



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: APRIL 10, 2017

STAFF CONTACTS

APY – Roxanne Lee Program & 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

ALL SUMMER SESSION - (10-WEEKS)- JUNE 12-AUGUST 26, 2017
(NO CLASSES JULY 2-8, 2017)
(UNLESS OTHERWISE INDICATED IN THE SCHEDULE GRID)

PARENT TOT CLASSES

WATER ORIENTATION (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 May 19	APY	3 months-1 year	F	5:15 PM	6:00 PM	FREE	FREE
Water Orientation June 23	NMY	3 months-1 year	F	5:15 PM	6:00 PM	FREE	FREE

GOLDFISH (6 months - 2 year olds 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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Goldfish	APY	6 months-2 years	M	8:30 AM	9:00 AM	\$41	\$82
Goldfish	APY	6 months-2 years	M	6:25 PM	6:55 PM	\$41	\$82
Goldfish	APY	6 months-2 years	T	11:50 AM	12:20 PM	\$41	\$82
Goldfish	APY	6 months-2 years	T	6:05 PM	6:35 PM	\$41	\$82
Goldfish	APY	6 months-2 years	W	6:25 PM	6:55 PM	\$41	\$82
Goldfish	APY	6 months-2 years	R	9:30 AM	10:00 AM	\$41	\$82
Goldfish	APY	6 months-2 years	R	6:05 PM	6:35 PM	\$41	\$82
Goldfish	APY	6 months-2 years	S	8:30 AM	9:00 AM	\$41	\$82
Goldfish	FWY	6 months-2 years	M	9:00 AM	9:30 AM	\$41	\$82
Goldfish	FWY	6 months-2 years	M	6:20 PM	6:50 PM	\$41	\$82
Goldfish	FWY	6 months-2 years	T	11:20 AM	11:50 AM	\$41	\$82
Goldfish	FWY	6 months-2 years	T	6:20 PM	6:50 PM	\$41	\$82
Goldfish	FWY	6 months-2years	R	9:00 AM	9:30 AM	\$41	\$82

Goldfish	FWY	6 months-2years	R	6:20 PM	6:50 PM	\$41	\$82
Goldfish	FWY	6 months-2 years	S	8:00 AM	8:30 AM	\$41	\$82
Goldfish	HVY	6 months-2 years	T	9:20 AM	9:50 AM	\$41	\$82
Goldfish	HVY	6 months-2 years	T	5:45 PM	6:15 PM	\$41	\$82
Goldfish	HVY	6 months-2 years	W	5:10 PM	5:40 PM	\$41	\$82
Goldfish	HVY	6 months-2 years	S	9:40 AM	10:10 AM	\$41	\$82
Goldfish	NMY	6 months-2 years	M	10:10 AM	10:40 AM	\$41	\$82
Goldfish	NMY	6 months-2 years	T	6:20 PM	6:50 PM	\$41	\$82
Goldfish	NMY	6 months-2 years	W	9:00 AM	9:30 AM	\$41	\$82
Goldfish	NMY	6 months-2 years	W	5:45 PM	6:15 PM	\$41	\$82

SUNFISH (2-3 year olds 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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sunfish	APY	2-3 years	M	9:05 AM	9:35 AM	\$41	\$82
Sunfish	APY	2-3 years	M	5:50 PM	6:20 PM	\$41	\$82
Sunfish	APY	2-3 years	T	11:15 AM	11:45 AM	\$41	\$82
Sunfish	APY	2-3 years	T	5:30 PM	6:00 PM	\$41	\$82
Sunfish	APY	2-3 years	W	5:15 PM	5:45 PM	\$41	\$82
Sunfish	APY	2-3 years	R	10:05 AM	10:35 AM	\$41	\$82
Sunfish	APY	2-3 years	R	5:30 PM	6:00 PM	\$41	\$82
Sunfish	APY	2-3 years	S	10:50 AM	11:20 AM	\$41	\$82
Sunfish	FWY	2-3 years	M	11:20 AM	11:50 AM	\$41	\$82
Sunfish	FWY	2-3 years	M	5:45 PM	6:15 PM	\$41	\$82
Sunfish	FWY	2-3 years	T	9:00 AM	9:30 AM	\$41	\$82
Sunfish	FWY	2-3 years	W	6:20 PM	6:50 PM	\$41	\$82
Sunfish	FWY	2-3 years	R	11:20 AM	11:50 AM	\$41	\$82
Sunfish	FWY	2-3 years	R	5:45 PM	6:15 PM	\$41	\$82
Sunfish	HVY	2-3 years	T	5:10 PM	5:40 PM	\$41	\$82
Sunfish	HVY	2-3 years	R	9:20 AM	9:50 AM	\$41	\$82
Sunfish	HVY	2-3 years	W	5:45 PM	6:15 PM	\$41	\$82
Sunfish	HVY	2-3 years	S	9:05 AM	9:35 AM	\$41	\$82
Sunfish	NMY	2-3 years	W	10:10 AM	10:40 AM	\$41	\$82
Sunfish	NMY	2-3 years	R	6:20 PM	6:50 PM	\$41	\$82

PRESCHOOL PROGRESSIVE SWIM PROGRAM AGES 3 -4 YEAR OLDS

SHRIMP (3-4 year olds)

