



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS

## STAFF CONTACTS

APY - Roxanne Lee Program & Aquatic Director P 954.7640 E [rlee@ymcafoxcities.org](mailto:rlee@ymcafoxcities.org)  
APY - Philipp Herzog Aquatic Coordinator P 954-7628 E [pherzog@ymcafoxcities.org](mailto:pherzog@ymcafoxcities.org)  
FWY - Nikki Boyd Aquatic Director P 560.3412 E [nboyd@ymcafoxcities.org](mailto:nboyd@ymcafoxcities.org)  
FWY - Keaton Kubitz Aquatic Coordinator P 560.3425 E [kkubitz@ymcafoxcities.org](mailto:kkubitz@ymcafoxcities.org)  
HVY - Erin Brennan Aquatic & Youth Director 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 - Jenny Youngwerth Aquatic Specialist P 886.2130 E [jenniferyoungwerth@ymcafoxcities.org](mailto:jenniferyoungwerth@ymcafoxcities.org)

## NEW HEALTH & SAFETY INFORMATION IN RESPONSE TO COVID-19

- We ask swimmers to wear a mask to Y and from the pool unless swimmer has a medical exemption.
- Please do not attend if not feel healthy or recently been exposed to someone with COVID-19
- Please sanitize hands as you enter the Y and as you exit.
- Please bring your own shower towel. The YMCA is no longer providing towels.
- Please use closed lockers, leave open when finished indicating to staff to sanitize
- Please bring your own water bottle. Bottle fillers available but drinking fountain spouts are not.
- Physical distancing will be practiced in classes with dots on the deck.
- Spectators over the age of 5 will wear masks when in the Y.
- Swim instructors will wear a face shield when proximity with students. They will remove when demonstrating skills or underwater.
- Spectators may view programs but must physically distance from other spectators. The Y will provide guidance with chair placement or marks on bleachers.
- Equipment and touchpoints will be cleaned and disinfected throughout the day. When children use supplies and equipment, they will be placed in a used bin to be disinfected before return for use.
- Programs have been staggered schedules to limit crowds and crossover of participants and spectators
- Additional safety protocols will be provided with registration in program.

**FALL I SESSION: SEPTEMBER 8, 2020 – OCTOBER 25, 2020, UNLESS STATED IN DESCRIPTION.**

**MONDAY CLASSES ARE PRORATED FOR MONDAY, LABOR DAY SEPTEMBER 7, 2020**

This is a working document and is subject to change.

**UPDATED ON: AUGUST 15, 2020**

## PARENT AND CHILD SWIM CLASSES

### PARENT AND CHILD STAGE A – WATER DISCOVERY (6 months - 1 year old 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 and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together, and skills are determined by age and developmental abilities. **(Max enrollment 6 children/adult)**

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

**Prerequisites:** be at least 1 year old by the first day of class. At least one adult must accompany each child. **Skills learned in this stage:** blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together, and skills are determined by age and developmental abilities. **(Max enrollment 6 children/adult)**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 year	T	9:30 AM	10:00 AM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 year	T	5:55 PM	6:25 PM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 year	W	5:45 PM	6:15 PM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 year	SAT	8:30 AM	9:00 AM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 year	M	5:45 PM	6:15 PM	\$44	\$84
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months - 1 year	T	9:00 AM	9:30 AM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months - 1 year	W	10:45 AM	11:15 AM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 1 year	W	5:45 PM	6:15 PM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 year	T	5:10 PM	5:40 PM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 year	TH	9:45 AM	10:15 AM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 year	TH	5:45 PM	6:15 PM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 year	SAT	9:45 AM	10:15 AM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	T	6:15 PM	6:45 PM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	9:00 AM	9:30 AM	\$52	\$98
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	5:05 PM	5:35 PM	\$52	\$98

### PARENT AND CHILD STAGE C – WATER INDEPENDENCE (2 - 3-year old with an 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. **(Max enrollment 6 children/adult)**

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	\$44	\$84

This is a working document and is subject to change.

