



# 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: FEBRUARY 13, 2017

### STAFF CONTACTS

APY – Roxanne Lee Aquatic Director P 954.7640 E [rllee@ymcafoxcities.org](mailto:rllee@ymcafoxcities.org)  
 APY – Casey Cebulski Aquatic Coordinator P 882.3689 E [ccebulski@ymcafoxcities.org](mailto:ccebulski@ymcafoxcities.org)  
 APY – Philipp Herzog Aquatic Coordinator p 954-7628 E [pferzog@ymcafoxcities.org](mailto:pferzog@ymcafoxcities.org)  
 FWY – Nikki Boyd Aquatic Director P 560.3412 E [nboyd@ymcafoxcities.org](mailto:nboyd@ymcafoxcities.org)  
 HVY - Belinda Price-Dajany Aquatic & Youth Director P 830.5707 E [bpricedajany@ymcafoxcities.org](mailto:bpricedajany@ymcafoxcities.org)  
 HVY - Erin Brennan Aquatic Coordinator P 830.5714 E [ebrennan@ymcafoxcities.org](mailto:ebrennan@ymcafoxcities.org)  
 NMY – Angie Kennedy Aquatic Director P 886.2132 E [akennedy@ymcafoxcities.org](mailto:akennedy@ymcafoxcities.org)  
 NMY – Reyna Garza Aquatic Coordinator P 886.2130 E [rgarza@ymcafoxcities.org](mailto:rgarza@ymcafoxcities.org)

### PARENT TOT CLASSES

#### WATER ORIENTATION (AGES 3 MONTHS-1 YEAR)

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Water Orientation January 6	APY	3 months-1 year	F	5:15 PM	6:00 PM	FREE	FREE
Water Orientation February 24	APY	3 months-1 year	F	5:15 PM	6:00 PM	FREE	FREE

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

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

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

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Goldfish	HVY	6 months-2 years	R	10:10 AM	10:40 AM	\$29	\$61
Goldfish	HVY	6 months-2 years	R	6:20 PM	6:50 PM	\$29	\$61
Goldfish	HVY	6 months-2 years	S	10:40 AM	11:10 AM	\$29	\$61
Goldfish	NMY	6 months-2 years	T	6:20 PM	6:50 PM	\$29	\$61
Goldfish	NMY	6 months-2 years	W	5:45 PM	6:15 PM	\$29	\$61
Goldfish (combo)	NMY	6 months-2 years	R	10:10 AM	10:40 AM	\$29	\$61

### SUNFISH (AGES 2-3 YEARS WITH A PARENT)

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sunfish	APY	2-3 years	M	9:35 AM	10:05 AM	\$29	\$61
Sunfish	APY	2-3 years	M	5:45 PM	6:15 PM	\$29	\$61
Sunfish	APY	2-3 years	T	10:05 AM	10:35 AM	\$29	\$61
Sunfish	APY	2-3 years	T	5:45 PM	6:15 PM	\$29	\$61
Sunfish	APY	2-3 years	W	9:35 AM	10:05 AM	\$29	\$61
Sunfish	APY	2-3 years	W	6:20 PM	6:50 PM	\$29	\$61
Sunfish	APY	2-3 years	R	5:45 PM	6:15 PM	\$29	\$61
Sunfish	APY	2-3 years	S	11:25 AM	11:55 AM	\$29	\$61
Sunfish	FWY	2-3 years	M	5:45 PM	6:15 PM	\$29	\$61
Sunfish	FWY	2-3 years	T	9:00 AM	9:30 AM	\$29	\$61
Sunfish	FWY	2-3 years	W	6:20 PM	6:50 PM	\$29	\$61
Sunfish	FWY	2-3 years	R	5:45 PM	6:15 PM	\$29	\$61
Sunfish	FWY	2-3 years	S	11:20 AM	11:50 AM	\$29	\$61
Sunfish	HVY	2-3 years	T	10:45 AM	11:15 AM	\$29	\$61
Sunfish	HVY	2-3 years	T	6:20 PM	6:50 PM	\$29	\$61
Sunfish	HVY	2-3 years	R	5:45 PM	6:15 PM	\$29	\$61
Sunfish	HVY	2-3 years	S	11:15 AM	11:45 AM	\$29	\$61
Sunfish	NMY	2-3 years	W	6:20 PM	6:50 PM	\$29	\$61
Sunfish (combo)	NMY	2-3 years	R	10:10 AM	10:40 AM	\$29	\$61
Sunfish	NMY	2-3 years	R	6:20 PM	6:50 PM	\$29	\$61
Sunfish	NMY	2-3 years	S	8:20 AM	8:50 AM	\$29	\$61