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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Shrimp	APY	3-4 years	M	9:40 AM	10:10 AM	\$41	\$82
Shrimp	APY	3-4 years	M	11:25 AM	11:55 AM	\$41	\$82
Shrimp	APY	3-4 years	M	3:30 PM	4:00 PM	\$41	\$82
Shrimp	APY	3-4 years	M	5:15 PM	5:45 PM	\$41	\$82
Shrimp	APY	3-4 years	T	10:05 AM	10:35 AM	\$41	\$82
Shrimp	APY	3-4 years	T	3:45 PM	4:15 PM	\$41	\$82
Shrimp	APY	3-4 years	T	4:55 PM	5:25 PM	\$41	\$82
Shrimp	APY	3-4 years	W	11:50 AM	12:20 PM	\$41	\$82
Shrimp	APY	3-4 years	W	4:05 PM	4:35 PM	\$41	\$82
Shrimp	APY	3-4 years	R	9:30 AM	10:00 AM	\$41	\$82
Shrimp	APY	3-4 years	R	4:20 PM	4:50 PM	\$41	\$82
Shrimp	APY	3-4 years	S	10:15 AM	10:45 AM	\$41	\$82
Shrimp	FWY	3-4 years	M	10:10 AM	10:40 AM	\$41	\$82
Shrimp	FWY	3-4 years	M	4:00 PM	4:30 PM	\$41	\$82
Shrimp	FWY	3-4 years	T	9:35 AM	10:05 AM	\$41	\$82
Shrimp	FWY	3-4 years	T	4:35 PM	5:05 PM	\$41	\$82
Shrimp	FWY	3-4 years	W	10:45 AM	11:15 AM	\$41	\$82
Shrimp	FWY	3-4 years	W	5:10 PM	5:40 PM	\$41	\$82
Shrimp	FWY	3-4 years	R	9:35 AM	10:05 AM	\$41	\$82
Shrimp	FWY	3-4 years	R	4:00 PM	4:30 PM	\$41	\$82
Shrimp	FWY	3-4 years	S	8:35 AM	9:05 AM	\$41	\$82
Shrimp	NMY	3-4 years	M	4:00 PM	4:30 PM	\$41	\$82
Shrimp	NMY	3-4 years	T	10:10 AM	10:40 AM	\$41	\$82
Shrimp	NMY	3-4 years	T	5:45 PM	6:15 PM	\$41	\$82
Shrimp	NMY	3-4 years	W	9:35 AM	10:05 AM	\$41	\$82
Shrimp	NMY	3-4 years	W	4:35 PM	5:05 PM	\$41	\$82
Shrimp	NMY	3-4 years	R	10:45 AM	11:15 AM	\$41	\$82
Shrimp	NMY	3-4 years	R	4:35 PM	5:05 PM	\$41	\$82
Shrimp	NMY	3-4 years	R	5:45 PM	6:15 PM	\$41	\$82
Shrimp	HVY	3-4 years	M	9:10 AM	9:40 AM	\$41	\$82
Shrimp	HVY	3-4 years	M	4:35 PM	5:05 PM	\$41	\$82
Shrimp	HVY	3-4 years	M	10:20 AM	10:50 AM	\$41	\$82
Shrimp	HVY	3-4 years	T	8:45 AM	9:15 AM	\$41	\$82
Shrimp	HVY	3-4 years	T	9:55 AM	10:25 AM	\$41	\$82
Shrimp	HVY	3-4 years	T	4:35 PM	5:05 PM	\$41	\$82
Shrimp	HVY	3-4 years	W	4:00 PM	4:30 PM	\$41	\$82
Shrimp	HVY	3-4 years	W	9:10 AM	9:40 AM	\$41	\$82

Shrimp	HVY	3-4 years	W	5:10 PM	5:40 PM	\$41	\$82
Shrimp	HVY	3-4 years	R	5:30 PM	6:00 PM	\$41	\$82
Shrimp	HVY	3-4 years	R	9:55 AM	10:25 AM	\$41	\$82
Shrimp	HVY	3-4 years	R	10:30 AM	11:00 AM	\$41	\$82
Shrimp	HVY	3-4 years	R	4:00 PM	4:30 PM	\$41	\$82
Shrimp	HVY	3-4 years	S	8:30 AM	9:00 AM	\$41	\$82
Shrimp	HVY	3-4 years	S	9:40 AM	10:10 AM	\$41	\$82

KIPPER (3-4 year olds)

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, 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	10:15 AM	10:45 AM	\$41	\$82
Kipper	APY	3-4 years	M	4:40 PM	5:10 PM	\$41	\$82
Kipper	APY	3-4 years	T	10:40 AM	11:10 AM	\$41	\$82
Kipper	APY	3-4 years	T	4:20 PM	4:50 PM	\$41	\$82
Kipper	APY	3-4 years	W	10:40 AM	11:10 AM	\$41	\$82
Kipper	APY	3-4 years	W	3:30 PM	4:00 PM	\$41	\$82
Kipper	APY	3-4 years	R	11:15 AM	11:45 AM	\$41	\$82
Kipper	APY	3-4 years	R	4:55 PM	5:25 PM	\$41	\$82
Kipper	FWY	3-4 years	M	9:35 AM	10:05 AM	\$41	\$82
Kipper	FWY	3-4 years	M	4:35 PM	5:05 PM	\$41	\$82
Kipper	FWY	3-4 years	T	10:45 AM	11:15 AM	\$41	\$82
Kipper	FWY	3-4 years	T	4:00 PM	4:30 PM	\$41	\$82
Kipper	FWY	3-4 years	T	5:10 PM	5:40 PM	\$41	\$82
Kipper	FWY	3-4 years	W	4:35 PM	5:05 PM	\$41	\$82
Kipper	FWY	3-4 years	R	10:45 AM	11:15 AM	\$41	\$82
Kipper	FWY	3-4 years	R	5:10 PM	5:40 PM	\$41	\$82
Kipper	FWY	3-4 years	S	9:10 AM	9:40 AM	\$41	\$82
Kipper	NMY	3-4 years	T	10:45 AM	11:15 AM	\$41	\$82

PRESCHOOL PROGRESSIVE SWIM PROGRAM AGES 4 -6 YEAR OLDS

PERCH (4-6 year olds)

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".

