 PM	6:50 PM	\$30	\$63
Pike	NMY	4-6 years	TH	9:35 AM	10:05 AM	\$30	\$63
Pike	NMY	4-6 years	TH	4:00 PM	4:30 PM	\$30	\$63
Pike	NMY	4-6 years	SAT	9:00 AM	9:30 AM	\$30	\$63

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	5:10 PM	5:40 PM	\$30	\$63
Eel	APY	4-6 years	T	1:05 PM	1:35 PM	\$30	\$63
Eel	APY	4-6 years	T	4:35 PM	5:05 PM	\$30	\$63
Eel	APY	4-6 years	TH	5:10 PM	5:40 PM	\$30	\$63
Eel	APY	4-6 years	TH	1:40 PM	2:10 PM	\$30	\$63
Eel	APY	4-6 years	TH	4:00 PM	4:30 PM	\$30	\$63
Eel	APY	4-6 years	TH	5:45 PM	6:15 PM	\$30	\$63
Eel	APY	4-6 years	SAT	11:25 AM	11:55 AM	\$30	\$63
Eel	FWY	4-6 years	M	4:00 PM	4:30 PM	\$30	\$63
Eel	FWY	4-6 years	M	5:45 PM	6:15 PM	\$30	\$63
Eel	FWY	4-6 years	T	9:35 AM	10:05 AM	\$30	\$63
Eel	FWY	4-6 years	T	5:10 PM	5:40 PM	\$30	\$63
Eel	FWY	4-6 years	W	4:35 PM	5:05 PM	\$30	\$63
Eel	FWY	4-6 years	TH	4:00 PM	4:30 PM	\$30	\$63
Eel	FWY	4-6 years	TH	5:10 PM	5:40 PM	\$30	\$63
Eel	FWY	4-6 years	SAT	11:25 AM	11:55 AM	\$30	\$63
Eel	HVY	4-6 years	M	4:00 PM	4:30 PM	\$30	\$63
Eel	HVY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Eel	HVY	4-6 years	W	5:10 PM	5:40 PM	\$30	\$63

Eel	HVY	4-6 years	TH	5:45 PM	6:15 PM	\$30	\$63
Eel	HVY	4-6 years	SAT	11:20 AM	11:50 AM	\$30	\$63
Eel	NMY	4-6 years	M	4:35 PM	5:05 PM	\$30	\$63
Eel	NMY	4-6 years	T	5:10 PM	5:40 PM	\$30	\$63
Eel	NMY	4-6 years	W	5:10 PM	5:40 PM	\$30	\$63
Eel	NMY	4-6 years	TH	5:45 PM	6:15 PM	\$30	\$63

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 floatation 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	4:00 PM	4:30 PM	\$30	\$63
Ray	APY	4-6 years	T	5:10 PM	5:40 PM	\$30	\$63
Ray	APY	4-6 years	W	4:35 PM	5:05 PM	\$30	\$63
Ray	APY	4-6 years	TH	5:10 PM	5:40 PM	\$30	\$63
Ray	APY	4-6 years	SAT	8:30 AM	9:00 AM	\$30	\$63
Ray	FWY	4-6 years	M	4:35 PM	5:05 PM	\$30	\$63
Ray	FWY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Ray	FWY	4-6 years	W	5:10 PM	5:40 PM	\$30	\$63
Ray	HVY	4-6 years	M	4:00 PM	4:30 PM	\$30	\$63
Ray	HVY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Ray	HVY	4-6 years	W	5:10 PM	5:40 PM	\$30	\$63
Ray	HVY	4-6 years	TH	5:45 PM	6:15 PM	\$30	\$63
Ray	HVY	4-6 years	SAT	11:20 AM	11:50 AM	\$30	\$63
Ray	NMY	4-6 years	M	5:45 PM	6:15 PM	\$30	\$63
Ray	NMY	4-6 years	TH	5:10 PM	5:40 PM	\$30	\$63

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	M	5:30 PM	6:00 PM	\$30	\$63
Starfish	APY	4-6 years	T	4:00 PM	4:30 PM	\$30	\$63
Starfish	APY	4-6 years	W	4:45 PM	5:15 PM	\$30	\$63