## PRESCHOOL PROGRESSIVE SWIM PROGRAM AGES 3-4 YEARS

### SHRIMP (AGES 3-4 YEARS)

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

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

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

<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>
Shrimp	APY	3-4 years	M	10:45 AM	11:15 AM	\$29	\$61
Shrimp	APY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Shrimp	APY	3-4 years	T	9:30 AM	10:00 AM	\$29	\$61
Shrimp	APY	3-4 years	T	12:30 PM	1:00 PM	\$29	\$61
Shrimp	APY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Shrimp	APY	3-4 years	W	11:20 AM	11:50 AM	\$29	\$61
Shrimp	APY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Shrimp	APY	3-4 years	R	10:40 AM	11:10 AM	\$29	\$61
Shrimp	APY	3-4 years	R	5:10 PM	5:40 PM	\$29	\$61
Shrimp	APY	3-4 years	S	9:05 AM	9:35 AM	\$29	\$61
Shrimp	APY	3-4 years	S	9:40 AM	10:10 AM	\$29	\$61
Shrimp	FWY	3-4 years	M	9:35 AM	10:05 AM	\$29	\$61
Shrimp	FWY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Shrimp	FWY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Shrimp	FWY	3-4 years	W	9:35 AM	10:05 AM	\$29	\$61
Shrimp	FWY	3-4 years	W	4:00 PM	4:30PM	\$29	\$61
Shrimp	FWY	3-4 years	W	5:10 PM	5:40 PM	\$29	\$61
Shrimp	FWY	3-4 years	R	9:35 AM	10:05 AM	\$29	\$61
Shrimp	FWY	3-4 years	R	4:00 PM	4:30 PM	\$29	\$61
Shrimp	FWY	3-4 years	S	9:35 AM	10:05 AM	\$29	\$61
Shrimp	HVY	3-4 years	M	4:35 PM	5:05 PM	\$29	\$61
Shrimp	HVY	3-4 years	M	5:45 PM	6:15 PM	\$29	\$61
Shrimp	HVY	3-4 years	T	10:10 AM	10:40 AM	\$29	\$61
Shrimp	HVY	3-4 years	T	4:00 PM	4:30 PM	\$29	\$61
Shrimp	HVY	3-4 years	T	5:10 PM	5:40 PM	\$29	\$61
Shrimp	HVY	3-4 years	W	4:00 PM	4:30 PM	\$29	\$61
Shrimp	HVY	3-4 years	W	5:10 PM	5:40 PM	\$29	\$61
Shrimp	HVY	3-4 years	W	9:00 AM	9:30 AM	\$29	\$61
Shrimp	HVY	3-4 years	R	4:35 PM	5:05 PM	\$29	\$61
Shrimp	HVY	3-4 years	R	5:10 PM	5:40 PM	\$29	\$61
Shrimp	HVY	3-4 years	R	9:35 AM	10:05 AM	\$29	\$61
Shrimp	HVY	3-4 years	S	8:55 AM	9:25 AM	\$29	\$61
Shrimp	HVY	3-4 years	S	10:05 AM	10:35 AM	\$29	\$61
Shrimp	NMY	3-4 years	M	5:10 PM	5:40 PM	\$29	\$61
Shrimp	NMY	3-4 years	M	5:45 PM	6:15 PM	\$29	\$61
Shrimp	NMY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Shrimp	NMY	3-4 years	T	5:45 PM	6:15 PM	\$29	\$61
Shrimp	NMY	3-4 years	W	10:10 AM	10:40 AM	\$29	\$61
Shrimp	NMY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Shrimp	NMY	3-4 years	R	10:45 AM	11:15 AM	\$29	\$61
Shrimp	NMY	3-4 years	R	4:35 PM	5:05 PM	\$29	\$61
Shrimp	NMY	3-4 years	R	5:45 PM	6:15 PM	\$29	\$61
Shrimp	NMY	3-4 years	S	10:10 AM	10:40 AM	\$29	\$61
Shrimp	NMY	3-4 years	S	10:45 AM	11:15 AM	\$29	\$61