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Perch	APY	4-6 years	M	10:50 AM	11:20 AM	\$41	\$82
Perch	APY	4-6 years	M	4:05 PM	4:35 PM	\$41	\$82
Perch	APY	4-6 years	M	5:15 PM	5:45 PM	\$41	\$82
Perch	APY	4-6 years	T	9:30 AM	10:00 AM	\$41	\$82

Perch	APY	4-6 years	T	4:55 PM	5:25 PM	\$41	\$82
Perch	APY	4-6 years	W	11:15 AM	11:45 AM	\$41	\$82
Perch	APY	4-6 years	W	3:30 PM	4:00 PM	\$41	\$82
Perch	APY	4-6 years	W	4:40 PM	5:10 PM	\$41	\$82
Perch	APY	4-6 years	R	10:40 AM	11:10 AM	\$41	\$82
Perch	APY	4-6 years	R	3:45 PM	4:15 PM	\$41	\$82
Perch	APY	4-6 years	S	9:05 AM	9:35 AM	\$41	\$82
Perch	FWY	4-6 years	M	10:45 AM	11:15 AM	\$41	\$82
Perch	FWY	4-6 years	M	5:10 PM	5:40 PM	\$41	\$82
Perch	FWY	4-6 years	T	10:10 AM	10:40 AM	\$41	\$82
Perch	FWY	4-6 years	T	5:45 PM	6:15 PM	\$41	\$82
Perch	FWY	4-6 years	W	11:20 AM	11:50 AM	\$41	\$82
Perch	FWY	4-6 years	W	4:00 PM	4:30 PM	\$41	\$82
Perch	FWY	4-6 Years	W	5:45 PM	6:15 PM	\$41	\$82
Perch	FWY	4-6 years	R	10:10 AM	10:40 AM	\$41	\$82
Perch	FWY	4-6 years	R	4:35 PM	5:05 PM	\$41	\$82
Perch	FWY	4-6 years	S	9:45 AM	10:15 AM	\$41	\$82
Perch	NMY	4-6 years	M	9:35 AM	10:05 AM	\$41	\$82
Perch	NMY	4-6 years	M	4:35 PM	5:05 PM	\$41	\$82
Perch	NMY	4-6 years	T	10:45 AM	11:15 AM	\$41	\$82
Perch	NMY	4-6 years	T	4:35 PM	5:05 PM	\$41	\$82
Perch	NMY	4-6 years	W	5:10 PM	5:40 PM	\$41	\$82
Perch	NMY	4-6 years	R	10:10 AM	10:40 AM	\$41	\$82
Perch	NMY	4-6 years	R	4:00 PM	4:30 PM	\$41	\$82
Perch	NMY	4-6 years	R	5:10 PM	5:40 PM	\$41	\$82
Perch	HVY	4-6 years	M	9:45 AM	10:15 AM	\$41	\$82
Perch	HVY	4-6 years	M	4:00 PM	4:30 PM	\$41	\$82
Perch	HVY	4-6 years	M	5:45 PM	6:15 PM	\$41	\$82
Perch	HVY	4-6 years	T	9:55 AM	10:25 AM	\$41	\$82
Perch	HVY	4-6 years	T	10:30 AM	11:00 AM	\$41	\$82
Perch	HVY	4-6 years	T	4:00 PM	4:30 PM	\$41	\$82
Perch	HVY	4-6 years	T	5:45 PM	6:15 PM	\$41	\$82
Perch	HVY	4-6 years	W	4:00 PM	4:30 PM	\$41	\$82
Perch	HVY	4-6 years	W	4:35 PM	5:05 PM	\$41	\$82
Perch	HVY	4-6 years	W	9:10 AM	9:40 AM	\$41	\$82
Perch	HVY	4-6 years	W	9:45 AM	10:15 AM	\$41	\$82
Perch	HVY	4-6 years	R	8:45 AM	9:15 AM	\$41	\$82
Perch	HVY	4-6 years	R	10:30 AM	11:00 AM	\$41	\$82
Perch	HVY	4-6 years	R	4:35 PM	5:05 PM	\$41	\$82
Perch	HVY	4-6 years	S	8:30 AM	9:00 AM	\$41	\$82
Perch (2 CLASSES)	HVY	4-6 years	S	10:15 AM	10:45 AM	\$41	\$82

PIKE (4-6 year olds)

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, make forward progress while kicking using flotation (front and back).

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pike	APY	4-6 years	M	9:05 AM	9:35 AM	\$41	\$82
Pike	APY	4-6 years	M	10:50 AM	11:20 AM	\$41	\$82
Pike	APY	4-6 years	M	3:30 PM	4:00 PM	\$41	\$82
Pike	APY	4-6 years	M	5:50 PM	6:20 PM	\$41	\$82
Pike	APY	4-6 years	T	10:05 AM	10:35 AM	\$41	\$82
Pike	APY	4-6 years	T	11:15 AM	11:45 AM	\$41	\$82
Pike	APY	4-6 years	T	5:30 PM	6:00 PM	\$41	\$82
Pike	APY	4-6 years	W	11:15 AM	11:45 AM	\$41	\$82
Pike	APY	4-6 years	W	4:05 PM	4:35 PM	\$41	\$82
Pike	APY	4-6 years	W	5:50 PM	6:20 PM	\$41	\$82
Pike	APY	4-6 years	R	11:15 AM	11:45 AM	\$41	\$82
Pike	APY	4-6 years	R	4:20 PM	4:50 PM	\$41	\$82
Pike	APY	4-6 years	S	9:40 AM	10:10 AM	\$41	\$82
Pike	FWY	4-6 years	M	10:10 AM	10:40 AM	\$41	\$82
Pike	FWY	4-6 years	M	5:10 PM	5:40 PM	\$41	\$82
Pike	FWY	4-6 years	T	9:35 AM	10:05 AM	\$41	\$82
Pike	FWY	4-6 years	T	4:35 PM	5:05 PM	\$41	\$82
Pike	FWY	4-6 years	T	5:45 PM	6:15 PM	\$41	\$82
Pike	FWY	4-6 years	W	10:45 AM	11:15 AM	\$41	\$82
Pike	FWY	4-6 years	W	4:00 PM	4:30 PM	\$41	\$82
Pike	FWY	4-6 PM	W	5:45 PM	6:15 PM	\$41	\$82
Pike	FWY	4-6 years	R	9:35 AM	10:05 AM	\$41	\$82
Pike	FWY	4-6 years	R	4:35 PM	5:05 PM	\$41	\$82
Pike	FWY	4-6 years	S	10:55 AM	11:25 AM	\$41	\$82
Pike	NMY	4-6 years	M	10:45 AM	11:15 AM	\$41	\$82
Pike	NMY	4-6 years	M	5:45 PM	6:15 PM	\$41	\$82
Pike	NMY	4-6 years	T	10:10 AM	10:40 AM	\$41	\$82
Pike	NMY	4-6 years	T	4:00 PM	4:30 PM	\$41	\$82
Pike	NMY	4-6 years	T	5:10 PM	5:40 PM	\$41	\$82
Pike	NMY	4-6 years	W	4:00 PM	4:30 PM	\$41	\$82
Pike	NMY	4-6 years	W	5:10 PM	5:40 PM	\$41	\$82
Pike	NMY	4:00 PM	R	9:35 AM	10:05 AM	\$41	\$82
Pike	NMY	4-6 years	R	5:45 PM	6:15 PM	\$41	\$82