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

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

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	\$30	\$63
Pre-Polliwog	APY	6-12 years	M	6:15 PM	6:55 PM	\$30	\$63
Pre-Polliwog	APY	6-12 years	T	4:45 PM	5:25 PM	\$30	\$63
Pre-Polliwog	APY	6-12 years	T	5:30 PM	6:10 PM	\$30	\$63
Pre-Polliwog	APY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Pre-Polliwog	APY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Pre-Polliwog	APY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Pre-Polliwog	APY	6-12 years	SAT	10:30 AM	11:10 AM	\$30	\$63
Pre-Polliwog	FWY	6-12 years	M	4:00 PM	4:40 PM	\$30	\$63
Pre-Polliwog	FWY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Pre-Polliwog	FWY	6-12 years	T	4:45 PM	5:25 PM	\$30	\$63
Pre-Polliwog	FWY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Pre-Polliwog	FWY	6-12 years	W	6:15 PM	6:55 PM	\$30	\$63
Pre-Polliwog	FWY	6-12 years	TH	6:15 PM	6:55 PM	\$30	\$63
Pre-Polliwog	FWY	6-12 years	SAT	8:15 AM	8:55 AM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	M	4:45 PM	5:25 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	T	5:20 PM	6:00 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	T	6:05 PM	6:45 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	TH	6:20 PM	7:00 PM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	SAT	8:20 AM	9:00 AM	\$30	\$63
Pre-Polliwog	HVY	6-12 years	SAT	10:40 AM	11:20 AM	\$30	\$63
Pre-Polliwog	NMY	6-12 years	T	4:00 PM	4:40 PM	\$30	\$63
Pre-Polliwog	NMY	6-12 years	T	6:15 PM	6:55 PM	\$30	\$63
Pre-Polliwog	NMY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Pre-Polliwog	NMY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Pre-Polliwog	NMY	6-12 years	TH	6:15 PM	6:55 PM	\$30	\$63

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 be 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.

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Polliwog 1	APY	6-12 years	M	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	APY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	APY	6-12 years	T	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	APY	6-12 years	T	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	APY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Polliwog 1	APY	6-12 years	W	6:15 PM	6:55 PM	\$30	\$63
Polliwog 1	APY	6-12 years	TH	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	APY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Polliwog 1	APY	6-12 years	SAT	9:00 AM	9:40 AM	\$30	\$63
Polliwog 1	APY	6-12 years	SAT	10:30 AM	11:10 AM	\$30	\$63
Polliwog 1	FWY	6-12 years	M	6:15 PM	6:55 PM	\$30	\$63
Polliwog 1	FWY	6-12 years	T	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	FWY	6-12 years	T	6:15 PM	6:55 PM	\$30	\$63
Polliwog 1	FWY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Polliwog 1	FWY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	FWY	6-12 years	TH	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	FWY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	FWY	6-12 years	SAT	9:00 AM	9:40 AM	\$30	\$63
Polliwog 1	HVY	6-12 years	M	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	M	4:45 PM	5:25 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	T	4:35 PM	5:15 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	T	6:05 PM	6:45 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	TH	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	TH	6:15 PM	6:55 PM	\$30	\$63
Polliwog 1	HVY	6-12 years	SAT	8:20 AM	9:00 AM	\$30	\$63
Polliwog 1	HVY	6-12 years	SAT	9:50 AM	10:30 AM	\$30	\$63
Polliwog 1	NMY	6-12 years	M	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	NMY	6-12 years	T	4:00 PM	4:40 PM	\$30	\$63
Polliwog 1	NMY	6-12 years	T	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	NMY	6-12 years	W	6:15 PM	6:55 PM	\$30	\$63
Polliwog 1	NMY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Polliwog 1	NMY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Polliwog 1	NMY	6-12 years	SAT	9:00 AM	9:40 AM	\$30	\$63
Polliwog 1	NMY	6-12 years	SAT	10:30 AM	11:10 AM	\$30	\$63

