



# 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: NOVEMBER 19, 2018

### STAFF CONTACTS

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**Welcome to the new YMCA Swim Lesson Program. We have updated the 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. Swimmers that have been in lessons prior can find the equivalent level at the end of every description. New swimmers or swimmers who have not attended lessons recently should have a swim check. Please call the Aquatic professional above for your quick check.**

### PARENT AND CHILD SWIM CLASSES

#### PARENT AND CHILD STAGE A – WATER DISCOVERY (6 months - 1 year olds with an adult)

**Prerequisites:** be at least 6 months old by the first day of class. At least one adult must accompany each child. **Skills learned in this stage:** blow bubbles, front tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes may be taught together. **Formerly Goldfish.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	M	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	T	9:30 AM	10:00 AM	\$30	\$63
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	T	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	W	10:05 AM	10:35 AM	\$30	\$63
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	W	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	TH	9:30 AM	10:00 AM	\$30	\$63
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	TH	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage A Water Discovery	APY	6 months – 1 year	SAT	8:30 AM	9:00 AM	\$30	\$63
Parent and Child Stage A Water Discovery	FWY	6 months - 1 year	M	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage A Water Discovery	FWY	6 months - 1 year	T	9:00 AM	9:30 AM	\$30	\$63
Parent and Child Stage A Water Discovery	FWY	6 months - 1 year	T	5:45 PM	6:15 PM	\$30	\$63

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.

Parent and Child Stage A Water Discovery	FWY	6 months - 1 year	W	10:45 AM	11:15 AM	\$30	\$63
Parent and Child Stage A Water Discovery	FWY	6 months - 1 year	W	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage A Water Discovery	FWY	6 months - 1 year	TH	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage A Water Discovery	FWY	6 months - 1 year	SAT	8:30 AM	9:00 AM	\$30	\$63
Parent and Child Stage A Water Discovery	HVY	6 months - 1 year	T	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage A Water Discovery	HVY	6 months - 1 year	W	9:35 AM	10:05 AM	\$30	\$63
Parent and Child Stage A Water Discovery	HVY	6 months - 1 year	TH	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage A Water Discovery	HVY	6 months - 1 year	SAT	10:05 AM	10:35 AM	\$30	\$63
Parent and Child Stage A Water Discovery	NMY	6 months - 1 year	T	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage A Water Discovery	NMY	6 months - 1 year	W	10:45 AM	11:15 AM	\$30	\$63
Parent and Child Stage A Water Discovery	NMY	6 months - 1 year	W	5:10 PM	5:40 PM	\$30	\$63

### PARENT AND CHILD STAGE B – WATER EXPLORATION (1 - 2 year olds with an adult)

Children ages 1-2 years old with adult.

**Prerequisites:** be at least 1 year old by the first day of class.

**Skills learned in this stage:** blow bubbles with mouth and nose, water entry and exit, front and back tow with assistance, front and back float with assistance, roll with assistance.

At least one adult must accompany each child. Water Discovery and Water Exploration classes may be taught together. **Formerly Goldfish.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	M	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	T	9:30 AM	10:00 AM	\$30	\$63
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	T	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	W	10:05 AM	10:35 AM	\$30	\$63
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	W	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	TH	9:30 AM	10:00 AM	\$30	\$63
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	TH	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage B Water Exploration	APY	1 year - 2 years	SAT	8:30 AM	9:00 AM	\$30	\$63
Parent and Child Stage B Water Exploration	FWY	1 year - 2 years	M	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage B Water Exploration	FWY	1 year - 2 years	T	9:00 AM	9:30 AM	\$30	\$63
Parent and Child Stage B Water Exploration	FWY	1 year - 2 years	T	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage B Water Exploration	FWY	1 year - 2 years	W	10:45 AM	11:15 AM	\$30	\$63
Parent and Child Stage B Water Exploration	FWY	1 year - 2 years	W	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage B Water Exploration	FWY	1 year - 2 years	TH	5:45 PM	6:15 PM	\$30	\$63

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Parent and Child Stage B Water Exploration	FWY	1 year - 2 years	SAT	8:30 AM	9:00 AM	\$30	\$63
Parent and Child Stage B Water Exploration	HVY	1 year - 2 years	T	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage B Water Exploration	HVY	1 year - 2 years	W	9:35 AM	10:05 AM	\$30	\$63
Parent and Child Stage B Water Exploration	HVY	1 year - 2 years	TH	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage B Water Exploration	HVY	1 year - 2 years	SAT	10:05 AM	10:35 AM	\$30	\$63
Parent and Child Stage B Water Exploration	NMY	1 year - 2 years	T	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage B Water Exploration	NMY	1 year - 2 years	W	10:45 AM	11:15 AM	\$30	\$63
Parent and Child Stage B Water Exploration	NMY	1 year - 2 years	W	5:10 PM	5:40 PM	\$30	\$63

### PARENT AND CHILD STAGE C – WATER INDEPENDENCE (2 - 3 year olds with an adult)

Children ages 2-3 years old with adult.

