



WINTER

AQUATICS

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WINTER 2 PROGRAM SESSIONS: February 20 – April 9, 2023

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 8 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 each0 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.

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 years	T	9:30 AM	10:00 AM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 years	T	6:00 PM	6:30 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 years	W	6:00 PM	6:30 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	T	10:15 AM	10:45 AM	\$38	\$74

Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	T	5:45 PM	6:15 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	TH	5:45 PM	6:15 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	T	5:10 PM	5:40 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	9:35 AM	10:05 AM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	5:45 PM	6:15 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	SAT	9:05 AM	9:35 AM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	T	5:40 PM	6:10 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	10:10 AM	10:40 AM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	5:40 PM	6:10 PM	\$38	\$74
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	TH	6:15 PM	6:45 PM	\$38	\$74

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.

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	\$38	\$74
Parent and Child Stage C Water Independence	APY	2 - 3 years	M	6:00 PM	6:30 PM	\$38	\$74
Parent and Child Stage C Water Independence	APY	2 - 3 years	TH	6:00 PM	6:30 PM	\$38	\$74
Parent and Child Stage C Water Independence	FWY	2 - 3 years	T	6:20 PM	6:50 PM	\$38	\$74
Parent and Child Stage C Water Independence	FWY	2 - 3 years	TH	6:20 PM	6:50 PM	\$38	\$74
Parent and Child Stage C Water Independence	HVY	2 - 3 years	T	5:45 PM	6:15 PM	\$38	\$74
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	9:00 AM	9:30 AM	\$38	\$74
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	6:20 PM	6:50 PM	\$38	\$74
Parent and Child Stage C Water Independence	HVY	2 - 3 years	SAT	9:40 AM	10:10 AM	\$38	\$74
Parent and Child Stage C Water Independence	NMY	2 - 3 years	M	6:15 PM	6:45 PM	\$38	\$74
Parent and Child Stage C Water Independence	NMY	2 - 3 years	TH	5:40 PM	6:10 PM	\$38	\$74

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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	M	4:15 PM	4:45 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 5 years	M	10:40 AM	11:10 AM	\$57	\$109
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	4:50 PM	5:20 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	T	10:05 AM	10:35 AM	\$38	\$74
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	W	5:25 PM	5:55 PM	\$57	\$109
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	TH	4:15 PM	4:45 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	M	5:10 PM	5:40 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	8:30 AM	9:00 AM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	9:40 AM	10:10 AM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	5:10 PM	5:40PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3-5 years	W	6:20 PM	6:50 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	4:35 PM	5:05 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	4:00 PM	4:30 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	6:20 PM	6:50 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	4:00 PM	4:30 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	5:45 PM	6:15 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	10:10 AM	10:40 AM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	5:10 PM	5:40 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	8:30 AM	9:00 AM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	10:15 AM	10:45 AM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	M	5:05 PM	5:35 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	T	4:30 PM	5:00 PM	\$38	\$74

Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	9:00 AM	9:30 AM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	5:05 PM	5:35 PM	\$38	\$74
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	TH	4:30 PM	5:00 PM	\$38	\$74

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

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	10:05 AM	10:35 AM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	4:50 PM	5:20 PM	\$38	\$74
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	T	10:40 AM	11:10 AM	\$57	\$109
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	4:15 PM	4:45 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	5:25 PM	5:55 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	W	4:15 PM	4:45 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	TH	4:50 PM	5:20 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	5:45 PM	6:15 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	T	9:05 AM	9:35 AM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	T	5:10 PM	5:40 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	5:45 PM	6:15 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	TH	5:10 PM	5:40 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	M	5:10 PM	5:40 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	T	4:35 PM	5:05 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	W	6:20 PM	6:50 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	10:45 AM	11:15 AM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	4:00 PM	4:30 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	SA	10:50 AM	11:20 AM	\$38	\$74

Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	M	4:30 PM	5:00 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	T	5:05 PM	5:35 PM	\$38	\$74
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	W	9:35 AM	10:05 AM	\$38	\$74
Preschool Stage 2 Water Movement Small Group Lesson	NMY	3 - 5 years	W	4:30 PM	5:00 PM	\$57	\$109
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	TH	5:05 PM	5:35 PM	\$38	\$74

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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	M	5:25 PM	5:55 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	W	4:50 PM	5:20 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	TH	5:25 PM	5:55 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	M	6:20 PM	6:50 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	W	6:20 PM	6:50 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	HVY	3 - 5 years	M	5:45 PM	6:15 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	HVY	3 - 5 years	W	4:35 PM	5:05 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	NMY	3 - 5 years	T	6:15 PM	6:45 PM	\$38	\$74
Preschool Stage 3 Water Stamina Group Lesson	NMY	3- 5 years	W	6:15 PM	6:45 PM	\$38	\$74

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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 4 Stroke Introduction Group Lesson	APY	3 – 5 years	T	5:25 PM	5:55 PM	\$38	\$74

Preschool Stage 4 Stroke Introduction Group Lesson	NMY	3 – 5 years	M	5:40 PM	6:10 PM	\$38	\$74
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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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	M	4:15 PM	4:45 PM	\$38	\$74
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	T	6:00 PM	6:30 PM	\$57	\$109
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	W	4:15 PM	4:45 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	TH	4:15 PM	4:45 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	FWY	6-12 years	M	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	T	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	W	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	4:00 PM	4:30 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	4:00 PM	4:30 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	SAT	8:30 AM	9:00 AM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	M	5:05 PM	5:35 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	NMY	6-12 years	T	4:30 PM	5:00 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	W	5:05 PM	5:35 PM	\$38	\$74
School Age Stage 1 Water Acclimation Group Lesson	NMY	6-12 years	TH	5:40 PM	6:10 PM	\$38	\$74

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 per instructor

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	4:50 PM	5:20 PM	\$57	\$109
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	W	6:00 PM	6:30 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	TH	6:00 PM	6:30 PM	\$38	\$74
School Age Stage 2 Water Movement	FWY	6 - 12 years	M	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 2 Water Movement	FWY	6 - 12 years	T	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	W	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	T	4:00 PM	4:30 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	SAT	9:05 AM	9:35 AM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	M	5:40 PM	6:10 PM	\$38	\$74
School Age Stage 2 Water Movement Small Group Lesson	NMY	6 - 12 years	T	5:05 PM	5:35 PM	\$57	\$109
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	W	4:30 PM	5:00 PM	\$38	\$74
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$38	\$74

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 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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	M	5:25 PM	5:55 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	6:00 PM	6:30 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12years	W	5:25 PM	5:55 PM	\$38	\$74
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$57	\$109
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12years	TH	5:25 PM	5:55 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	M	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	T	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	FWY	6-12 years	W	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	W	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	TH	5:10 PM	5:40 pm	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	M	4:00 PM	4:30 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	TH	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	SAT	9:40 AM	10:10 AM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	M	4:30 PM	5:00 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	W	6:15 PM	6:45 PM	\$38	\$74
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	TH	5:05 PM	5:35 PM	\$38	\$74

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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	M	6:00 PM	6:30 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	T	5:25 PM	5:55 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	W	6:00 PM	6:30 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Small Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$57	\$109
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	TH	6:00 PM	6:30 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	M	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6-12 years	T	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	W	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	TH	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6-12 years	TH	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	W	5:45 PM	6:15 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	SAT	10:15 AM	10:45 AM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	M	6:15 PM	6:45 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	W	5:40 PM	6:10 PM	\$38	\$74
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	TH	4:30 PM	5:00 PM	\$38	\$74

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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 5 Stroke Development Small Group Lesson	APY	6 - 12 years	M	4:50 PM	5:20 PM	\$57	\$109
School Age Stage 5 Stroke Development Group Lesson	APY	6-12 years	T	4:15 PM	4:45 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12years	W	4:15 PM	4:45 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	TH	5:25 PM	5:55 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	TH	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	M	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	SAT	10:50 AM	11:20 AM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	T	5:40 PM	6:10 PM	\$38	\$74
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$38	\$74