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	\$30	\$63
Polliwog 2	APY	6-12 years	T	5:30 PM	6:10 PM	\$30	\$63
Polliwog 2	APY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Polliwog 2	APY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Polliwog 2	APY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Polliwog 2	APY	6-12 years	SAT	11:15 AM	11:55 AM	\$30	\$63
Polliwog 2	FWY	6-12 years	M	4:00 PM	4:40 PM	\$30	\$63
Polliwog 2	FWY	6-12 years	T	5:30 PM	6:10 PM	\$30	\$63
Polliwog 2	FWY	6-12 years	W	6:15 PM	6:55 PM	\$30	\$63
Polliwog 2	FWY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Polliwog 2	FWY	6-12 years	TH	6:15 PM	6:55 PM	\$30	\$63
Polliwog 2	FWY	6-12 years	SAT	9:45 AM	10:25 AM	\$30	\$63
Polliwog 2	HVY	6-12 years	M	4:00 PM	4:40 PM	\$30	\$63
Polliwog 2	HVY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Polliwog 2	HVY	6-12 years	T	4:35 PM	5:15 PM	\$30	\$63
Polliwog 2	HVY	6-12 years	T	5:20 PM	6:00 PM	\$30	\$63
Polliwog 2	HVY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Polliwog 2	HVY	6-12 years	TH	4:00 PM	4:40 PM	\$30	\$63
Polliwog 2	HVY	6-12 years	TH	6:15 PM	6:55 PM	\$30	\$63
Polliwog 2	HVY	6-12 years	SAT	9:05 AM	9:45 AM	\$30	\$63
Polliwog 2	HVY	6-12 years	SAT	10:35 AM	11:15 AM	\$30	\$63
Polliwog 2	NMY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Polliwog 2	NMY	6-12 years	T	4:45 PM	5:25 PM	\$30	\$63
Polliwog 2	NMY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Polliwog 2	NMY	6-12 years	TH	6:15 PM	6:55 PM	\$30	\$63
Polliwog 2	NMY	6-12 years	SAT	9:00 AM	9:40 AM	\$30	\$63

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	\$30	\$63
Guppy	APY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63

Guppy	APY	6-12 years	T	4:45 PM	5:25 PM	\$30	\$63
Guppy	APY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Guppy	APY	6-12 years	W	6:15 PM	6:55 PM	\$30	\$63
Guppy	APY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Guppy	APY	6-12 years	SAT	9:00 AM	9:40 AM	\$30	\$63
Guppy	FWY	6-12 years	M	4:45 PM	5:25 PM	\$30	\$63
Guppy	FWY	6-12 years	T	6:15 PM	6:55 PM	\$30	\$63
Guppy	FWY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Guppy	FWY	6-12 years	TH	4:00 PM	4:40 PM	\$30	\$63
Guppy	FWY	6-12 years	SAT	10:30 AM	11:10 AM	\$30	\$63
Guppy	HVY	6-12 years	M	4:00 PM	4:40 PM	\$30	\$63
Guppy	HVY	6-12 years	T	4:35 PM	5:15 PM	\$30	\$63
Guppy	HVY	6-12 years	T	6:05 PM	6:45 PM	\$30	\$63
Guppy	HVY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Guppy	HVY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Guppy	HVY	6-12 years	SAT	10:35 AM	11:15 AM	\$30	\$63
Guppy	NMY	6-12 years	M	4:45 PM	5:25 PM	\$30	\$63
Guppy	NMY	6-12 years	T	4:45 PM	5:25 PM	\$30	\$63
Guppy	NMY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Guppy	NMY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Guppy	NMY	6-12 years	SAT	9:45 AM	10:25 AM	\$30	\$63