Pike	HVY	4-6 years	M	9:45 AM	10:15 AM	\$41	\$82
Pike	HVY	4-6 years	M	5:10 PM	5:40 PM	\$41	\$82
Pike	HVY	4-6 years	T	8:45 AM	9:15 AM	\$41	\$82
Pike	HVY	4-6 years	T	10:30 AM	11:00 AM	\$41	\$82
Pike	HVY	4-6 years	T	4:00 PM	4:30 PM	\$41	\$82
Pike	HVY	4-6 years	T	4:35 PM	5:05 PM	\$41	\$82
Pike	HVY	4-6 years	W	9:45 AM	10:15 AM	\$41	\$82
Pike	HVY	4-6 years	W	10:30 AM	11:00 AM	\$41	\$82
Pike	HVY	4-6 years	W	4:35 PM	5:05 PM	\$41	\$82
Pike	HVY	4-6 years	R	8:45 AM	9:15 AM	\$41	\$82
Pike	HVY	4-6 years	R	9:55 AM	10:25 AM	\$41	\$82
Pike	HVY	4-6 years	R	5:10 PM	5:40 PM	\$41	\$82
Pike	HVY	4-6 years	R	5:45 PM	6:15 PM	\$41	\$82
Pike	HVY	4-6 years	S	9:05 AM	9:35 AM	\$41	\$82

EEL (4-6 year olds)

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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Eel	APY	4-6 years	M	9:40 AM	10:10 AM	\$41	\$82
Eel	APY	4-6 years	M	11:25 AM	11:55 AM	\$41	\$82
Eel	APY	4-6 years	M	4:05 PM	4:35 PM	\$41	\$82
Eel	APY	4-6 years	T	10:40 AM	11:10 AM	\$41	\$82
Eel	APY	4-6 years	T	4:20 PM	4:50 PM	\$41	\$82
Eel	APY	4-6 years	W	4:40 PM	5:10 PM	\$41	\$82
Eel	APY	4-6 years	W	5:50 PM	6:20 PM	\$41	\$82
Eel	APY	4-6 years	R	10:40 AM	11:10 AM	\$41	\$82
Eel	APY	4-6 years	R	3:45 PM	4:15 PM	\$41	\$82
Eel	FWY	4-6 years	M	9:35 AM	10:05 AM	\$41	\$82
Eel	FWY	4-6 years	M	4:00 PM	4:30 PM	\$41	\$82
Eel	FWY	4-6 years	M	5:45 PM	6:15 PM	\$41	\$82
Eel	FWY	4-6 years	T	10:10 AM	10:40 AM	\$41	\$82
Eel	FWY	4-6 years	T	5:10 PM	5:40 PM	\$41	\$82
Eel	FWY	4-6 years	W	11:20 AM	11:50 AM	\$41	\$82
Eel	FWY	4-6 years	W	4:35 PM	5:05 PM	\$41	\$82
Eel	FWY	4-6 years	R	10:10 AM	10:40 AM	\$41	\$82
Eel	FWY	4-6 years	R	4:00 PM	4:30 PM	\$41	\$82
Eel	FWY	4-6 years	S	10:20 AM	10:50 AM	\$41	\$82
Eel	NMY	4-6 years	M	11:20 AM	11:50 AM	\$41	\$82
Eel	NMY	4-6 years	T	4:00 PM	4:30 PM	\$41	\$82
Eel	NMY	4-6 years	W	4:35 PM	5:05 PM	\$41	\$82
Eel	NMY	4-6 years	R	5:10 PM	5:40 PM	\$41	\$82
Eel (combo)	HVY	4-6 years	T	9:20 AM	9:50 AM	\$41	\$82

Eel (combo)	HVY	4-6 years	T	5:10 PM	5:40 PM	\$41	\$82
Eel (combo)	HVY	4-6 years	W	5:45 PM	6:15 PM	\$41	\$82
Eel (combo)	HVY	4-6 years	R	9:20 AM	9:50 AM	\$41	\$82

RAY (4-6 year olds)

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).

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ray	APY	4-6 years	M	10:15 AM	10:45 AM	\$41	\$82
Ray	APY	4-6 years	M	4:40 PM	5:10 PM	\$41	\$82
Ray	APY	4-6 years	T	9:30 AM	10:00 AM	\$41	\$82
Ray	APY	4-6 years	T	3:45 PM	4:15 PM	\$41	\$82
Ray	APY	4-6 years	T	6:05 PM	6:35 PM	\$41	\$82
Ray	APY	4-6 years	W	10:40 AM	11:10 AM	\$41	\$82
Ray	APY	4-6 years	W	5:15 PM	5:45 PM	\$41	\$82
Ray	APY	4-6 years	R	10:05 AM	10:35 AM	\$41	\$82
Ray	APY	4-6 years	R	4:55 PM	5:25 PM	\$41	\$82
Ray	FWY	4-6 years	M	10:45 AM	11:15 AM	\$41	\$82
Ray	FWY	4-6 years	M	4:35 PM	5:05 PM	\$41	\$82
Ray	FWY	4-6 years	T	10:45 AM	11:15 AM	\$41	\$82
Ray	FWY	4-6 years	T	4:00 PM	4:30 PM	\$41	\$82
Ray	FWY	4-6 years	W	5:10 PM	5:40 PM	\$41	\$82
Ray	FWY	4-6 years	R	10:45 AM	11:15 AM	\$41	\$82
Ray	FWY	4-6 years	R	5:10 PM	5:40 PM	\$41	\$82
Ray	FWY	4-6 PM	S	11:30 AM	12:00 PM	\$41	\$82
Ray	NMY	4-6 years	M	5:10 PM	5:40 PM	\$41	\$82
Ray	NMY	4-6 years	R	11:20 AM	11:50 AM	\$41	\$82
Ray (combo)	HVY	4-6 years	T	9:20 AM	9:50 AM	\$41	\$82
Ray (combo)	HVY	4-6 years	T	5:10 PM	5:40 PM	\$41	\$82
Ray (combo)	HVY	4-6 years	W	5:45 PM	6:15 PM	\$41	\$82
Ray (combo)	HVY	4-6 years	R	9:20 PM	9:50 PM	\$41	\$82