**Prerequisites:** Completion of Stage B, Water Exploration prior to Stage C is recommended. At least one adult must accompany each child and child must be able to stand in the shallow end of the pool at 2'6".

**Skills learned in this stage:** submerge independently, front and back float with assistance, front and back glide with assistance, roll assisted, jump in with assistance, swim 10 feet using the swim-float-swim sequence with assistance. **Formerly Sunfish.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent and Child Stage C Water Independence	APY	2 - 3 years	M	9:30 AM	10:00 AM	\$30	\$63
Parent and Child Stage C Water Independence	APY	2 - 3 years	M	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage C Water Independence	APY	2 - 3 years	T	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage C Water Independence	APY	2 - 3 years	W	9:30 AM	10:00 AM	\$30	\$63
Parent and Child Stage C Water Independence	APY	2 - 3 years	W	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage C Water Independence	APY	2 - 3 years	TH	10:40 AM	11:10 AM	\$30	\$63
Parent and Child Stage C Water Independence	APY	2 - 3 years	TH	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage C Water Independence	APY	2 - 3 years	SAT	11:25 AM	11:55 AM	\$30	\$63
Parent and Child Stage C Water Independence	FWY	2 - 3 years	M	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage C Water Independence	FWY	2 - 3 years	T	11:20 AM	11:50 AM	\$30	\$63
Parent and Child Stage C Water Independence	FWY	2 - 3 years	T	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage C Water Independence	FWY	2 - 3 years	W	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage C Water Independence	FWY	2 - 3 years	TH	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage C Water Independence	FWY	2 - 3 years	SAT	11:25 AM	11:55 AM	\$30	\$63
Parent and Child Stage C Water Independence	HVY	2 - 3 years	T	9:35 AM	10:05 AM	\$30	\$63
Parent and Child Stage C Water Independence	HVY	2 - 3 years	T	6:20 PM	6:50 PM	\$30	\$63
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	5:45 PM	6:15 PM	\$30	\$63

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Parent and Child Stage C Water Independence	HVY	2 - 3 years	SAT	10:40 AM	11:10 AM	\$30	\$63
Parent and Child Stage C Water Independence	NMY	2 - 3 years	W	5:45 PM	6:15 PM	\$30	\$63
Parent and Child Stage C Water Independence	NMY	2 - 3 years	TH	9:35 AM	10:05 AM	\$30	\$63
Parent and Child Stage C Water Independence	NMY	2 - 3 years	TH	6:20 PM	6:50 PM	\$30	\$63

## PRESCHOOL SWIM PROGRAM

### AGES 3 -5 YEAR OLDS

#### PRESCHOOL STAGE 1 – WATER ACCLIMATION (3-5 year olds)

**Prerequisites:** Completion of Stage C prior to Stage 1 is recommended. Child must be able to stand in the shallow end of the pool at 2'6".

**Skills learned in this stage:** submerge independently, front and back float with assistance and recover independently, front and back glide with assistance, roll assisted, jump in the pool with assistance, swim 10 feet using the swim-float-swim sequence with assistance. **Formerly Shrimp and Perch.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	M	10:40 AM	11:10 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	M	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	M	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	10:05 AM	10:35 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	12:30 PM	1:00 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	W	11:15 AM	11:45 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	W	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	W	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	W	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	TH	1:05 PM	1:35 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	TH	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	TH	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	SAT	9:05 AM	9:35 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	SAT	9:40 AM	10:10 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	SAT	10:15 AM	10:45 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	APY	3-5 years	SAT	10:50 AM	11:20 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	M	9:00 AM	9:30 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	M	10:10 AM	10:40 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	M	4:00PM	4:30 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	T	9:35 AM	10:05 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	T	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	T	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	W	9:00 AM	9:30 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	W	10:10 AM	10:40 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$30	\$63