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### **KIPPER (AGES 3-4 YEARS)**

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

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

<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>
Kipper	APY	3-4 years	M	11:20 AM	11:50 AM	\$29	\$61
Kipper	APY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Kipper	APY	3-4 years	M	5:10 PM	5:40 PM	\$29	\$61
Kipper	APY	3-4 years	T	10:40 AM	11:10 AM	\$29	\$61
Kipper	APY	3-4 years	T	1:40 PM	2:10 PM	\$29	\$61
Kipper	APY	3-4 years	T	5:10 PM	5:40 PM	\$29	\$61
Kipper	APY	3-4 years	W	10:45 AM	11:15 AM	\$29	\$61
Kipper	APY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Kipper	APY	3-4 years	R	11:15 AM	11:45 AM	\$29	\$61
Kipper	APY	3-4 years	R	4:00 PM	4:30 PM	\$29	\$61
Kipper	APY	3-4 years	S	10:15 AM	10:45 AM	\$29	\$61
Kipper	FWY	3-4 years	M	10:10 AM	10:40 AM	\$29	\$61
Kipper	FWY	3-4 years	M	4:35 PM	5:05 PM	\$29	\$61
Kipper	FWY	3-4 years	T	4:00 PM	4:30 PM	\$29	\$61
Kipper	FWY	3-4 years	T	5:10 PM	5:40 PM	\$29	\$61
Kipper	FWY	3-4 years	W	10:10 AM	10:40 AM	\$29	\$61
Kipper	FWY	3-4 years	W	4:35 PM	5:05 PM	\$29	\$61
Kipper	FWY	3-4 years	R	5:10 PM	5:40 PM	\$29	\$61
Kipper	FWY	3-4 years	S	10:10 AM	10:40 AM	\$29	\$61
Kipper	HVY	3-4 years	T	4:35 PM	5:05 PM	\$29	\$61
Kipper	HVY	3-4 years	T	9:35 AM	10:05 AM	\$29	\$61
Kipper	HVY	3-4 years	R	9:00 AM	9:30 AM	\$29	\$61
Kipper	NMY	3-4 years	M	4:00 PM	4:30 PM	\$29	\$61
Kipper	NMY	3-4 years	T	5:10 PM	5:40 PM	\$29	\$61
Kipper	NMY	3-4 years	R	9:35 AM	10:05 AM	\$29	\$61
Kipper	NMY	3-4 years	S	9:35 AM	10:05 AM	\$29	\$61