**UPDATED ON: AUGUST 15, 2020**

Parent and Child Stage C Water Independence	APY	2 - 3 years	M	5:45 PM	6:15 PM	\$44	\$84
Parent and Child Stage C Water Independence	APY	2 - 3 years	TH	5:55 PM	6:25 PM	\$52	\$98
Parent and Child Stage C Water Independence	FWY	2 - 3 years	T	5:45 PM	6:15 PM	\$52	\$98
Parent and Child Stage C Water Independence	FWY	2 - 3 years	TH	5:45 PM	6:15PM	\$52	\$98
Parent and Child Stage C Water Independence	HVY	2 - 3 years	T	5:45 PM	6:15 PM	\$52	\$98
Parent and Child Stage C Water Independence	HVY	2 - 3 years	W	10:05 AM	10:35 AM	\$52	\$98
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	6:20 PM	6:50 PM	\$52	\$98
Parent and Child Stage C Water Independence	HVY	2 - 3 years	SAT	10:20 AM	10:50 AM	\$52	\$98
Parent and Child Stage C Water Independence	NMY	2 - 3 years	M	6:15 PM	6:45 PM	\$44	\$84
Parent and Child Stage C Water Independence	NMY	2 - 3 years	W	9:35 AM	10:05 AM	\$52	\$98
Parent and Child Stage C Water Independence	NMY	2 - 3 years	W	5:45 PM	6:15 PM	\$52	\$98

## PRESCHOOL SWIM PROGRAM

### AGES 3 -5 YEAR OLDS

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

**Prerequisites:** Completion of Stage C prior to Stage 1 is recommended. Child must be at least 3 years old and able to stand in the shallow end of the pool at 2'6".

**Skills learned in this stage:** submerge independently, front float independently for 5 seconds, back float with flotation 5 seconds, front and back glide with flotation 5 feet, roll assisted, jump in the pool with assistance.

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YM CA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	M	10:40 AM	11:10 AM	\$44	\$84
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	M	4:00 PM	4:30 PM	\$44	\$84
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	T	10:05 AM	10:35 AM	\$35	\$67
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	W	10:40 AM	11:10 AM	\$52	\$98
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	W	5:10 PM	5:40 PM	\$35	\$67
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	TH	9:30 AM	10:00 AM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	SAT	9:40 AM	10:10 AM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	FWY	3 - 5 years	M	9:00 AM	9:30 AM	\$48	\$84
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	M	10:10 AM	10:40 AM	\$30	\$60
Preschool Stage 1 Water Acclimation Small Group Lesson	FWY	3 - 5 years	M	5:10 PM	5:40 PM	\$44	\$84
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	9:35 AM	10:05 AM	\$35	\$67

This is a working document and is subject to change.

**UPDATED ON: AUGUST 15, 2020**

Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$35	\$67
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	9:00 AM	9:30 AM	\$35	\$67
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	10:10 AM	10:40 AM	\$35	\$67
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	5:10 PM	5:40 PM	\$35	\$67
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	9:35 AM	10:05 AM	\$35	\$67
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$35	\$67
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$57
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	5:45 PM	6:15 PM	\$30	\$57
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	T	4:00 PM	4:30 PM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	T	6:20 PM	6:50 PM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	W	10:40 AM	11:10 AM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	W	4:00 PM	4:30 PM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	W	5:10 PM	5:40 PM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	TH	9:10 AM	9:40 AM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	TH	10:55 AM	11:25 AM	\$52	\$98
Preschool Stage 1 Water Acclimation Small Group Lesson	HVY	3 - 5 years	TH	5:10 PM	5:40 PM	\$52	\$98
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	8:35 AM	9:05 AM	\$35	\$67
Preschool Stage 1 Water Acclimation Small Group Lesson	NMY	3 - 5 years	M	5:35 PM	6:05 PM	\$44	\$84
Preschool Stage 1 Water Acclimation Small Group Lesson	NMY	3 - 5 years	T	4:15 PM	4:45 PM	\$52	\$98
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	T	5:35 PM	6:05 PM	\$35	\$67
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	10:10 AM	10:40 AM	\$35	\$67
Preschool Stage 1 Water Acclimation Small Group Lesson	NMY	3 - 5 years	W	4:25 PM	4:55 PM	\$52	\$98
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	TH	9:00 AM	9:30 AM	\$35	\$67
Preschool Stage 1 Water Acclimation Small Group Lesson	NMY	3 - 5 years	SAT	8:45 AM	9:15 AM	\$52	\$98

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

**Prerequisites:** submerge independently, front float independently for 5 seconds, back float with flotation 5 seconds, front and back glide with flotation 5 feet, roll assisted, jump in the pool with assistance.