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	\$30	\$63
Minnow	APY	6-12 years	T	4:45 PM	5:25 PM	\$30	\$63
Minnow	APY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Minnow	APY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Minnow	APY	6-12 years	SAT	9:45 AM	10:25 AM	\$30	\$63
Minnow	FWY	6-12 years	M	4:45 PM	5:25 PM	\$30	\$63
Minnow	FWY	6-12 years	T	5:30 PM	6:10 PM	\$30	\$63
Minnow	FWY	6-12 years	W	4:00 PM	4:40 PM	\$30	\$63
Minnow	FWY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Minnow	FWY	6-12 years	SAT	10:30 AM	11:10 AM	\$30	\$63
Minnow	HVY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Minnow	HVY	6-12 years	T	6:05 PM	6:45 PM	\$30	\$63
Minnow	HVY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Minnow	HVY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Minnow	HVY	6-12 years	SAT	9:05 AM	9:45 AM	\$30	\$63

Minnow	NMY	6-12 years	T	5:30 PM	6:10 PM	\$30	\$63
Minnow	NMY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Minnow	NMY	6-12 years	SAT	9:45 AM	10:25 AM	\$30	\$63

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	M	6:15 PM	6:55 PM	\$30	\$63
Fish	APY	6-12 years	T	4:00 PM	4:40 PM	\$30	\$63
Fish	APY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Fish	APY	6-12 years	TH	5:30 PM	6:10 PM	\$30	\$63
Fish	APY	6-12 years	SAT	11:15 AM	11:55 AM	\$30	\$63
Fish	FWY	6-12 years	M	6:15 PM	6:55 PM	\$30	\$63
Fish	FWY	6-12 years	T	4:00 PM	4:40 PM	\$30	\$63
Fish	FWY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Fish	FWY	6-12 years	SAT	11:15 AM	11:55 AM	\$30	\$63
Fish	HVY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Fish	HVY	6-12 years	T	5:20 PM	6:00 PM	\$30	\$63
Fish	HVY	6-12 years	TH	4:45 PM	5:25 PM	\$30	\$63
Fish	HVY	6-12 years	SAT	9:05 AM	9:45 AM	\$30	\$63
Fish	NMY	6-12 years	T	6:15 PM	6:55 PM	\$30	\$63
Fish	NMY	6-12 years	W	4:45 PM	5:25 PM	\$30	\$63
Fish	NMY	6-12 years	SAT	11:15 AM	11:55 AM	\$30	\$63

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	\$30	\$63
Flying Fish	APY	6-12 years	W	6:15 PM	6:55 PM	\$30	\$63
Flying Fish	APY	6-12 years	TH	4:00 PM	4:40 PM	\$30	\$63
Flying Fish	APY	6-12 years	SAT	9:45 AM	10:25 AM	\$30	\$63
Flying Fish	FWY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Flying Fish	FWY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Flying Fish	FWY	6-12 years	SAT	11:15 AM	11:55 AM	\$30	\$63

Flying Fish	HVY	6-12 years	M	4:45 PM	5:25 PM	\$30	\$63
Flying Fish	HVY	6-12 years	T	5:20 PM	6:00 PM	\$30	\$63
Flying Fish	HVY	6-12 years	SAT	9:50 AM	10:30 AM	\$30	\$63
Flying Fish	NMY	6-12 years	M	6:15 PM	6:55 PM	\$30	\$63
Flying Fish	NMY	6-12 years	SAT	11:15 AM	11:55 AM	\$30	\$63

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	\$30	\$63
Shark	APY	6-12 years	W	6:15 PM	6:55 PM	\$30	\$63
Shark	APY	6-12 years	TH	4:00 PM	4:40 PM	\$30	\$63
Shark	APY	6-12 years	SAT	9:45 AM	10:25 AM	\$30	\$63
Shark	FWY	6-12 years	M	5:30 PM	6:10 PM	\$30	\$63
Shark	FWY	6-12 years	W	5:30 PM	6:10 PM	\$30	\$63
Shark	FWY	6-12 years	SAT	11:15 AM	11:55 AM	\$30	\$63
Shark	HVY	6-12 years	M	4:45 PM	5:25 PM	\$30	\$63
Shark	HVY	6-12 years	SAT	9:50 AM	10:30 AM	\$30	\$63
Shark	NMY	6-12 years	M	6:15 PM	6:55 PM	\$30	\$63
Shark	NMY	6-12 years	SAT	11:15 AM	11:55 PM	\$30	\$63

PRIVATE SWIM LESSONS (APY, FWY, NMY)

We offer private swim lessons for all ages and abilities. Please contact your local YMCA Aquatics Department for more information and availability.