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 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 6 Stroke Mechanics Small Group Lesson	APY	6 - 12 years	M	4:15 PM	4:45 PM	\$57	\$109
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	W	5:25 PM	5:55 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	TH	4:15 PM	4:45 PM	\$38	\$74

School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	TH	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	M	5:10 PM	5:40 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	SAT	10:50 AM	11:20 AM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	T	6:15 PM	6:45 PM	\$38	\$74
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	TH	5:40 PM	6:10 PM	\$38	\$74

PRIVATE AND SEMI-PRIVATE 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 Group Swim Lessons (Ages 6-12 Years) (NMY)

Swim lessons offered specifically for home school students to be in school age level lessons during the day.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Home School Lessons Stages 1-3	NMY	6-12 years	TH	1:10 PM	1:40 PM	\$38	\$74
Home School Lessons Stages 4-6	NMY	6-12 years	TH	12:35 PM	1:05 PM	\$38	\$74

YOUTH, TEEN AND ADULT SWIM LESSONS

Classes for 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 Beginner	APY	15 years and older	M	5:25 PM	5:55 PM	\$38	\$74
Teen/Adult Swim Lessons Beginner	APY	15 years and older	M	6:00 PM	6:30 PM	\$38	\$74
Youth/Teen Swim Lessons	NMY	12-17 years	W	5:40 PM	6:10 PM	\$38	\$74
Adult Swim Lessons	NMY	18 years +	TH	12:00 PM	12:30 PM	\$38	\$74
Adult Swim Lessons	NMY	18 years +	W	6:15 PM	6:45 PM	\$38	\$74

SPECIALTY AQUATICS

SPRINGBOARD DIVING (AGES 7 YEARS +) (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 and be 7 years old or be recommended by instructor.

- Springboard Diving 2: Must have completed Springboard Diving 1 and be recommended by instructor.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Intro to Springboard Diving	NMY	7 years +	M	5:30 PM	6:10 PM	\$38	\$74
Springboard Diving 1	NMY	7 years +	M	6:15 PM	6:55 PM	\$38	\$74
Springboard Diving 2	NMY	10 years +	M	7:00 PM	7:40 PM	\$38	\$74

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 quests.

LIFEGUARD TRAINING (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 breaststroke.
- 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 headfirst 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 - \$128 General Public - \$185

All materials are included in the price of class.

HVY Prescreening will be held by appointment before the course begins. Classes will be held on Saturdays, April 15 & 22, 11:30-4:30 PM and Sundays, April 16 & 23, 10:30 AM-4:30 PM. Attendance is mandatory at all four classes. This will be taught as a blended learning class. Students will be responsible for completing online course work prior to attending in person classes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training	HVY	15 years and older	SAT, SU	11:30 AM 10:30 AM	4:30 PM	\$131	\$190

KAYAK PADDLE CLINICS (APY, FWY)

The Northeast Wisconsin Paddlers will be offering paddle clinics this year at the Appleton and Fox West locations. These are three-day clinics for three hours. There will be some classroom work and pool work during the three-hour clinic. Topics covered will include: Principles of re-entry, Types of kayaks, PFDs, Skirts, Paddle Orientation, Boat entry, J-Lean, Wet exit (optional for those that intend to paddle skirted boats), Basic strokes and Principles of re-entry.

KAYAK ROLLS AND RESCUE TECHNIQUES (APY)

Intermediate level, participants must have taken the Kayak Essentials course or have the lead instructor's 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.

Class Name	YMCA	Age	Day/Date	Start	End	Y Member	General Public
Kayak Clinic 2	APY	14 and up	SU 2/12, 2/19 & 2/26	2:00 PM	5:00 PM	\$100	\$130
Kayak Clinic 3 Rolls and Rescues	APY	14 and up	SU 3/5, 3/9 & 3/26	2:00 PM	5:00 PM	\$100	\$130

SWIM TEAM

STAFF CONTACT

APY – John Thiel Head Swim Coach P 954.7615

E 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 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

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.

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.