**Skills learned in this stage:** submerge and look at object, front and back float independently for 5-10 seconds, front and back glides with kicks for 5 feet, front crawl for 5 coordinated arm strokes, finning and kicking on back for 5 feet, jump in pool independently, roll from front to back and back to front without help, introduction to treading water, swim 15 feet using the swim-float-swim sequence.

**Small Group Lesson – Max enrollment 4 children**

This is a working document and is subject to change.

**UPDATED ON: AUGUST 15, 2020**

**Group Lesson – Max enrollment 6 children**

<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>
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	M	10:05 AM	10:35 AM	\$44	\$84
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	M	4:35 PM	5:05 PM	\$44	\$84
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	10:40 AM	11:10 AM	\$35	\$67
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	W	10:05 AM	10:35 AM	\$52	\$98
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	W	4:00 PM	4:30 PM	\$35	\$67
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	TH	10:40 AM	11:10 AM	\$52	\$98
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	SAT	9:05 AM	9:35 AM	\$52	\$98
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	9:35 AM	10:05 AM	\$30	\$57
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$30	\$57
Preschool Stage 2 Water Movement Small Group Lesson	FWY	3 - 5 years	T	5:10 PM	5:40 PM	\$52	\$98
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	9:35 AM	10:05 AM	\$35	\$67
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$35	\$67
Preschool Stage 2 Water Movement Small Group Lesson	FWY	3 - 5 years	TH	9:00 AM	9:30 AM	\$52	\$98
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	TH	5:10 PM	5:40 PM	\$35	\$67
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	M	4:00 PM	4:30 PM	\$30	\$57
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	M	6:20 PM	6:50 PM	\$30	\$57
Preschool Stage 2 Water Movement Small Group Lesson	HVY	3 - 5 years	T	4:35 PM	5:05 PM	\$52	\$98
Preschool Stage 2 Water Movement Small Group Lesson	HVY	3 - 5 years	W	9:30 AM	10:00 AM	\$52	\$98
Preschool Stage 2 Water Movement Small Group Lesson	HVY	3 - 5 years	W	4:35 PM	5:05 PM	\$52	\$98
Preschool Stage 2 Water Movement Small Group Lesson	HVY	3 - 5 years	W	5:45 PM	6:15 PM	\$52	\$98
Preschool Stage 2 Water Movement Small Group Lesson	HVY	3 - 5 years	TH	10:20 AM	10:50 AM	\$52	\$98
Preschool Stage 2 Water Movement Small Group Lesson	HVY	3 - 5 years	TH	4:35 PM	5:05 PM	\$52	\$98
Preschool Stage 2 Water Movement Small Group Lesson	HVY	3 - 5 years	TH	5:45 PM	6:15 PM	\$52	\$98
Preschool Stage 2 Water Movement	HVY	3 - 5 years	SAT	9:10 AM	9:40 AM	\$35	\$67
Preschool Stage 2 Water Movement Small Group Lesson	NMY	3 - 5 years	M	4:15 PM	4:45 PM	\$44	\$84
Preschool Stage 2 Water Movement Small Group Lesson	NMY	3 - 5 years	M	5:35 PM	6:05 PM	\$44	\$84
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	T	4:55 PM	5:25 PM	\$35	\$67
Preschool Stage 2 Water Movement Small Group Lesson	NMY	3 - 5 years	W	6:25 PM	6:55 PM	\$52	\$98



Preschool Stage 2 Water Movement Small Group Lesson	NMY	3 - 5 years	TH	9:35 AM	10:05 AM	\$35	\$67
Preschool Stage 2 Water Movement Small Group Lesson	NMY	3 - 5 years	SAT	9:20 AM	9:50 AM	\$52	\$98

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

**Prerequisites:** submerge and look at object, front and back float independently for 5-10 seconds, front and back glides with kicks for 5 feet, front crawl for 5 coordinated arm strokes, finning and kicking on back for 5 feet, jump in pool independently, roll from front to back and back to front without help, introduction to treading water, swim 15 feet using the swim-float-swim sequence.