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Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	TH	9:35 AM	10:05 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	SAT	9:05 AM	9:35 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	FWY	3 - 5 years	SAT	10:50 AM	11:20 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	T	10:10 AM	10:40 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	T	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	T	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	W	9:00 AM	9:30 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	W	10:45 AM	11:15 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	W	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	TH	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	TH	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	SAT	8:55 AM	9:25 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	HVY	3 - 5 years	SAT	10:05 AM	10:35 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	M	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	T	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	T	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	W	10:10 AM	10:40 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	TH	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	TH	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	TH	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	SAT	9:00 AM	9:30 AM	\$30	\$63
Preschool Stage 1 Water Acclimation	NMY	3 - 5 years	SAT	10:10 AM	10:40 AM	\$30	\$63

## PRESCHOOL STAGE 2 – WATER MOVEMENT (3-5 year olds)

**Prerequisites:** submerge independently, front and back float with assistance and recover independently, front and back glide with assistance, roll assisted, jump in the pool with assistance, swim 10 feet using the swim-float-swim sequence with assistance.

**Skills learned in this stage:** submerge and look at object, front and back float independently 5-10 seconds, front and back glides with kicks 5 feet, jump in pool independently, roll from front to back and back to front without help, introduction to treading water, swim 5 yards using the swim-float-swim sequence. **Formerly Kipper and Pike.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 2 Water Movement	APY	3 - 5 years	M	10:05 AM	10:35 AM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	T	10:40 AM	11:10 AM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	T	1:40 PM	2:10 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	T	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	T	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	T	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	W	10:40 AM	11:10 AM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	W	4:00 PM	4:30 PM	\$30	\$63

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Preschool Stage 2 Water Movement	APY	3 - 5 years	W	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	TH	11:15 AM	11:45 AM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	TH	12:30 PM	1:00 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	TH	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	TH	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	SAT	9:05 AM	9:35 AM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	SAT	10:15 AM	10:45 AM	\$30	\$63
Preschool Stage 2 Water Movement	APY	3 - 5 years	SAT	10:50 AM	11:20 PM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	M	9:35 AM	10:05 AM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	T	10:10 AM	10:40 AM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	W	9:35 AM	10:05 AM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	W	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	W	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	TH	9:00 AM	9:30 AM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	TH	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	TH	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	FWY	3 - 5 years	SAT	9:40 AM	10:10 AM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	M	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	T	9:00 AM	9:30 AM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	T	10:45 AM	11:15 AM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	T	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	T	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	W	10:10 AM	10:40 AM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	W	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	W	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	TH	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	TH	6:20 PM	6:50 PM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	SAT	8:20 AM	8:50 AM	\$30	\$63
Preschool Stage 2 Water Movement	HVY	3 - 5 years	SAT	9:30 AM	10:00 AM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	M	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	T	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	T	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	W	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	W	6:20 PM	6:50 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	TH	10:45 AM	11:15 AM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	TH	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	TH	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 2 Water Movement	NMY	3 - 5 years	SAT	9:35 AM	10:05 AM	\$30	\$63

### **PRESCHOOL STAGE 3 – WATER STAMINA (3 - 5 year olds)**

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

*This is a working document and is subject to change.*

**Prerequisites (skills child is able to do already):** submerge comfortably, front and back float 5 seconds, front and back glide with kicks 5 feet, jump in the pool independently, roll from front to back and back to front without help, swim 5 yards using the swim-float-swim sequence.