### **PRESCHOOL PROGRESSIVE SWIM PROGRAM AGES 4-6 YEARS**

#### **PERCH (AGES 4-6 YEARS)**

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

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

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

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

<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>
Perch	APY	4-6 years	M	10:45 AM	11:15 AM	\$29	\$61
Perch	APY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Perch	APY	4-6 years	T	9:30 AM	10:00 AM	\$29	\$61
Perch	APY	4-6 years	T	12:30 PM	1:00 PM	\$29	\$61
Perch	APY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Perch	APY	4-6 years	W	11:20 AM	11:50 AM	\$29	\$61
Perch	APY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Perch	APY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Perch	APY	4-6 years	R	10:40 AM	11:10 AM	\$29	\$61
Perch	APY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Perch	APY	4-6 Years	S	9:40 AM	10:10 AM	\$29	\$61
Perch	APY	4-6 Years	S	10:15 AM	10:45 AM	\$29	\$61
Perch	FWY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Perch	FWY	4-6 years	T	10:10 AM	10:40 AM	\$29	\$61
Perch	FWY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Perch	FWY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Perch	FWY	4-6 years	R	10:45 AM	11:15 AM	\$29	\$61
Perch	FWY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Perch	FWY	4-6 years	S	10:45 AM	11:15 AM	\$29	\$61
Perch	HVY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Perch	HVY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Perch	HVY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Perch	HVY	4-6 years	T	9:00 AM	9:30 AM	\$29	\$61
Perch	HVY	4-6 years	W	4:35 PM	5:05 PM	\$29	\$61
Perch	HVY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Perch	HVY	4-6 years	W	9:35 AM	10:05 AM	\$29	\$61
Perch	HVY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Perch	HVY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Perch	HVY	4-6 years	S	8:20 AM	8:50 AM	\$29	\$61
Perch	HVY	4-6 years	S	9:30 AM	10:00 AM	\$29	\$61
Perch	NMY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Perch	NMY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Perch	NMY	4-6 years	W	10:10 AM	10:40 AM	\$29	\$61
Perch	NMY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Perch	NMY	4-6 years	R	10:45 AM	11:15 AM	\$29	\$61
Perch	NMY	4-6 years	R	5:10 PM	5:40 PM	\$29	\$61
Perch	NMY	4-6 years	S	9:00 AM	9:30 AM	\$29	\$61
Perch	NMY	4-6 years	S	10:45 AM	11:15 AM	\$29	\$61

**PIKE (AGES 4-6 YEARS)**

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

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pike	APY	4-6 years	M	11:20 AM	11:50 AM	\$29	\$61
Pike	APY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Pike	APY	4-6 years	M	5:45 PM	6:15 PM	\$29	\$61
Pike	APY	4-6 years	T	10:40 AM	11:10 AM	\$29	\$61
Pike	APY	4-6 years	T	1:40 PM	2:10 PM	\$29	\$61
Pike	APY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Pike	APY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Pike	APY	4-6 years	W	10:45 AM	11:15 AM	\$29	\$61
Pike	APY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Pike	APY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Pike	APY	4-6 years	R	11:15 AM	11:45 AM	\$29	\$61
Pike	APY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Pike	APY	4-6 years	S	9:05 AM	9:35 AM	\$29	\$61
Pike	APY	4-6 years	S	10:50 AM	11:20 AM	\$29	\$61
Pike	FWY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Pike	FWY	4-6 years	T	10:45 AM	11:15 AM	\$29	\$61
Pike	FWY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Pike	FWY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Pike	FWY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Pike	FWY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Pike	FWY	4-6 years	R	10:10 AM	10:40 AM	\$29	\$61
Pike	FWY	4-6 years	R	4:35 PM	5:05 PM	\$29	\$61
Pike	FWY	4-6 years	S	9:35 AM	10:05 AM	\$29	\$61
Pike	HVY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Pike	HVY	4-6 years	M	5:45 PM	6:15 PM	\$29	\$61
Pike	HVY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Pike	HVY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Pike	HVY	4-6 years	T	9:35 AM	10:05 AM	\$29	\$61
Pike	HVY	4-6 years	W	4:00 PM	4:30 PM	\$29	\$61
Pike	HVY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Pike	HVY	4-6 years	W	10:10 AM	10:40 AM	\$29	\$61
Pike	HVY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Pike	HVY	4-6 years	R	9:00 AM	9:30 AM	\$29	\$61
Pike	HVY	4-6 Years	R	5:10 PM	5:40 PM	\$29	\$61
Pike	HVY	4-6 years	S	8:55 AM	9:25 AM	\$29	\$61
Pike	HVY	4-6 years	S	10:05 AM	10:35 AM	\$29	\$61

Pike	NMY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
<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>
Pike	NMY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Pike	NMY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Pike	NMY	4-6 years	T	5:45 PM	6:15 PM	\$29	\$61
Pike	NMY	4-6 years	R	9:35 AM	10:05 AM	\$29	\$61
Pike	NMY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Pike	NMY	4-6 years	S	9:00 AM	9:30 AM	\$29	\$61
Pike	NMY	4-6 years	S	9:35 AM	10:05 AM	\$29	\$61