STARFISH (4-6 year olds)

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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Starfish	APY	4-6 years	M	5:00 PM	5:30 PM	\$41	\$82
Starfish	APY	4-6 years	R	6:00 PM	6:30 PM	\$41	\$82
Starfish	FWY	4-6 years	M	11:20 AM	11:50 AM	\$41	\$82
Starfish	FWY	4-6 years	R	5:45 PM	6:15 PM	\$41	\$82

YOUTH PROGRESSIVE SWIM PROGRAM AGES 6–12 YEAR OLDS (1ST GRADE AND OLDER)

PRE-POLLIWOG

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

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Polliwog	APY	6-12 years	M	9:00 AM	9:40 AM	\$41	\$82
Pre-Polliwog	APY	6-12 years	M	3:30 PM	4:15 PM	\$41	\$82
Pre-Polliwog	APY	6-12 years	M	5:00 PM	5:40 PM	\$41	\$82
Pre-Polliwog	APY	6-12 Years	T	9:00 AM	9:40 AM	\$41	\$82
Pre-Polliwog	APY	6-12 years	T	4:30 PM	5:10 PM	\$41	\$82
Pre-Polliwog	APY	6-12 years	W	10:30 AM	11:10 AM	\$41	\$82
Pre-Polliwog	APY	6-12 years	W	4:15 PM	4:55 PM	\$41	\$82
Pre-Polliwog	APY	6-12 years	R	10:30 AM	11:10 AM	\$41	\$82
Pre-Polliwog	APY	6-12 years	R	3:45 PM	4:25 PM	\$41	\$82
Pre-Polliwog	APY	6-12 years	S	9:00 AM	9:40 AM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	M	9:00 AM	9:40 AM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	M	4:00 PM	4:40 PM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	M	5:30 PM	6:10 PM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	T	9:45 AM	10:25 AM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	T	5:30 PM	6:10 PM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	W	10:30 AM	11:10 AM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Pre-polliwog	FWY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	R	9:45 AM	10:25 AM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	R	4:45 PM	5:25 PM	\$41	\$82
Pre-Polliwog	FWY	6-12 years	R	6:15 PM	6:55 PM	\$41	\$82
Pre Polliwog	FWY	6-12 years	S	8:00 AM	8:40 AM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	M	11:30 AM	12:10 PM	\$41	\$82

Pre-Polliwog	NMY	6-12 years	M	4:45 PM	5:25 PM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	T	4:00 PM	4:40 PM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	T	6:15 PM	6:55 PM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	W	10:45 AM	11:25 AM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	W	4:45 PM	5:25 PM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	R	4:00 PM	4:40 PM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	R	6:15 PM	6:55 PM	\$41	\$82
Pre-Polliwog	NMY	6-12 years	S	9:00 AM	9:40 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	M	9:00 AM	9:40 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	M	4:00 PM	4:40 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	M	5:30 PM	6:10 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	T	9:35 AM	10:15 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	T	10:20 AM	11:00 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	T	4:00 PM	4:40 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	T	5:30 PM	6:10 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	W	9:00 AM	9:40 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	W	9:45 AM	10:25 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	W	4:45 PM	5:25 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	R	8:50 AM	9:30 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	R	10:20 AM	11:00 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	R	4:00 PM	4:40 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	R	4:45 PM	5:25 PM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	S	8:30 AM	9:10 AM	\$41	\$82
Pre-Polliwog	HVY	6-12 years	S	9:15 AM	9:55 AM	\$41	\$82

POLLIWOG 1

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 and back glide with kick for 2 body lengths without stopping, demonstrate coordinated Front Crawl with face in the water for 5 yards.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Polliwog 1	APY	6-12 years	M	9:45 AM	10:25 AM	\$41	\$82
Polliwog 1	APY	6-12 years	M	3:30 PM	4:10 PM	\$41	\$82
Polliwog 1	APY	6-12 years	T	9:00 AM	9:40 AM	\$41	\$82
Polliwog 1	APY	6-12 years	T	3:45 PM	4:25 PM	\$41	\$82
Polliwog 1	APY	6-12 years	W	10:30 AM	11:10 AM	\$41	\$82
Polliwog 1	APY	6-12 years	W	5:00 PM	5:40 PM	\$41	\$82
Polliwog 1	APY	6-12 years	R	11:15 AM	11:55 AM	\$41	\$82
Polliwog 1	APY	6-12 years	R	5:15 PM	5:55 PM	\$41	\$82
Polliwog 1	APY	6-12 years	S	11:15 AM	11:55 AM	\$41	\$82
Polliwog 1	FWY	6-12 years	M	9:00 AM	9:40 AM	\$41	\$82
Polliwog 1	FWY	6-12 years	M	4:45 PM	5:25 PM	\$41	\$82