**Skills learned in this stage:** retrieve object from chest-deep water, front crawl for 10 yards with overarm stroke, back crawl for 10 yards, jump in deep water independently, tread water for 10 seconds, swim 15 yards using the swim-float-swim sequence, introduction to rotary breathing. **Formerly Eels.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 3 Water Stamina	APY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 3 Water Stamina	APY	3 - 5 years	T	1:05 PM	1:35 PM	\$30	\$63
Preschool Stage 3 Water Stamina	APY	3 - 5 years	T	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	APY	3 - 5 years	W	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 3 Water Stamina	APY	3 - 5 years	TH	1:40 PM	2:10 PM	\$30	\$63
Preschool Stage 3 Water Stamina	APY	3 - 5 years	TH	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 3 Water Stamina	APY	3 - 5 years	TH	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	APY	3 - 5 years	S	11:25 AM	11:55 AM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	M	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	T	10:45 AM	11:15 AM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	T	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	W	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	TH	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	FWY	3 - 5 years	SAT	10:15 AM	10:45 AM	\$30	\$63
Preschool Stage 3 Water Stamina	HVY	3 - 5 years	M	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 3 Water Stamina	HVY	3 - 5 years	T	6:20 PM	6:50 PM	\$30	\$63
Preschool Stage 3 Water Stamina	HVY	3 - 5 years	W	4:35 PM	4:30 PM	\$30	\$63
Preschool Stage 3 Water Stamina	HVY	3 - 5 years	TH	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	HVY	3 - 5 years	S	10:40 AM	11:10 AM	\$30	\$63
Preschool Stage 3 Water Stamina	NMY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 3 Water Stamina	NMY	3 - 5 years	T	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 3 Water Stamina	NMY	3 - 5 years	W	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 3 Water Stamina	NMY	3 - 5 years	W	6:20 PM	6:50 PM	\$30	\$63
Preschool Stage 3 Water Stamina	NMY	3 - 5 years	TH	10:10 AM	10:40 AM	\$30	\$63
Preschool Stage 3 Water Stamina	NMY	3 - 5 years	TH	5:45 PM	6:15 PM	\$30	\$63
Preschool Stage 3 Water Stamina	NMY	3 - 5 years	SAT	10:45 AM	11:15 AM	\$30	\$63

**PRESCHOOL STAGE 4 – STROKE INTRODUCTION (3-5 year olds)**

**Prerequisites:** retrieve object from chest-deep water, front crawl for 10 yards with overarm stroke, back crawl for 10 yards, jump in deep water independently, tread water for 10 seconds, swim 15 yards using the swim-float-swim sequence.

**Skills learned in this stage:** front crawl 15 yards with rotary breathing, swim back crawl 15 yards, elementary backstroke 15 yards, tread water 1 minute, breaststroke kick 15 yards, butterfly kick 15 yards, yard endurance swim, sitting dive. **Formerly Ray and Starfish.**

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

*This is a working document and is subject to change.*

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	M	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	M	5:30 PM	6:00 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	T	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	T	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	W	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	W	4:45 PM	5:15 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	TH	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	APY	3 – 5 years	SAT	8:30 AM	9:00 AM	\$30	\$63
Preschool Stage 4 Stroke Introduction	FWY	3 – 5 years	M	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	FWY	3 – 5 years	T	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	FWY	3 – 5 years	W	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	FWY	3 – 5 years	TH	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	HVY	3 - 5 years	M	4:00 PM	4:30 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	HVY	3 - 5 years	W	4:35 PM	5:05 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	NMY	3 – 5 years	M	5:10 PM	5:40 PM	\$30	\$63
Preschool Stage 4 Stroke Introduction	NMY	3 – 5 years	T	5:10 PM	5:40 PM	\$30	\$63

## SCHOOL AGE SWIM PROGRAM AGES 6–12 YEAR OLDS

### SCHOOL AGE STAGE 1 – WATER ACCLIMATION (6-12 year olds)

**Prerequisites (skills child is able to do already):** for children who are not comfortable submerging under water.

**Skills learned in this stage:** submerge independently, front and back float with assistance and recover independently, front and back glide with assistance, roll assisted, jump in the pool with assistance, swim 10 feet using the swim-float-swim sequence with assistance. **Formerly Pre Polliwogs not yet able to submerge underwater.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 1 Water Acclimation	APY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 1 Water Acclimation	APY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 1 Water Acclimation	APY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 1 Water Acclimation	APY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 1 Water Acclimation	APY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 1 Water Acclimation	APY	6 - 12 years	SAT	10:30 AM	11:10 AM	\$30	\$63
School Age Stage 1 Water Acclimation	FWY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 1 Water Acclimation	FWY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 1 Water Acclimation	FWY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 1 Water Acclimation	FWY	6 - 12 years	TH	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 1 Water Acclimation	FWY	6 - 12 years	SAT	8:15 AM	8:55 AM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	T	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.



School Age Stage 1 Water Acclimation	HVY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	TH	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	SAT	9:05 AM	9:45 AM	\$30	\$63
School Age Stage 1 Water Acclimation	HVY	6 - 12 years	SAT	10:35 AM	11:15 AM	\$30	\$63
School Age Stage 1 Water Acclimation	NMY	6 - 12 years	W	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 1 Water Acclimation	NMY	6 - 12 years	TH	6:15 PM	6:55 PM	\$30	\$63

## SCHOOL AGE STAGE 2 – WATER MOVEMENT (6-12 year olds)

**Prerequisites (skills child is able to do already):** submerge independently, front and back float with assistance and recover independently, front and back glide with assistance, roll assisted, jump in the pool with assistance, swim 10 feet using the swim-float-swim sequence with assistance.