SPECIAL NEEDS INDIVIDUAL SWIM LESSONS (APY, FWY, HVY, NMY)

Lessons are available at each of your local Y's. Please contact the branch Aquatic Department for availability and to schedule a time.

APY – 920.954.7628

FWY – 920.560.3412

HVY – 920.830.5714 *

NMY – 920.886.2132

Fee: (7-week Session) Y Members - \$50 General Public - \$75

*Heart of the Valley Y Special Needs lessons you can register on line. By registering for this class, you are EXPRESSING INTEREST in our Special Needs Swim classes. Everyone is placed on a wait list that will then be evaluated on a first-come first-serve basis. You will be contacted IF there is an available class time for your child for this session. Be sure the phone number of the person registering for this class is correct on your online YMCA account.

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)

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)

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	APY	6-14 years	M	6:15 PM	6:55 PM	\$30	\$63
Swim Team 101	APY	6-14 years	TH	6:15 PM	6:55 PM	\$30	\$63
Swim Team 101	FWY	6-14 years	T	6:15 PM	6:55 PM	\$30	\$63
Swim Team 101	NMY	6-14 years	W	6:15 PM	6:55 PM	\$30	\$63
Older Youth	APY	12-14 years	TH	4:00 PM	4:40 PM	\$30	\$63
Older Youth	FWY	12-14 years	T	4:45 PM	5:25 PM	\$30	\$63
Older Youth	FWY	12-14 years	TH	6:15 PM	6:55 PM	\$30	\$63

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 – Pre Poll – Poll 1	FWY	6-12 years	M	10:45 AM	11:20 AM	\$30	\$63
Home School Swim Lessons – Polliwog 2 - Shark	FWY	6-12 years	M	11:25 AM	Noon	\$30	\$63
Home School Swim Lessons – Pre Poll – Poll 1	FWY	6-12 years	TH	10:10 AM	10:50 AM	\$30	\$63
Home School Swim Lessons – Polliwog 2 - Shark	FWY	6-12 years	TH	10:55 AM	11:35 AM	\$30	\$63
Home School Swim Lessons – Pre Poll – Poll 2	NMY	6-12 years	TH	11:15 AM	11:55 AM	\$30	\$63
Home School Swim Lessons – Guppy - Shark	NMY	6-12 years	TH	Noon	12:40 PM	\$30	\$63

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	T	6:15 PM	6:55 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	7:00 PM	\$35	\$65
Adult Swim Lessons - Beginner	NMY	14 years and older	M	6:15 PM	6:55 PM	\$35	\$65
Adult Swim Lessons	HVY	14 years and older	Call Aquatics office for schedule			\$35	\$65

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 882.3689 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 front crawl and 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

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

Spring: Classes held Saturdays and Sundays April 7 and 8, and April 14 and 15 from 9:00 AM-5:00 PM.

Attendance is mandatory at all classes. **Registration for this Lifeguard Training class will begin**

March 12 for members and March 15 for nonmembers.

Fox West YMCA

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

Spring: Classes held Sundays April 22, 29, May 6, 13, 20 and June 3 from 2:00 PM – 6:00 PM.

Attendance is mandatory at all classes.

Heart of the Valley YMCA

Spring Session - Prescreening will be held the first day of class. Classes will be held Saturdays and

Sundays April 28 and 29, May 5 and 6 from 9:00 AM-5:00 PM. Attendance is mandatory at all classes.

Neenah-Menasha YMCA

Spring Session – Prescreening will be held the first day of class.

Classes will be held Friday, May 11 and 18, 5:00-9:00 PM, Saturday, May 12 and 19, 9:00 AM – 4:00 PM.

Attendance is mandatory at all classes.

WSI-WATER SAFETY INSTRUCTOR COURSE (APY) (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 not include the registration fee for the Red Cross Web site for instructors.