**Skills learned in this stage:** retrieve object from chest-deep water, front glide for 5 yards, rotary breathing with flotation for 10 yards, front crawl with rhythmic breathing for 10 yards with overarm stroke, back glide for 5 yards, back crawl for 10 yards, jump in deep water independently, tread water for 30 seconds, swim 15 yards using the swim-float-swim sequence.

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$57
Preschool Stage 3 Water Stamina Small Group Lesson	APY	3 - 5 years	W	9:30 AM	10:00 AM	\$52	\$98
Preschool Stage 3 Water Stamina Small Group Lesson	APY	3 - 5 years	TH	5:20 PM	5:50 PM	\$52	\$98
Preschool Stage 3 Water Stamina Small Group Lesson	FWY	3 - 5 years	M	10:45 AM	11:15 AM	\$44	\$84
Preschool Stage 3 Water Stamina Small Group Lesson	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$44	\$84
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	T	5:10 PM	5:40 PM	\$35	\$67
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$35	\$67
Preschool Stage 3 Water Stamina Group Lesson	HVY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$57
Preschool Stage 3 Water Stamina Small Group Lesson	HVY	3 - 5 years	TH	6:20 PM	6:50 PM	\$52	\$98
Preschool Stage 3 Water Stamina Small Group Lesson	NMY	3 - 5 years	M	4:55 PM	5:25 PM	\$52	\$98
Preschool Stage 3 Water Stamina Small Group Lesson	NMY	3 - 5 years	T	5:35 PM	6:05 PM	\$52	\$98
Preschool Stage 3 Water Stamina Group Lesson	NMY	3 - 5 years	TH	10:10 AM	10:40 AM	\$35	\$67

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

**Prerequisites:** retrieve object from chest-deep water, front glide for 5 yards, rotary breathing with flotation for 10 yards, front crawl with rhythmic breathing for 10 yards with overarm stroke, back glide for 5 yards, back crawl for 10 yards, jump in deep water independently, tread water for 30 seconds, swim 15 yards using the swim-float-swim sequence.

**Skills learned in this stage:** front glide for 15 yards, rotary breathing with flotation for 25 yards, front crawl with rotary breathing for 15 yards, back glide for 15 yards, back crawl for 15 yards, elementary backstroke for 15 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 25 yards, sitting dive (APY/NMY only).

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
------------	------	-----	-----	-------	-----	----------	----------------

Preschool Stage 4 Stroke Introduction Small Group Lesson	APY	3 – 5 years	T	5:20 PM	5:50 PM	\$52	\$98
Preschool Stage 4 Stroke Introduction Group Lesson	APY	3 – 5 years	W	4:35 PM	5:05 PM	\$35	\$67
Preschool Stage 4 Stroke Introduction Group Lesson	FWY	3 – 5 years	M	5:10 PM	5:40 PM	\$30	\$57
Preschool Stage 4 Stroke Introduction Group Lesson	FWY	3 – 5 years	T	4:35 PM	5:05 PM	\$35	\$67
Preschool Stage 4 Stroke Introduction Small Group Lesson	FWY	3 – 5 years	TH	5:10 PM	5:40 PM	\$52	\$98
Preschool Stage 4 Stroke Introduction Group Lesson	HVY	3 - 5 years	M	5:10 PM	5:40 PM	\$30	\$57
Preschool Stage 4 Stroke Introduction Small Group Lesson	HVY	3 - 5 years	TH	6:20 PM	6:50 PM	\$52	\$98
Preschool Stage 4 Stroke Introduction Small Group Lesson	NMY	3 – 5 years	M	5:45 PM	6:15 PM	\$44	\$84

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

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

**Prerequisites:** child must be at least 6 years old.

**Skills learned in this stage:** submerge independently, front and back float independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, introduction to treading water for 10 seconds.