**Skills learned in this stage:** submerge and look at object, front and back float independently 20 seconds, front and back glide 10 feet, jump in pool independently, roll from front to back and back to front without help, tread water 10 seconds, swim 5 yards using the swim-float-swim sequence. **Formerly Pre Polliwogs.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 2 Water Movement	APY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 2 Water Movement	APY	6 - 12 years	M	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 2 Water Movement	APY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 2 Water Movement	APY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 2 Water Movement	APY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 2 Water Movement	APY	6 - 12 years	TH	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 2 Water Movement	APY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 2 Water Movement	APY	6 - 12 years	SAT	10:30 AM	11:10 AM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	M	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	T	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	W	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	W	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 2 Water Movement	FWY	6 - 12 years	SAT	8:15 AM	8:55 AM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	T	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	TH	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	SAT	9:05 AM	9:45 AM	\$30	\$63
School Age Stage 2 Water Movement	HVY	6 - 12 years	SAT	10:35 AM	11:15 AM	\$30	\$63
School Age Stage 2 Water Movement	NMY	6 - 12 years	M	5:30 PM	6:10 PM	\$30	\$63

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.

School Age Stage 2 Water Movement	NMY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 2 Water Movement	NMY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 2 Water Movement	NMY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 2 Water Movement	NMY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 2 Water Movement	NMY	6 - 12 years	SAT	10:30 AM	11:15 AM	\$30	\$63

### SCHOOL AGE STAGE 3 – WATER STAMINA (6-12 year olds)

**Prerequisites (skills child is able to do already):** submerge comfortably, front and back float 20 seconds, front and back glide with kicks 10 feet, jump in the pool independently, roll from front to back and back to front without help, swim 5 yards using the swim-float-swim sequence.

**Skills learned in this stage:** retrieve object from chest-deep water, front crawl 15 yards with overarm stroke, back crawl for 15 yards, jump in deep water independently, tread water for 1 minute, swim 25 yards using the swim-float-swim sequence, introduction to rotary breathing.

**Formerly Polliwog 1.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 3 Water Stamina	APY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	M	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	T	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	W	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	W	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	TH	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 3 Water Stamina	APY	6 - 12 years	SAT	9:00 AM	9:40 AM	\$30	\$63
School Age Stage 3 Water Stamina	FWY	6 - 12 years	M	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 3 Water Stamina	FWY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 3 Water Stamina	FWY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 3 Water Stamina	FWY	6 - 12 years	W	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 3 Water Stamina	FWY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 3 Water Stamina	FWY	6 - 12 years	TH	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 3 Water Stamina	FWY	6 - 12 years	SAT	9:00 AM	9:40 AM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	M	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	T	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	W	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	TH	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	SAT	8:20 AM	9:00 AM	\$30	\$63
School Age Stage 3 Water Stamina	HVY	6 - 12 years	SAT	9:50 AM	10:30 AM	\$30	\$63
School Age Stage 3 Water Stamina	NMY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 3 Water Stamina	NMY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 3 Water Stamina	NMY	6 - 12 years	W	6:15 PM	6:55 PM	\$30	\$63

School Age Stage 3 Water Stamina	NMY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 3 Water Stamina	NMY	6 - 12 years	S	9:00 AM	9:40 AM	\$30	\$63

#### **SCHOOL AGE STAGE 4 – STROKE INTRODUCTION (6-12 year olds)**

**Prerequisites (skills child is able to do already):** retrieve object from chest-deep water, front crawl 15 yards with overarm stroke, back crawl for 15 yards, jump in deep water independently, tread water for 1 minute, swim 25 yards using the swim-float-swim sequence, introduction to rotary breathing.