Appleton YMCA

Spring Session -

Spring: Classes will be held Tuesday through Friday, May 29 through June 1 5:00 PM-9:00 PM, Saturday June 2 and Sunday June 3 from 9:00 AM-5:00 PM.

Attendance is mandatory at all classes.

KAYAK RESCUE TECHNIQUES

Intermediate level, participants must have taken the Kayak Essentials course or have the lead instructors approval. This is not for someone without kayaking experience. This course is designed to teach or improve rescue techniques and the kayak roll. Practical rescue techniques will be incorporated with the kayak roll. A very low instructor to student ratio is desired so class size will be limited. Students are encouraged to use their own kayak and equipment (they must be cleaned prior to bringing into the pool)

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

kayaks, paddles and equipment will be provided for those who do not want to use their own.
Sundays, April 8, 15, 22 – 2:00-5:00 PM

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training	APY	15 years and older	SAT SUN	9:00 AM	5:00 PM	\$120	\$175
Lifeguard Training	FWY	15 years and older	SUN	2:00 PM	6:00 PM	\$120	\$175
Lifeguard Training	HVY	15 years and older	SAT SUN	9:00 AM	5:00 PM	\$120	\$175
Lifeguard Training	NMY	15 years and older	F SAT	5:00 PM 9:00 AM	9:00 PM 3:00 PM	\$120	\$175
WSI – Water Safety Instructor	APY	16 years and older	T-F SAT SUN	5:00 PM 9:00 AM 9:00 AM	9:00 PM 5:00 PM 5:00 PM	\$155	\$210
Kayak Essentials class 2 Session 1	APY	14 years and older	SUN	2:00 PM	5:00 PM	\$85	\$120
Kayak Essential class 3 Session 2	APY	14 years and older	SUN	2:00 PM	5:00PM	\$85	\$120
Kayak Rescue Technique Spring	APY	14 years and older	SUN	2:00 PM	5:00 PM	\$70	\$95

SWIM TEAM

UPDATED ON: MARCH 16, 2018

STAFF CONTACTS

APY – John Theil P 954.7615 E jtheil@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.

2-WEEK TRIAL

Thank you for your interest in joining our Team! Swimmers may try the team for two weeks without obligation at the beginning of each season only. **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. 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

Developmental Teal: For athletes in Second Grade and below. Minimum requirements are that the athlete can swim one length of the pool in both Freestyle and Backstroke and has an understanding of bilateral breathing (face in the water) in Freestyle.

Developmental Blue: For athletes in Third Grade and above who are new to the sport of competitive swimming. Minimum requirements are that the athlete can swim one length of the pool in both Freestyle and Backstroke and has an understanding of bilateral breathing (face in the water) in Freestyle.

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

AGE GROUP

The Age Groups are utilized to help our younger athletes who have an understanding of the sport of competitive swimming and an array of basic skills to develop positive training habits while expanding on their skill sets. For athletes in Grades 3-5. Minimum requirements are that the athlete can complete practices as directed by coaches and can utilize the basic skills required for the sport. ie Turns, Legal Strokes, Dives and More.

JUNIOR

The Junior Groups are utilized to help our developing athletes who have an understanding of training habits and an array of skills to continue their overall progress. Athletes in this group will have a broad range of ability and coaches will find ways to make sure all athletes are being appropriately challenged.

Junior Teal

For athletes in Grades 5-7(+). Minimum requirements are that the athlete can complete practices as directed by coaches and can utilize the basic skills required for the sport. ie Turns, Legal Strokes, Dives and More.

Junior Blue

For athletes in Grades 5-7(+) who want an additional challenge and an increased level of commitment. Minimum requirements are that the athlete will commit to an increased practice and meet attendance and more practice opportunities. Athletes in this group will also need to be able to complete all training to a reasonable standard.

SENIORS

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.

Senior Teal

For athletes in Grades 8+. Minimum requirements are that the athlete can complete all training to a reasonable standard.

Senior Blue

For athletes in Grades 8+ who want an additional challenge and an increased level of commitment. Minimum requirements are that the athlete will commit to an increased practice and meet attendance and more practice opportunities.