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	T	5:45 PM	6:15 PM	\$35	\$67
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	TH	4:00 PM	4:30 PM	\$52	\$98
School Age Stage 1 Water Acclimation Small Group Lesson	FWY	6 - 12 years	T	6:20 PM	6:50 PM	\$52	\$98
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	W	5:10 PM	5:40 P M	\$35	\$67
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	TH	4:35 PM	5:05 PM	\$35	\$67
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	4:10 PM	4:40 PM	\$30	\$57
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	4:45 PM	5:15 PM	\$30	\$57
School Age Stage 1 Water Acclimation Small Group Lesson	HVY	6 - 12 years	T	4:00 PM	4:30 PM	\$52	\$98
School Age Stage 1 Water Acclimation Small Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$52	\$98
School Age Stage 1 Water Acclimation Small Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$52	\$98
School Age Stage 1 Water Acclimation Small Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$52	\$98
School Age Stage 1 Water Acclimation Small Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$52	\$98
School Age Stage 1 Water Acclimation Small Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$52	\$98
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	SAT	10:55 AM	11:25 AM	\$35	\$67

School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	W	4:15 PM	4:45 PM	\$35	\$67
---	-----	--------------	---	---------	---------	------	------

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

**Prerequisites:** submerge independently, front and back float independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, introduction to treading water for 10 seconds.

**Skills learned in this stage:** submerge and look at object, front and back float independently 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water 10 seconds, swim 15 feet using the swim-float-swim sequence.

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 2 Water Movement Small Group Lesson	APY	6 - 12 years	M	4:15 PM	4:45 PM	\$44	\$84
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	TH	5:45 PM	6:15 PM	\$35	\$67
School Age Stage 2 Water Movement	APY	6 - 12 years	SAT	10:15 AM	11:45 AM	\$52	\$98
School Age Stage 2 Water Movement Small Group Lesson	FWY	6 - 12 years	M	4:35 PM	5:05 PM	\$44	\$84
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$30	\$57
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	W	5:45 PM	6:15 PM	\$35	\$67
School Age Stage 2 Water Movement Small Group Lesson	FWY	6 - 12 years	TH	5:45 PM	6:15 PM	\$52	\$98
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	4:10 PM	4:40 PM	\$30	\$57
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	4:45 PM	5:15 PM	\$30	\$57
School Age Stage 2 Water Movement Small Group Lesson	HVY	6 - 12 years	T	4:00 PM	4:30 PM	\$52	\$98
School Age Stage 2 Water Movement Small Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$52	\$98
School Age Stage 2 Water Movement Small Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$52	\$98
School Age Stage 2 Water Movement Small Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$52	\$98
School Age Stage 2 Water Movement Small Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$52	\$98
School Age Stage 2 Water Movement Small Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$52	\$98
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	SAT	10:55 AM	11:25 AM	\$35	\$67
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	W	4:55 PM	5:25 PM	\$35	\$67
School Age Stage 2 Water Movement Small Group Lesson	NMY	6 - 12 years	TH	4:55 PM	5:25 PM	\$52	\$98

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

**Prerequisites:** submerge and look at object, front and back float independently for 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread

This is a working document and is subject to change.

**UPDATED ON: AUGUST 15, 2020**



water 10 seconds, swim 15 feet using the swim-float-swim sequence.

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

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	M	4:50 PM	5:20 PM	\$44	\$84
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	W	5:20 PM	5:50 PM	\$35	\$67
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	TH	5:10 PM	5:40 PM	\$52	\$98
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	SAT	10:50 AM	11:20 AM	\$52	\$98
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	M	5:10 PM	5:40 PM	\$30	\$57
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	T	5:10 PM	5:40 PM	\$35	\$67
School Age Stage 3 Water Stamina Small Group Lesson	FWY	6 - 12 years	W	4:35 PM	5:05 PM	\$52	\$98
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	TH	6:20 PM	6:50 PM	\$35	\$67
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	M	6:30 PM	7:00 PM	\$30	\$57
School Age Stage 3 Water Stamina Small Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$52	\$98
School Age Stage 3 Water Stamina Small Group Lesson	HVY	6 - 12 years	T	5:10 PM	5:40 PM	\$52	\$98
School Age Stage 3 Water Stamina Small Group Lesson	HVY	6 - 12 years	W	4:00 PM	4:30 PM	\$52	\$98
School Age Stage 3 Water Stamina Small Group Lesson	HVY	6 - 12 years	W	5:45 PM	6:15 PM	\$52	\$98
School Age Stage 3 Water Stamina Small Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$52	\$98
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	SAT	11:30 AM	12:00 PM	\$35	\$67
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	M	4:25 PM	4:55 PM	\$44	\$84
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	TH	4:15 PM	4:45 PM	\$35	\$67
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	SAT	10:00 AM	10:30 AM	\$35	\$67

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

**Prerequisites:** retrieve object from chest-deep water, rotary breathing with flotation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for 1 minutes, jump in deep water and swim 25 yards using the swim-float-swim sequence.

