



# WINTER

## AQUATICS

### STAFF CONTACTS

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## WINTER 2 PROGRAM SESSION: February 26-April 14, 2024

### Please note registration policies:

Due to high volume demand for Aquatic programs, we ask that you carefully review your cart for days/times and locations at checkout as changes due to errors can only be made if there are existing openings. Please note the following new policies below.

#### Aquatic Program Registration Policies:

**Prior to the first day of the session:** If you withdraw from a program prior to the start of the first day of the session, the YMCA will issue a **credit voucher** for the class. The session generally begins on a Monday, all cancellations must be requested via email prior to Monday to receive a credit. Credit vouchers expire one year from issuing date. Refunds will only be issued for a medical reasons and a doctor's note must be provided to the program director.

**After the start of the first day of the session:** If you withdraw from a program after the session has begun **no credit or refund will be given**. The session generally begins on a Monday, all cancellations must be requested via email prior to Monday. Refunds will only be issued for a medical reasons and a doctor's note must be provided to the program director.

**Waitlists:** If an opening is available in a waitlisted program, the Aquatic Director will notify you via email and will require a 24-hour time limit for response. If you do not respond within 24 hours, the Department will contact the next person on the waitlist for the opening. Please make sure that your email in your account is accurate.

**Swim Level Evaluations:** Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmer in appropriate level.

## 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.

### 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.

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	6:00 PM	6:30 PM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 years	W	6:00 PM	6:30 PM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	T	5:45 PM	6:15 PM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	TH	5:45 PM	6:15 PM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	T	5:10 PM	5:40 PM	\$39	\$76
Parent and Child Stage A Water Discover Stage B Water Exploration	HVY	6 months – 2 years	W	5:45 PM	6:15 PM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	9:35 AM	10:05 AM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	5:45 PM	6:15 PM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	SAT	9:40 AM	10:10 AM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	T	5:40 PM	6:10 PM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	10:10 AM	10:40 AM	\$39	\$76
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	5:40 PM	6:10 PM	\$39	\$76

### 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	6:00 PM	6:30 PM	\$39	\$76
Parent and Child Stage C Water Independence	APY	2 - 3 years	TH	6:00 PM	6:30 PM	\$39	\$76
Parent and Child Stage C Water Independence	FWY	2 -3 years	T	6:20 PM	6:50 PM	\$39	\$76

Parent and Child Stage C Water Independence	HVY	2 - 3 years	T	5:45 PM	6:15 PM	\$39	\$76
Parent and Child Stage C Water Independence	HVY	2 - 3 years	W	5:10 PM	5:40 PM	\$39	\$76
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	9:00 AM	9:30 AM	\$39	\$76
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	6:20 PM	6:50 PM	\$39	\$76
Parent and Child Stage C Water Independence	HVY	2 - 3 years	SAT	10:15 AM	10:45 AM	\$39	\$76
Parent and Child Stage C Water Independence	NMY	2 - 3 years	T	6:15 PM	6:45 PM	\$39	\$76
Parent and Child Stage C Water Independence	NMY	2 - 3 years	W	6:15 PM	6:45 PM	\$39	\$76

## PRESCHOOL SWIM PROGRAM

### AGES 3 -5 YEAR OLDS

**Swim Level Evaluations:** Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmer in appropriate level.

### 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	\$39	\$76
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	M	10:40 AM	11:10 AM	\$58	\$110
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	M	4:50 PM	5:20 PM	\$39	\$76
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	4:50 PM	5:20 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	T	10:05 AM	10:35 AM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	APY	3- 5years	T	4:15 PM	4:45 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	W	5:25 PM	5:55 PM	\$58	\$110
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5years	W	4:15 PM	4:45 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	TH	4:15 PM	4:45 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	TH	4:50 PM	5:20 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	M	5:10 PM	5:40 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	M	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$39	\$76

Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	5:10 PM	5:40 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	4:00 PM	4:30 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	5:10 PM	5:40 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	4:00 PM	4:30 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	10:10 AM	10:40 AM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	5:45 PM	6:15 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	9:05 AM	9:35 AM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	10:50 AM	11:20 AM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	M	5:05 PM	5:35 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	T	4:30 PM	5:00 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	9:00 AM	9:30 AM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	5:05 PM	5:35 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	TH	4:30 PM	5:00 PM	\$39	\$76
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	TH	5:40 PM	6:10 PM	\$39	\$76

## 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	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	4:15 PM	4:45 PM	\$39	\$76

Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	4:50 PM	5:20 PM	\$39	\$76
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	T	10:40 AM	11:10 AM	\$58	\$110
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	4:15 PM	4:45 PM	\$39	\$76
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	T	4:50 PM	5:20 PM	\$58	\$110
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	W	4:15 PM	4:45 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	APY	3-5 years	W	4:50 PM	5:20 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	APY	3-5 years	TH	4:15 PM	5:20 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	TH	4:50 PM	5:20 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	5:45 PM	6:15 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	T	5:10 PM	5:40 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	5:45 PM	6:15 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	TH	5:10 PM	5:40 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	M	4:00 PM	4:30 PM	\$39	\$76
Preschool Stage 2 Water movement Group Lesson	HVY	3 - 5 years	M	5:45 PM	6:15 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	T	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	W	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	W	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	10:45 AM	11:15 AM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	4:00 PM	4:30 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	5:10 PM	5:40 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	SAT	8:30 AM	9:00 AM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	M	4:30 PM	5:00 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	T	5:05 PM	5:35 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	W	9:35 AM	10:05 AM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	W	4:30 PM	5:00 PM	\$39	\$76
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	TH	5:05 PM	5:35 PM	\$39	\$76