### **EEL (AGES 4-6 YEARS)**

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

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

<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>
Eel	APY	4-6 years	M	10:10 AM	10:40 AM	\$29	\$61
Eel	APY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Eel	APY	4-6 years	M	5:10 PM	5:40 PM	\$29	\$61
Eel	APY	4-6 years	T	1:05 PM	1:35 PM	\$29	\$61
Eel	APY	4-6 years	T	4:35 PM	5:05 PM	\$29	\$61
Eel	APY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Eel	APY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Eel	APY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61
Eel	APY	4-6 years	S	11:25 AM	11:55 AM	\$29	\$61
Eel	FWY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Eel	FWY	4-6 years	M	5:45 PM	6:15 PM	\$29	\$61
Eel	FWY	4-6 years	T	9:35 AM	10:05 AM	\$29	\$61
Eel	FWY	4-6 years	T	5:10 PM	5:40 PM	\$29	\$61
Eel	FWY	4-6 years	W	10:45 AM	11:15 AM	\$29	\$61
Eel	FWY	4-6 years	W	4:35 PM	5:05 PM	\$29	\$61
Eel	FWY	4-6 years	R	9:00 AM	9:30 AM	\$29	\$61
Eel	FWY	4-6 years	R	4:00 PM	4:30 PM	\$29	\$61
Eel	FWY	4-6 years	S	10:10 AM	10:40 AM	\$29	\$61
Eel	HVY	4-6 years	M	4:00 PM	4:30 PM	\$29	\$61
Eel	HVY	4-6 years	T	4:00 PM	4:30 PM	\$29	\$61
Eel	HVY	4-6 years	W	5:10 PM	5:40 PM	\$29	\$61
Eel	HVY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61
Eel	HVY	4-6 years	S	11:20 AM	11:50 AM	\$29	\$61
Eel	NMY	4-6 years	M	4:35 PM	5:05 PM	\$29	\$61
Eel	NMY	4-6 years	T	5:10 PM	5:40 PM	\$29	\$61
Eel	NMY	4-6 years	W	5:45 PM	6:15 PM	\$29	\$61
Eel	NMY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61

Eel	NMY	4-6 years	S	10:10 AM	10:40 AM	\$29	\$61
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### RAY (AGES 4-6 YEARS)

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

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

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

### STARFISH (AGES 4-6 YEARS)

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

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Starfish	APY	4-6 years	W	4:45 PM	5:15 PM	\$29	\$61
Starfish	FWY	4-6 years	M	6:20 PM	6:50 PM	\$29	\$61
Starfish	FWY	4-6 years	R	5:45 PM	6:15 PM	\$29	\$61



## YOUTH PROGRESSIVE SWIM PROGRAM AGES 6-12 YEARS (1<sup>ST</sup> GRADE AND OLDER)

### PRE-POLLIWOG

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

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

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

## POLLIWOG 1

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

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

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

## **POLLIWOG 2**

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

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

<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>
Polliwog 2	APY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	APY	6-12 years	T	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	APY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Polliwog 2	APY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	APY	6-12 years	R	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	APY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61
Polliwog 2	FWY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	FWY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	FWY	6-12 years	T	4:45 PM	5:25 PM	\$29	\$61
Polliwog 2	FWY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	FWY	6-12 years	W	6:15 PM	6:55 PM	\$29	\$61
Polliwog 2	FWY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Polliwog 2	FWY	6-12 years	S	10:15 AM	10:55 AM	\$29	\$61
Polliwog 2	HVY	6-12 years	M	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	T	4:35 PM	5:15 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	T	5:20 PM	6:00 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	R	6:15 PM	6:55 PM	\$29	\$61
Polliwog 2	HVY	6-12 years	S	9:05 AM	9:45 AM	\$29	\$61
Polliwog 2	HVY	6-12 years	S	10:35 AM	11:15 AM	\$29	\$61
Polliwog 2	NMY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	T	4:45 PM	5:25 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	W	4:00 PM	4:40 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	R	6:15 PM	6:55 PM	\$29	\$61
Polliwog 2	NMY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61
Polliwog 2	NMY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61

## **GUPPY**

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

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

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

This is a working document and is subject to change.