**Skills learned in this stage:** front crawl 15-25 yards with rotary breathing, back crawl 15-25 yards, elementary backstroke 15 yards, tread water 1 minute, breaststroke kick 15 yards, butterfly kick 15 yards, endurance swim, sitting dive. **Formerly Polliwog 2 and Guppy.**

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	M	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	W	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	SAT	9:00 AM	9:40 AM	\$30	\$63
School Age Stage 4 Stroke Introduction	APY	6 - 12 years	SAT	11:15 AM	11:55 AM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	M	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	TH	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	FWY	6 - 12 years	SAT	9:45 AM	10:25 AM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	M	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	M	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63

School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	W	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	TH	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	TH	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	SAT	9:50 AM	10:30 AM	\$30	\$63
School Age Stage 4 Stroke Introduction	HVY	6 - 12 years	SAT	10:35 AM	11:15 AM	\$30	\$63
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	W	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	SAT	9:45 AM	10:25 AM	\$30	\$63

### SCHOOL AGE STAGE 5 – STROKE DEVELOPMENT (6-12 year olds)

**Prerequisites (skills child is able to do already):** front crawl 15-25 yards with rotary breathing, back crawl 15-25 yards, elementary backstroke 15 yards, tread water 1 minute, breaststroke kick 15 yards, butterfly kick 15 yards, endurance swim, sitting dive.

**Skills learned in this stage:** front crawl 25 yards with bent arm recovery, back crawl 25 yards, side stroke 25 yards, breaststroke 25 yards, butterfly 15 yards, tread water 2 minutes, endurance swim.

**Formerly Minnow.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 5 Stroke Development	APY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 5 Stroke Development	APY	6 - 12 years	T	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 5 Stroke Development	APY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 5 Stroke Development	APY	6 - 12 years	TH	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 5 Stroke Development	APY	6 - 12 years	SAT	9:45 AM	10:25 AM	\$30	\$63
School Age Stage 5 Stroke Development	FWY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 5 Stroke Development	FWY	6 - 12 years	T	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 5 Stroke Development	FWY	6 - 12 years	W	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 5 Stroke Development	FWY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63
School Age	FWY	6 - 12 years	SAT	10:30 AM	11:10 AM	\$30	\$63

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.

Stage 5 Stroke Development							
School Age Stage 5 Stroke Development	HVY	6 - 12 years	M	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 5 Stroke Development	HVY	6 - 12 years	T	6:15 PM	6:55 PM	\$30	\$63
School Age Stage 5 Stroke Development	HVY	6 - 12 years	W	4:00 PM	4:40 PM	\$30	\$63
School Age Stage 5 Stroke Development	HVY	6 - 12 years	SAT	9:05 AM	9:45 AM	\$30	\$63
School Age Stage 5 Stroke Development	NMY	6 - 12 years	T	5:30 PM	6:10 PM	\$30	\$63
School Age Stage 5 Stroke Development	NMY	6 - 12 years	W	4:45 PM	5:25 PM	\$30	\$63
School Age Stage 5 Stroke Development	NMY	6 - 12 years	TH	4:45 PM	5:25 PM	\$30	\$63

### SCHOOL AGE STAGE 6 – STROKE MECHANICS (6-12 year olds)

**Prerequisites (skills child is able to do already):** front crawl 25 yards with bent arm recovery, back crawl 25 yards, side stroke 25 yards, breaststroke 25 yards, butterfly 15 yards, tread water 2 minutes, endurance swim.

**Skills learned in this stage:** front crawl and back crawl 100 yards each with flip turns, elementary backstroke and sidestroke 50 yards each, breaststroke 50 yards with open turns, butterfly 25 yards, endurance swim, standing dive. **Formerly Fish and Flying Fish.**

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

### Older Youth/Teen and Adult Swim Lessons

#### Classes for Older Youth (Ages 10-14) Teen and Adults (Ages 15-Adult)

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
Teen/Adult Swim Lessons	APY	15 years and older	T	11:15 AM	11:55 AM	\$35	\$65
Teen/Adult Swim Lessons	APY	15 years and older	T	6:15 PM	6:55 PM	\$35	\$65

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.

Older Youth Lessons	FWY	10 -14 years old	T	6:15 PM	6:55 PM	\$30	\$63
Older Youth Lessons	FWY	10 -14 years old	TH	6:15 PM	6:55 PM	\$30	\$63
Teen/Adult Swim Lessons	FWY	15 years and older	M	6:15 PM	6:55 PM	\$35	\$65
Teen/Adult Swim Lessons	HVY	15 years and older	Call Aquatics office for schedule			\$35	\$65
Teen/Adult Swim Lessons	NMY	15 years and older	M	6:15 PM	6:55 PM	\$35	\$65