**Skills learned in this stage:** front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives (APY/NMY only)

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
------------	------	-----	-----	-------	-----	----------	----------------

School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	M	5:25 PM	5:55 PM	\$30	\$57
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	T	5:10 PM	5:40 PM	\$35	\$67
School Age Stage 4 Stroke Introduction Small Group Lesson	APY	6 - 12 years	TH	4:25 PM	4:55 PM	\$52	\$98
School Age Stage 4 Stroke Introduction Small Group Lesson	APY	6 - 12 years	S	11:25 AM	11:55 AM	\$52	\$98
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	M	5:45 PM	6:15 PM	\$30	\$57
School Age Stage 4 Stroke Introduction Small Group Lesson	FWY	6 - 12 years	T	4:35 PM	5:05 PM	\$52	\$98
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	T	6:20 PM	6:50 PM	\$35	\$67
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	TH	5:10 PM	5:40 PM	\$35	\$67
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	5:55 PM	6:25 PM	\$30	\$57
School Age Stage 4 Stroke Introduction Small Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$52	\$98
School Age Stage 4 Stroke Introduction Small Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$52	\$98
School Age Stage 4 Stroke Introduction Small Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$52	\$98
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	T	4:25 PM	4:55 PM	\$35	\$67
School Age Stage 4 Stroke Introduction	NMY	6 - 12 years	W	5:35 PM	6:05 PM	\$52	\$98
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	SAT	10:35 AM	11:05 AM	\$35	\$67

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

**Prerequisites:** front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives (APY/NMY only)

**Skills learned in this stage:** front crawl for 50 yards, back crawl for 50 yards, breaststroke kick for 15 yards, breaststroke arm pull for 15 yards, coordinated breaststroke for 25 yards, dolphin kick for 15 yards, introduction to scissors kick, endurance swim for 100 yards, kneeling dive (APY/NMY only)

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	T	4:35 PM	5:05 PM	\$35	\$67
School Age Stage 5 Stroke Development Small Group Lesson	APY	6 - 12 years	W	5:55 PM	6:25 PM	\$52	\$98
School Age Stage 5 Stroke Development Small Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$44	\$84
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	T	5:45 PM	6:15 PM	\$35	\$67

School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	W	6:20 PM	6:50 PM	\$35	\$67
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	M	5:20 PM	5:50 PM	\$30	\$57
School Age Stage 5 Stroke Development Small Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$52	\$98
School Age Stage 5 Stroke Development Small Group Lesson	NMY	6 - 12 years	M	5:05 PM	5:35 PM	\$44	\$84
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$35	\$67
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	SAT	11:10 AM	11:40 AM	\$35	\$67

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

**Prerequisites:** front crawl for 50 yards, back crawl for 50 yards, breaststroke kick for 15 yards, breaststroke arm pull for 15 yards, coordinated breaststroke for 25 yards, dolphin kick for 15 yards, introduction to scissors kick, endurance swim for 100 yards, kneeling dive (APY/NMY only)

**Skills learned in this stage:** front crawl with open turns for 100 yards, back crawl with open turns for 100 yards, breaststroke with open turns for 50 yards, butterfly arms for 15 yards, butterfly for 15 yards, individual medley 100 yards with open turns, sidestroke for 25 yards, endurance swim for 150 yards.

**Small Group Lesson – Max enrollment 4 children**

**Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	T	4:00 PM	4:30 PM	\$35	\$67
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	W	6:20 PM	6:50 PM	\$35	\$67
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	TH	6:20 PM	6:50 PM	\$35	\$67
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	M	5:20 PM	5:50 PM	\$30	\$57
School Age Stage 6 Stroke Mechanics Small Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$52	\$98
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	TH	5:35 PM	6:05 PM	\$35	\$67

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

We offer private swim lessons, ages 5 and older, and all abilities. Please contact your local YMCA Aquatics Department for more information and availability.