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

## MINNOW

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

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

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

Minnow	HVY	6-12 years	W	4:45 PM	5:25 PM	\$29	\$61
Minnow	HVY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61
Minnow	HVY	6-12 years	S	9:05 AM	9:45 AM	\$29	\$61
Minnow	NMY	6-12 years	T	5:30 PM	6:10 PM	\$29	\$61
Minnow	NMY	6-12 years	R	4:00 PM	4:40 PM	\$29	\$61
Minnow	NMY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61

## FISH

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

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

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

## FLYING FISH

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

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Flying Fish	APY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Flying Fish	APY	6-12 years	W	6:15 PM	6:55 PM	\$29	\$61
Flying Fish	APY	6-12 years	R	4:45 PM	5:25 PM	\$29	\$61

Flying Fish	APY	6-12 years	S	9:45 AM	10:25 AM	\$29	\$61
Flying Fish	FWY	6-12 years	M	5:30 PM	6:10 PM	\$29	\$61
Flying Fish	FWY	6-12 years	W	5:30 PM	6:10 PM	\$29	\$61
Flying Fish	FWY	6-12 years	S	11:00 AM	11:40 AM	\$29	\$61
Flying Fish	HVY	6-12 years	M	4:45 PM	5:25 PM	\$29	\$61
Flying Fish	HVY	6-12 years	T	5:20 PM	6:00 PM	\$29	\$61
Flying Fish	HVY	6-12 years	S	9:50 AM	10:30 AM	\$29	\$61
Flying Fish	NMY	6-12 years	M	6:15 PM	6:55 PM	\$29	\$61
Flying Fish	NMY	6-12 years	S	11:15 AM	11:55 AM	\$29	\$61

## SHARK

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

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

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

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

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

## ADAPTIVE OPEN SWIM (HVY)

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

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

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

## SPECIALTY AQUATICS

### SWIM TEAM 101 (AGES 6 – 14 YEARS) (APY)

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

### JR. LIFESAVER COURSE (AGES 9-14 YEARS) (APY)

Program designed for youth that have completed the Fish level of the progressive program and want to focus on skills that will make them prepared for a Lifeguard Course. This class will focus on swimming endurance of front crawl, breast stroke, front crawl and breast stroke approach stroke, learning how to do simple assists and rescues, and introduction to CPR and First Aid Skills.

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

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

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

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

Swim lessons offered specifically for home school students.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Home School Swim Lessons – Pre Poll – Poll 2	FWY	6-12 years	M	10:45 AM	11:20 AM	\$29	\$61
Home School Swim Lessons – Guppy- Shark	FWY	5-9 years	M	11:25 AM	Noon	\$29	\$61

### 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	\$29	\$61
Spring Board Diving 1	NMY	7 years and older	T	6:15 PM	6:55 PM	\$29	\$61
Spring Board Diving 2	NMY	7 years and older	T	7:00 PM	7:40 PM	\$29	\$61

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

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

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

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

## SKILLS AND DRILLS VIDEOTAPING FOR SWIMMERS (AGES 18 AND OLDER) (HVY)

**Sunday, February 19, 2017 7:00-9:00 AM**

Great swimming is more than getting from here to there. Whether you're a beginner or advanced swimmer this will benefit you. Your strokes will be videotaped and analyzed during your 30 minute private lesson. Please bring your goggles, cap, and water bottle. If you would like to have Coach Beutler copy your video please bring a thumb drive. Coach Beutler is a dedicated triathlete who has competed in Ironman races, the Long Course World Championships for Team USA and has been a swim coach for many years. Please register on-line or in person for your 30 minute private session. Contact Belinda Price-Dajany at 830-5707 with any questions you might have. Space is limited. All proceeds go to the Annual Campaign. Sorry no refunds.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Skills & Drills Videotaping Clinic	HVY	18 years and older	N	7:00 AM	7:30 AM	\$25	\$50
Adult Skills & Drills Videotaping Clinic	HVY	18 years and older	N	7:30 AM	8:00 AM	\$25	\$50
Adult Skills & Drills Videotaping Clinic	HVY	18 years and older	N	8:00 AM	8:30 AM	\$25	\$50
Adult Skills & Drills Videotaping Clinic	HVY	18 years and older	N	8:30 AM	9:00 AM	\$25	\$50

## SCOUT SKILL BUILDING

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

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

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

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

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

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing using the front crawl or breast stroke or a combination of those two strokes.
- Tread water for 2 minutes using only the legs.
- Complete a timed event within 1 minute 40-seconds (without using goggles).