Polliwog 1	FWY	6-12 years	M	6:15 PM	6:55 PM	\$41	\$82
Polliwog 1	FWY	6-12 years	T	9:45 AM	10:25 AM	\$41	\$82
Polliwog 1	FWY	6-12 years	T	4:00 PM	4:40 PM	\$41	\$82
Polliwog 1	FWY	6-12 years	T	6:15 PM	6:55 PM	\$41	\$82
Polliwog 1	FWY	6-12 years	W	11:15 AM	11:55 AM	\$41	\$82
Polliwog 1	FWY	6-12 years	W	4:45 PM	5:25 PM	\$41	\$82
Polliwog 1	FWY	6-12 years	W	6:15 PM	6:55 PM	\$41	\$82
Polliwog 1	FWY	6-12 years	R	9:45 AM	10:25 AM	\$41	\$82
Polliwog 1	FWY	6-12 years	R	4:00 PM	4:40 PM	\$41	\$82
Polliwog 1	FWY	6-12 years	R	5:30 PM	6:10 PM	\$41	\$82
Polliwog 1	FWY	6-12 years	S	8:45 AM	9:25 AM	\$41	\$82
Polliwog 1	NMY	6-12 years	M	11:30 AM	12:10 PM	\$41	\$82
Polliwog 1	NMY	6-12 years	M	4:00 PM	4:40 PM	\$41	\$82
Polliwog 1	NMY	6-12 years	M	5:30 PM	6:10 PM	\$41	\$82
Polliwog 1	NMY	6-12 years	T	5:30 PM	6:10 PM	\$41	\$82
Polliwog 1	NMY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Polliwog 1	NMY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82
Polliwog 1	NMY	6-12 years	R	4:45 PM	5:25 PM	\$41	\$82
Polliwog 1	NMY	6-12 years	S	9:45 AM	10:25 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	M	10:20 AM	11:00 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	M	4:45 PM	5:25 PM	\$41	\$82
Polliwog 1	HVY	6-12 years	T	8:50 AM	9:30 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	T	10:20 AM	11:00 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	T	4:45 PM	5:25 PM	\$41	\$82
Polliwog 1	HVY	6-12 years	W	10:20 AM	11:00 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82
Polliwog 1	HVY	6-12 years	R	9:35 AM	10:15 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	R	10:20 AM	11:00 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	R	4:00 PM	4:40 PM	\$41	\$82
Polliwog 1	HVY	6-12 years	R	4:45 PM	5:25 PM	\$41	\$82
Polliwog 1	HVY	6-12 years	R	5:30 PM	6:10 PM	\$41	\$82
Polliwog 1	HVY	6-12 years	S	8:30 AM	9:10 AM	\$41	\$82
Polliwog 1	HVY	6-12 years	S	9:15 AM	9:55 AM	\$41	\$82

POLLIWOG 2

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 flotation for 25 yards (1 length of the pool), treading water for 15 seconds. Must be comfortable jumping into water over head.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Polliwog 2	APY	6-12 Years	M	9:00 AM	9:40 AM	\$41	\$82
Polliwog 2	APY	6-12 years	M	5:45 PM	6:25 PM	\$41	\$82

Polliwog 2	APY	6-12 years	T	10:30 AM	11:10 AM	\$41	\$82
Polliwog 2	APY	6-12 years	T	4:30 PM	5:10 PM	\$41	\$82
Polliwog 2	APY	6-12 years	W	3:30 PM	4:10 PM	\$41	\$82
Polliwog 2	APY	6-12 years	R	10:30 AM	11:10 AM	\$41	\$82
Polliwog 2	APY	6-12 years	R	4:30 PM	5:10 PM	\$41	\$82
Polliwog 2	APY	6-12 years	S	10:30 AM	11:10 AM	\$41	\$82
Polliwog 2	FWY	6-12 years	M	9:50 AM	10:30 AM	\$41	\$82
Polliwog 2	FWY	6-12 years	M	4:00 PM	4:40 PM	\$41	\$82
Polliwog 2	FWY	6-12 years	M	6:15 PM	6:55 PM	\$41	\$82
Polliwog 2	FWY	6-12 years	T	10:30 AM	11:10 AM	\$41	\$82
Polliwog 2	FWY	6-12 years	T	4:45 PM	5:25 PM	\$41	\$82
Polliwog 2	FWY	6-12 years	W	10:30 AM	11:10 AM	\$41	\$82
Polliwog 2	FWY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Polliwog 2	FWY	6-12 years	W	6:15 PM	6:55 PM	\$41	\$82
Polliwog 2	FWY	6-12 years	R	11:15 AM	11:55 AM	\$41	\$82
Polliwog 2	FWY	6-12 years	R	4:45 PM	5:25 PM	\$41	\$82
Polliwog 2	FWY	6-12 years	S	9:30 AM	10:10 AM	\$41	\$82
Polliwog 2	NMY	6-12 years	M	10:45 AM	11:25 AM	\$41	\$82
Polliwog 2	NMY	6-12 years	M	4:00 PM	4:45 PM	\$41	\$82
Polliwog 2	NMY	6-12 years	M	5:30 PM	6:10 PM	\$41	\$82
Polliwog 2	NMY	6-12 years	T	4:45 PM	5:25 PM	\$41	\$82
Polliwog 2	NMY	6-12 years	W	10:00 AM	10:40 PM	\$41	\$82
Polliwog 2	NMY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Polliwog 2	NMY	6-12 years	R	4:45 PM	5:25 PM	\$41	\$82
Polliwog 2	NMY	6-12 years	R	6:15 PM	6:55 PM	\$41	\$82
Polliwog 2	NMY	6-12 years	S	10:30 AM	11:10 AM	\$41	\$82
Polliwog 2	HVY	6-12 years	M	10:20 AM	11:00 AM	\$41	\$82
Polliwog 2	HVY	6-12 years	M	4:00 PM	4:40 PM	\$41	\$82
Polliwog 2	HVY	6-12 years	T	9:35 AM	10:15 AM	\$41	\$82
Polliwog 2	HVY	6-12 years	T	4:00 PM	4:40 PM	\$41	\$82
Polliwog 2	HVY	6-12 years	W	10:20 AM	11:00 AM	\$41	\$82
Polliwog 2	HVY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Polliwog 2	HVY	6-12 years	R	10:20 AM	11:00 AM	\$41	\$82
Polliwog 2	HVY	6-12 years	R	4:00 PM	4:40 PM	\$41	\$82
Polliwog 2	HVY	6-12 years	R	4:45 PM	5:25 PM	\$41	\$82
Polliwog 2	HVY	6-12 years	S	10:00 AM	10:40 AM	\$41	\$82