### 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 Lessons Stages 1-3	FWY	6-12 years	M	10:45 AM	11:20 AM	\$30	\$63
Home School Lessons Stages 4-6	FWY	6-12 years	M	11:25 AM	12:00 PM	\$30	\$63
Home School Lessons Stages 1-3	FWY	6-12 years	TH	10:10 AM	10:50 AM	\$30	\$63
Home School Lessons Stages 4-6	FWY	6-12 years	TH	10:55 AM	11:35 AM	\$30	\$63
Home School Lessons Stages 1-3	NMY	6-12 years	TH	11:15 AM	11:55 AM	\$30	\$63
Home School Lessons Stages 4-6	NMY	6-12 years	TH	12:00 PM	12:40 PM	\$30	\$63

## SPECIALTY AQUATICS

Swimmers who love the water and want further instruction for future aquatics activities enjoy participating in our Specialty Programs focused on leadership, competition, and recreation. We continually develop our specialty program curriculum.

### AQUATIC CONDITIONING – SWIM TEAM 101

Children ages 6–14

**Prerequisites:** Must have completed Stage 6

**Skills learned in this stage:** Continue to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Aquatic Conditioning – Swim Team 101	APY	6 - 14 years	M	6:15 PM	6:55 PM	\$30	\$63
Aquatic Conditioning – Swim Team 101	APY	6 - 14 years	TH	6:15 PM	6:55 PM	\$30	\$63
Aquatic Conditioning – Swim Team 101	APY	6 - 14 years	SAT	9:45 AM	10:25 AM	\$30	\$63
Aquatic Conditioning – Swim Team 101	FWY	6 - 14 years	T	5:30 PM	6:10 PM	\$30	\$63
Aquatic Conditioning - Swim Team 101	NMY	6 - 14 years	W	6:15 PM	6:55 PM	\$30	\$63

## ENDURANCE, SPORTS AND GAMES

Children ages 6 -14

**Prerequisites:** Must have completed Stage 6

**Skills learned in this stage:** Try advanced water activities such as snorkeling, synchronized swimming, diving, and water polo.

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Endurance, Sports and Games	APY	6 - 14 years	W	6:15 PM	6:50 PM	\$30	\$63
Endurance, Sports and Games	APY	6 - 14 years	TH	4:00 PM	4:40 PM	\$30	\$63
Endurance, Sports and Games	HVY	6 - 14 years	TH	4:45 PM	5:25 PM		

### **SPRING BOARD DIVING (AGES 7 YEARS AND OLDER) (NMY)**

Learn the basics of spring board diving.

Class prerequisites:

- Intro to Spring Board Diving: Must be at least 7 years old and comfortable swimming in deep water and jumping off the diving board
- Spring Board Diving 1: Must have completed Intro to Spring Board Diving
- Spring Board Diving 2: Must have completed Spring Board Diving 1 and recommended by instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Intro to Spring Board Diving	NMY	7 years and older	T	5:30 PM	6:10 PM	\$30	\$63
Spring Board Diving 1	NMY	7 years and older	T	6:15 PM	6:55 PM	\$30	\$63
Spring Board Diving 2	NMY	7 years and older	T	7:00 PM	7:40 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.

### **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.

### **LIFEGUARD TRAINING (APY, 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. Class held Friday, 5:00-9:30 PM February 1, 8, 15, 22, March 1, 8, & 15. Attendance is mandatory at all classes.

### **Appleton YMCA**

Prescreening will be held the first day of class. Classes will be held Saturdays and Sundays

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.

**Winter 1:** January 26, 27 and February 2, and 3 from 9:00 AM-5:00 PM.

**Winter 2:** February 23, 24 and March 2 and 3 from 9:00 AM-5:00 PM.

Attendance is mandatory at all classes.

### **Fox West YMCA**

Prescreening will be held the first day of class. Classes will be held on Sundays January 13, 20, 27, February 3, 10, 17 from 9am – 1:30pm. Attendance is mandatory at all classes.

### **Neenah-Menasha YMCA**

Prescreening will be held the first day of class. Classes will be held on Saturday and Sundays March 23, 24, 30 and 31 from 8:00 AM – 3:00 PM Attendance is mandatory at all classes.

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Lifeguard Training	HVY	15 years and older	F	5:00 PM	9:30 PM	\$120	\$175
Lifeguard Training	APY	15 years and older	SA & SU	9:00 AM	5:00 PM	\$120	\$175
Lifeguard Training	FWY	15 years and older	SU	9:00 AM	1:30 PM	\$120	\$175
Lifeguard Training	NMY	15 years and older	SA & SU	8:00 AM	3:00 PM	\$120	\$175

### **WSI-WATER SAFETY INSTRUCTOR COURSE (FWY) (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. Bring your suit there will be classroom work and pool work on all days.