### Home School Swim Lessons (Ages 6 years and older) (FWY, NMY)

Swim lessons offered specifically for home school students to be in school age level lessons during the day. **Group Lesson – Max enrollment 6 children**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Home School Lessons Stages 1-3	FWY	6-12 years	T	10:10 AM	10:40 AM	\$35	\$67
Home School Lessons Stages 4-6	FWY	6-12 years	T	10:45 AM	11:15 PM	\$35	\$67
Home School Lessons Stages 1-3	FWY	6-12 years	TH	10:10 AM	10:40 AM	\$35	\$67
Home School Lessons	FWY	6-12 years	TH	10:45 AM	11:15 AM	\$35	\$67

This is a working document and is subject to change.

**UPDATED ON: AUGUST 15, 2020**

Stages 4-6							
Home School Lessons Stages 1-2	NMY	6-12 years	TH	12:30 PM	1:00 PM	\$35	\$67
Home School Lessons Stages 3-4	NMY	6-12 years	TH	1:05 PM	1:35 PM	\$35	\$67
Home School Lessons Stages 5-6	NMY	6-12 years	TH	1:40 PM	2:10 PM	\$35	\$67

## 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	11:45 AM	\$35	\$67
Teen/Adult Swim Lessons	NMY	15 years and older	M	6:25 PM	6:55 PM	\$30	\$57

## 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.

### SPRINGBOARD DIVING (AGES 7 YEARS AND OLDER) (NMY)

Learn the basics of springboard diving.

Class prerequisites:

- Intro to Springboard Diving: Must be at least 7 years old and comfortable swimming in deep water and jumping off the diving board
- Springboard Diving 1: Must have completed Intro to Springboard Diving or be at least 12 years old.
- Springboard Diving 2: Must have completed Springboard Diving 1 and recommended by instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Intro to Springboard Diving	NMY	7 years and older	T	5:30 PM	6:10 PM	\$35	\$67
Springboard Diving 1	NMY	7 years and older	T	6:15 PM	6:55 PM	\$35	\$67
Springboard Diving 2	NMY	7 years and older	T	7:00 PM	7:40 PM	\$35	\$67

### YMILER CLUB (APY, FWY, HVY, NMY)

Y members keep track of the miles you swim in our pools. You will be rewarded for reaching milestones in your swimming quest.

## SWIM TEAM

### STAFF CONTACT

APY – John Thiel Head Swim Coach P 954.7615

E [johnthiel@ymcafoxcities.org](mailto:johnthiel@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. Our focus is on developing

This is a working document and is subject to change.

**UPDATED ON: AUGUST 15, 2020**

character traits within our athletes and a culture within our team that promotes enjoyment of the sport of swimming, building of healthy relationships among teammates, and a desire for personal growth. Practice opportunities are offered between 4-6 days per week depending on the swimmer's age and ability.

\*Registration, team information, practices times and locations, please check our website at [www.fcyst.org](http://www.fcyst.org)

## **SWIM TEAM TRIAL**

Thank you for your interest in joining our Team! Swimmers may try the team at the start of each season without obligation. We offer a two-week trial with all our new and interested swimmers in September and a one-week trial with all our new and interested swimmers in April. We also offer trial opportunities to individuals throughout the year.

**SWIM TEAM 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 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 6 years old**. We recommend that children work through the swimming lessons at the Y until they are ready to give Competitive Swimming a try. 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.

## **AGE GROUP**

The Age Groups are utilized to help our younger athletes who understand the sport of competitive swimming and an array of basic skills to develop positive training habits while expanding on their skill sets. Athletes might stay in this group for several years or only a few months depending on how quickly they progress.

## **JUNIORS**

The Junior Group is utilized to help our developing athletes who understand 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. Athletes must be in grades 6-8 to be in our Junior Group.

## **SENIORS**

The Senior Group is utilized to help our developing athletes who understand 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. Athletes must be in at least grade 8 to be in our Senior Group.

## **GOLD**



The Gold Group is utilized to help the athletes who have made the commitment to working and competing at the highest levels our sport offers. These athletes are seeking out ways to compete for State and National titles and understand that this means making difficult choices when it comes to time management, and lifestyles away from the pool. Athletes must have been in Junior or Senior Group for at least one year and must have a meeting with a parent and coach prior to joining the Gold Group.