GUPPY

Class Prerequisites: Must be able to demonstrate coordinated Front Crawl with rotary breathing for 25 yards (1 length of the pool) without stopping, coordinated Back Crawl for 25 yards (1 length of the pool) without stopping, treading water for 30 seconds.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Guppy	APY	6-12 years	M	10:30 AM	11:10 AM	\$41	\$82
Guppy	APY	6-12 years	M	4:15 PM	4:55 PM	\$41	\$82

Guppy	APY	6-12 years	T	9:45 AM	10:25 AM	\$41	\$82
Guppy	APY	6-12 years	T	4:30 PM	5:10 PM	\$41	\$82
Guppy	APY	6-12 years	W	3:30 PM	4:10 PM	\$41	\$82
Guppy	APY	6-12 years	R	11:15 AM	11:55 AM	\$41	\$82
Guppy	APY	6-12 years	R	5:15 PM	5:55 PM	\$41	\$82
Guppy	APY	6-12 years	S	9:45 AM	10:25 AM	\$41	\$82
Guppy	FWY	6-12 years	M	10:35 AM	11:15 AM	\$41	\$82
Guppy	FWY	6-12 years	M	4:45 PM	5:25 PM	\$41	\$82
Guppy	FWY	6-12 years	T	11:15 AM	11:55 AM	\$41	\$82
Guppy	FWY	6-12 years	T	4:00 PM	4:40 PM	\$41	\$82
Guppy	FWY	6-12 years	W	11:15 AM	11:55 AM	\$41	\$82
Guppy	FWY	6-12 years	W	4:45 PM	5:25 PM	\$41	\$82
Guppy	FWY	6-12 years	R	10:30 AM	11:10 AM	\$41	\$82
Guppy	FWY	6-12 years	R	5:30 PM	6:10 PM	\$41	\$82
Guppy	FWY	6-12 years	S	10:15 AM	10:55 AM	\$41	\$82
Guppy	NMY	6-12 years	M	10:45 AM	11:25 AM	\$41	\$82
Guppy	NMY	6-12 years	M	4:45 PM	5:25 PM	\$41	\$82
Guppy	NMY	6-12 years	T	4:45 PM	5:25 PM	\$41	\$82
Guppy	NMY	6-12 years	W	10:00 AM	10:40 AM	\$41	\$82
Guppy	NMY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Guppy	NMY	6-12 years	R	5:30 PM	6:10 PM	\$41	\$82
Guppy	HVY	6-12 years	T	10:20 AM	11:00 AM	\$41	\$82
Guppy	HVY	6-12 years	T	4:45 PM	5:25 PM	\$41	\$82
Guppy	HVY	6-12 years	W	4:00 PM	4:40 PM	\$41	\$82
Guppy	HVY	6-12 years	R	9:35 AM	10:15 AM	\$41	\$82
Guppy	HVY	6-12 years	R	5:30 PM	6:15 PM	\$41	\$82
Guppy	HVY	6-12 years	S	10:00 AM	10:40 AM	\$41	\$82

MINNOW

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 kick.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Minnow	APY	6-12 years	M	10:30 AM	11:10 AM	\$41	\$82
Minnow	APY	6-12 years	M	4:15 PM	4:55 PM	\$41	\$82
Minnow	APY	6-12 years	T	10:30 AM	11:10 AM	\$41	\$82
Minnow	APY	6-12 years	T	5:15 PM	5:55 PM	\$41	\$82
Minnow	APY	6-12 years	W	11:15 AM	11:55 AM	\$41	\$82
Minnow	APY	6-12 years	W	5:00 PM	5:40 PM	\$41	\$82
Minnow	APY	6-12 years	R	9:00 AM	9:40 AM	\$41	\$82
Minnow	APY	6-12 years	R	3:45 PM	4:25 PM	\$41	\$82
Minnow	FWY	6-12 years	M	9:50 AM	10:30 AM	\$41	\$82
Minnow	FWY	6-12 years	M	5:30 PM	6:10 PM	\$41	\$82

Minnow	FWY	6-12 years	T	6:15 PM	6:55 PM	\$41	\$82
Minnow	FWY	6-12 years	W	11:15 AM	11:55 AM	\$41	\$82
Minnow	FWY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82
Minnow	FWY	6-12 years	R	4:00 PM	4:40 PM	\$41	\$82
Minnow	NMY	6-12 years	T	5:30 PM	6:10 PM	\$41	\$82
Minnow	NMY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82
Minnow	NMY	6-12 years	R	4:00 PM	4:40 PM	\$41	\$82
Minnow	HVY	6-12 years	T	5:30 PM	6:10 PM	\$41	\$82
Minnow	HVY	6-12 years	W	4:45 PM	5:25 PM	\$41	\$82
Minnow	HVY	6-12 years	R	8:50 AM	9:30 AM	\$41	\$82

FISH

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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fish	APY	6-12 years	M	11:15 AM	11:55 AM	\$41	\$82
Fish	APY	6-12 years	M	5:00 PM	5:40 PM	\$41	\$82
Fish	APY	6-12 years	T	9:45 AM	10:25 AM	\$41	\$82
Fish	APY	6-12 years	T	3:45 PM	4:25 PM	\$41	\$82
Fish	APY	6-12 years	W	4:15 PM	4:55 PM	\$41	\$82
Fish	APY	6-12 years	R	9:45 AM	10:25 AM	\$41	\$82
Fish	APY	6-12 years	R	4:30 PM	5:10 PM	\$41	\$82
Fish	FWY	6-12 years	M	10:35 AM	11:15 AM	\$41	\$82
Fish	FWY	6-12 years	T	11:15 AM	11:55 AM	\$41	\$82
Fish	FWY	6-12 years	T	5:30 PM	6:10 PM	\$41	\$82
Fish	FWY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82
Fish	FWY	6-12 years	R	10:30 AM	11:10 AM	\$41	\$82
Fish	FWY	6-12 years	R	6:15 PM	6:55 PM	\$41	\$82
Fish	NMY	6-12 years	T	6:15 PM	6:55 PM	\$41	\$82
Fish	NMY	6-12 years	W	4:45 PM	5:25 PM	\$41	\$82
Fish	HVY	6-12 years	T	5:30 PM	6:30 PM	\$41	\$82
Fish	HVY	6-12 years	W	4:45 PM	5:25 PM	\$41	\$82
Fish	HVY	6-12 years	R	8:50 AM	9:30 AM	\$41	\$82

FLYING FISH

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 yards (3 full laps) without stopping, coordinated Breaststroke for 25 yards (1 length of the pool).