### **Fox West YMCA**

#### **KAYAK DEMONSTRATION (APY & FWY) (AGE 14 YEARS AND UP)**

Bring your swim suit and try Kayaking under the guidance of a Kayak Instructor, or watch a demonstration of a kayak roll, meet the instructors, and get your questions answered about the upcoming classes.

**APY Saturday, December 15 - NOON-2:00 PM in Boldt Pool at the Appleton YMCA. FREE**

**FWY Sunday, December 16<sup>th</sup> 10:30 AM-NOON in the Ogilvie pool at the Fox West YMCA. FREE**

#### **KAYAK ESSENTIALS (APY) (FWY) (AGE 14 YEARS AND UP)**

Beginner level, no prior experience required, must be 14 years or older. Designed to introduce students to kayak basics used both by sea and whitewater kayakers. Course will cover kayaking basics including equipment, strokes, braces, and an introduction to the rescue techniques. Classes will use both river and sea kayaks - all boat, paddles, and equipment will be provided. Students may use their own kayak with the instructor's approval. First class students will be required to pass a minimum swimming test and complete a wet exit out of the kayak in order to continue in the course. Students will be wet and hanging upside down under the water. Nose clips will be available for purchase for \$10. Northeast Wisconsin Paddlers, Inc. will provide volunteer instructors. See next page for dates and times.

**FWY Wednesdays, January 9, 16, 23, and 30<sup>th</sup> - 6:30-9:30 PM**

**APY Sundays, February 3, 10, 17 and 24 - 2:00-5:00 PM**

**APY Sundays, March 3, 17, 24, 31 - 2:00-5:00 PM**

#### **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) kayaks, paddles and equipment will be provided for those who do not want to use their own.

**Sundays, April 7, 14, 28 - 2:00-5:00 PM**

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

This is a working document and is subject to change.



Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Kayak Essentials Winter 1 Session	FWY	14 years and older	W	6:30 PM	9:30 PM	\$85	\$120
Kayak Essentials Winter 1 Session	APY	14 years and older	SU	2:00 PM	5:00 PM	\$85	\$120
Kayak Essential Winter 2 Session	APY	14 years and older	SU	2:00 PM	5:00PM	\$85	\$120
Kayak Rescue Technique Spring	APY	14 years and older	SU	2:00 PM	5:00 PM	\$70	\$95

## SWIM TEAM

### STAFF CONTACTS

APY – John Thiel Head Swim Coach P 954.7615 E [johnthiel@ymcafoxcities.org](mailto:johnthiel@ymcafoxcities.org)  
 APY – Melinda Einan Registrar P 954.7627 E [meinan@ymcafoxcities.org](mailto: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](http://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](http://www.fcyst.org).

### DEVELOPMENTAL

The Developmental Groups are utilized to help our newer athletes, regardless of age, to learn the fundamentals of competitive swimming. Athletes might stay in this group for several years or only a few months depending on how quickly they progress.

#### -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.

## **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.

### -Age Group

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**

### -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.

## **Blue or Teal?**

There are four Main Groups that will practice together. Three of these are broken down further into two separate categories. In Developmental the breakdown is relatively easy. Any athlete in Grade 2 or below should be in Teal and any athlete in Grade 3 or above should be in Blue. In Junior and Senior there are several factors to look at:

-Practice commitment

-Meet commitment

-Ability to train

All athletes in Junior Group will have a majority of their practices held at the same times. Athletes in the Blue Section will be offered additional opportunities to train. At the large group practices all athletes will be broken down into smaller segments as needed regardless of their Blue/Teal association. Athletes in Blue Sections will be expected to maintain a higher rate of attendance at practices (Minimum 80%-Goal 95%) and meets (Minimum 85%-Goal 100% and must be at all Target Meets). They will also be expected to be able to handle more emotionally and physically challenging elements of practices and meets. Senior Groups will operate in the same way.

The biggest factor for Juniors and Seniors when determining whether to sign up for Blue or Teal is not how fast the athlete is. What separates athletes in the Blue Sections is their willingness to be pushed outside of their comfort zones and how they respond when they are.

**Winter Session 1: January 7-February 24, 2019**

**Winter Session 2: February 25-April 14, 2019**

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