Starting in the water swim 20 yards.

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

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

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

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

This is a working document and is subject to change.



### **Appleton YMCA**

**Winter Session** - Prescreening will be held the first day of class. Classes will be held on  
Winter 1: Classes held Sundays January 8, 15, 22, 29, February 5, 12, and 19 from 5:00-8:30 PM  
Winter 2: Classes held Sundays February 26, March 5, 12, 29, 26, April 2 and 9 from 5:00-8:30 PM.

### **Fox West YMCA**

**Winter Session** – Prescreening will be held the first day of class.  
Winter 1: Classes held January 8, 15, 22, 29, February 5, 12, and 19<sup>th</sup> from 9:00 AM – Noon  
Winter 2: Classes held on February 26, March 5, 12, 19, 26, April 2, and 9<sup>th</sup> from 5:30-8:30pm.

### **Heart of the Valley YMCA**

**Winter Session** - Prescreening will be held the first day of class.  
Winter 1: Classes will be held Fridays 4:30-9:00 PM February 10, 17, 24, March 3, 10, 17, & 24.

### **Neenah-Menasha YMCA**

**Winter Session** – Prescreening will be held the first day of class.  
Winter 2: Classes will be held on March 5, 12, 19, and 26<sup>th</sup> from 10:00am – 5:00pm.

### **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. The fee does not include the registration fee for the Red Cross Web site for instructors.

### **Fox West YMCA**

**Winter Session -**  
Winter 2: Class will be held on Thursdays from 5:30-8:30 pm on February 23, March 2, 9, 16, 23, 30, and April 6<sup>th</sup>.

### **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 17 - NOON-2:00 PM in Boldt Pool at the Appleton YMCA. FREE**  
**FWY Sunday, December 18<sup>th</sup> Noon – 2:00pm 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.

**Class 1 (FWY) Wednesdays, January 4, 11, 18, and 25<sup>th</sup> - 6:30-9:30 PM**

**Class 2 (APY) Sundays, January 29, February 5, 12, and 19 - 2:00-5:00 PM**

**Class 3 (APY) Sundays, February 26, March 5, 19, 26 – 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 2, 9, 23 – 2:00-5:00 PM**

**Winter Session 1: January 2-February 19, 2017**

**Winter Session 2: February 20-April 9, 2017**

This is a working document and is subject to change.

<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	APY	15 years and older	N	5:00 PM	8:30 PM	\$120	\$175
Lifeguard Training	FWY	15 years and older	N	9:00 AM	Noon	\$120	\$175
Lifeguard Training	FWY	15 years and older	N	5:30 PM	8:30 PM	\$120	\$175
Lifeguard Training	HVY	15 years and older	F	4:30 PM	9:00 PM	\$120	\$175
Lifeguard Training	NMY	15 years and older	N	10:00 AM	5:00 PM	\$120	\$175
WSI – Water Safety Instructor Session 2	FWY	16 years and older	R	5:30 PM	8:30 PM	\$155	\$210
Kayak Essentials class 1	FWY	14 years and older	W	6:30 PM	9:30 PM	\$85	\$120
Kayak Essentials class 2 Session 1	APY	14 years and older	N	2:00 PM	5:00 PM	\$85	\$120
Kayak Essential class 3 Session 2	APY	14 years and older	N	2:00 PM	5:00PM	\$85	\$120
Kayak Rescue Technique Spring	APY	14 years and older	N	2:00 PM	5:00 PM	\$70	\$95

# SWIM TEAM

UPDATED ON: FEBRUARY 13, 2017

## STAFF CONTACTS

APY – Christi Latta Head Swim Coach P 954.7615 E [clatta@ymcafoxcities.org](mailto:clatta@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.

\*For 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 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.

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

## **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.