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Flying Fish	APY	6-12 years	M	9:45 AM	10:25 AM	\$41	\$82
Flying Fish	APY	6-12 years	M	5:45 PM	6:25 PM	\$41	\$82
Flying Fish	APY	6-12 years	W	11:15 AM	11:55 AM	\$41	\$82

Flying Fish	APY	6-12 years	R	6:00 PM	6:40 PM	\$41	\$82
Flying Fish	FWY	6-12 years	M	11:20 AM	12:00 PM	\$41	\$82
Flying Fish	FWY	6-12 years	M	5:30 PM	6:10 PM	\$41	\$82
Flying Fish	FWY	6-12 years	W	6:15 PM	6:55 PM	\$41	\$82
Flying Fish	NMY	6-12 years	M	6:15 PM	6:55 PM	\$41	\$82
Flying Fish	NMY	6-12 years	R	5:30 PM	6:10 PM	\$41	\$82
Flying Fish	HVY	6-12 years	T	8:50 AM	9:30 AM	\$41	\$82
Flying Fish	HVY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82

SHARK

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 this order with correct form: butterfly, back crawl, breaststroke, front crawl).

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Shark	APY	6-12 years	M	9:45 AM	10:25 AM	\$41	\$82
Shark	APY	6-12 years	M	5:45 PM	6:25 PM	\$41	\$82
Shark	APY	6-12 years	W	11:15 AM	11:55 AM	\$41	\$82
Shark	APY	6-12 years	R	6:00 PM	6:40 PM	\$41	\$82
Shark	FWY	6-12 years	M	11:20 AM	12:00 PM	\$41	\$82
Shark	FWY	6-12 years	M	5:30 PM	6:10 PM	\$41	\$82
Shark	FWY	6-12 years	W	6:15 PM	6:55 PM	\$41	\$82
Shark	NMY	6-12 years	M	6:15 PM	6:55 PM	\$41	\$82
Shark	NMY	6-12 years	R	5:30 PM	6:10 PM	\$41	\$82
Shark	HVY	6-12 years	T	8:50 AM	9:30 AM	\$41	\$82
Shark	HVY	6-12 years	W	5:30 PM	6:10 PM	\$41	\$82

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

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

YMILER 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.

SPECIALTY AQUATICS

SWIM TEAM 101

For children who have progressed through the Guppy level or our progressive program and have an interest in joining swim team. This course is designed to introduce you to the four competitive strokes, starts, turns, how to read a pace clock, and swim team workouts.

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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Older Youth	APY	12-14 years	T	5:15 PM	5:55 PM	\$41	\$82
Older Youth	FWY	12-14 years	M	11:20 AM	12:00 PM	\$41	\$82
Older Youth	FWY	12-14 years	T	4:45 PM	5:25 PM	\$41	\$82
Older Youth	FWY	12-14 years	S	11:00 AM	11:40 AM	\$41	\$82
Older Youth	NMY	12-14 years	W	4:45 PM	5:25 PM	\$41	\$82
Swim Team 101	APY	9-14 years	W	5:45 PM	6:25 PM	\$41	\$82
Swim Team 101	FWY	9-14 years	T	10:30 AM	11:10 AM	\$41	\$82
Swim Team 101	FWY	9-14 years	R	6:15 PM	6:55 PM	\$41	\$82
Older Youth	HVY	12-14 years	M	4:45 PM	5:25 PM	\$41	\$82

Adult Swim Lessons (Ages 14-Adult) (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.

10 WEEK SESSION							
Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Swim Lessons	APY	14 years and older	M	5:45 PM	6:25 PM	\$50	\$89
Adult Swim Lessons	APY	14 years and older	R	9:00 AM	9:40 AM	\$50	\$89
Adult Swim Lessons	FWY	14 years and older	M	6:15 PM	6:55 PM	\$50	\$89
Adult Swim Lessons	FWY	14 years and older	R	11:15 AM	11:55 AM	\$50	\$89
Adult Swim Lessons	HVY	14 years and older	M	5:30 PM	6:10 PM	\$50	\$89
Adult Swim Lessons	NMY	14 years and older	W	11:30 AM	12:10 PM	\$50	\$89

Arthritis Aquatics Information is available in the Water Fitness section.
APY/NMY

LIFEGUARD TRAINING (NMY, HVY)

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.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute 40 seconds (without using goggles).
 1. Starting in the water swim 20 yards.
 2. Surface dive, feet first or head first to a depth of 7-10 feet to retrieve a 10 pound object.
 3. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object.
 4. Exit the water without using a ladder or steps.
 5. See next page for dates/times.

Fee: YMCA Member - \$120 General Public - \$175 All materials are included in the price of class.

Heart of the Valley YMCA

Prescreening will take place on the first day of class. Classes will be held Monday –Thursday August 28-31, 8:00 AM- 5:00 PM. Please bring a sack lunch.

Neenah-Menasha YMCA – Lifeguard Review Course

The Lifeguard Review Course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding. Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED certificate. Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding course. Review Course will be held Thursday, June 2nd and Friday, June 3rd 10:00 AM – 3:00 PM.

Fee: YMCA Member - \$80 General Public - \$115

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training	HVY	15 years and older	M-TH	8:00 AM	5:00 PM	\$120	\$175
Lifeguard Review	NMY	16 years and older	RF	10:00 AM	3:00 PM	\$80	\$115

SWIM TEAM

STAFF CONTACTS

APY – Christi Latta Head 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.

*Registration, 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. 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 12 years old and under** and is the beginning level for the Fox Cities YMCA Swim Team.

DEVELOPMENTAL BLUE (AGES 12 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 12 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 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.

SENIORS

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.