### 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	\$39	\$76
Preschool Stage 3 Water Stamina Small Group Lesson	APY	3 - 5 years	W	4:50 PM	5:20 PM	\$58	\$110
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	TH	5:25 PM	5:55 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	M	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	W	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	TH	6:20 PM	6:50 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	HVY	3 - 5 years	M	5:10 PM	5:40 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	HVY	3 - 5 years	T	4:35 PM	5:05 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lessons	HVY	3 - 5 years	W	5:45 PM	6:15 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	NMY	3 - 5 years	M	6:15 PM	6:45 PM	\$39	\$76
Preschool Stage 3 Water Stamina Group Lesson	NMY	3- 5 years	TH	6:15 PM	6:45 PM	\$39	\$76

### 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	\$39	\$76
Preschool Stage 4 Stroke Introduction Group Lesson	NMY	3 – 5 years	M	5:40 PM	6:10 PM	\$39	\$76

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

**Swim Level Evaluations:** Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmer in appropriate level.

### 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	\$39	\$76
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$58	\$110
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	TH	4:15 PM	4:45 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	TH	6:00 PM	6:30 PM	\$58	\$110
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	T	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	FWY	6-12 years	W	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	4:00 PM	4:30 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	TH	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	SAT	8:30 AM	9:00 AM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	M	5:05 PM	5:35 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	T	4:30 PM	5:00 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	W	5:05 PM	5:35 PM	\$39	\$76
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	TH	5:40 PM	6:10 PM	\$39	\$76

## 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	\$58	\$110
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	W	4:15 PM	4:45 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	TH	6:00 PM	6:30 PM	\$39	\$76
School Age Stage 2 Water Movement	FWY	6 - 12 years	M	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	FWY	6 – 12 years	M	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	FWY	6 – 12 years	T	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	FWY	6-12 years	W	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	FWY	6-12 years	TH	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	TH	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	T	4:00 PM	4:30 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	T	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	W	4:00 PM	4:30 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lessons	HVY	6 - 12 years	W	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	SAT	9:40 AM	10:10 AM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	M	5:40 PM	6:10 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	T	5:05 PM	5:35 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	W	4:30 PM	5:00 PM	\$39	\$76
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$39	\$76



## 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	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	6:00 PM	6:30 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	W	4:15 PM	4:45 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12years	W	5:25 PM	5:55 PM	\$39	\$76
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$58	\$110
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	M	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	T	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	W	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	TH	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	TH	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	M	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	W	4:00 PM	4:30 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	TH	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	SAT	10:15 AM	10:45 AM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	M	4:30 PM	5:00 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	W	6:15 PM	6:45 PM	\$39	\$76
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	TH	5:05 PM	5:35 PM	\$39	\$76

## 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	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	T	5:25 PM	5:55 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	W	5:25 PM	5:55 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	W	6:00 PM	6:30 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Small Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$58	\$110
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	TH	5:25 PM	5:55 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	M	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6-12 years	T	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	W	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	TH	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	4:00 PM	4:30 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	SAT	9:05 AM	9:35 AM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	M	6:15 PM	6:45 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	W	5:40 PM	6:10 PM	\$39	\$76
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	TH	4:30 PM	5:00 PM	\$39	\$76

## 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	4:15 PM	4:45 PM	\$58	\$110
School Age Stage 5 Stroke Development Group Lesson	APY	6-12 years	T	6:00 PM	6:30 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	TH	5:25 PM	5:55 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	W	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	TH	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	SAT	10:50 AM	11:20 AM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	T	5:40 PM	6:10 PM	\$39	\$76
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$39	\$76

## 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	4:50 PM	5:20 PM	\$58	\$110
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$39	\$76

School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 – 12 years	W	6:00 PM	6:30 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 – 12 years	TH	4:15 PM	4:45 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	TH	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	SAT	10:50 AM	11:20 AM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	T	6:15 PM	6:45 PM	\$39	\$76
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	TH	5:40 PM	6:10 PM	\$39	\$76

### AQUATIC CONDITIONING – SWIM TEAM 101 (AGES 6–14- year-old)(APY)

**Prerequisites:** Must have completed Stage 6

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Aquatic Conditioning - Swim Team 101	APY	6 – 14 years	T	5:25 PM	5:55 PM	\$39	\$76

### 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.

### HOMESCHOOL 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	\$39	\$76
Home School Lessons Stages 4-6	NMY	6-12 years	TH	12:35 PM	1:05 PM	\$39	\$76

### YOUTH, TEEN AND ADULT SWIM LESSONS

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

**Teen/Adult Beginner-** For the beginner swimmer who wants to learn basic swim skills such as front/back float and glides, water safety skills and become comfortable in deep water. The swimmer may be a beginner or fearful beginner who is unfamiliar with water.

**Teen/Adult Intermediate-** Swimmer must be able to demonstrate basic swim strokes, swim 25 yds unassisted and be comfortable in deep water. The intermediate swimmer will learn stroke technique to efficiently perform swim strokes. The swimmer will also learn a variety of swim strokes and water safety techniques and skills.

**Teen/Adult Advanced-** For the more advanced swimmer who is able to swim 50 yds effectively. This class is for advanced swimmers who want to build endurance, swim for fitness, and perfect swim 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	\$39	\$76
Teen/Adult Swim Lessons Intermediate	APY	15 years and older	M	6:00 PM	6:30 PM	\$39	\$76
Teen/Adult Swim Lessons - Advanced	APY	15 years and older	M	6:35 PM	7:05 PM	\$39	\$76
Youth/Teen Swim Lessons Beginner	HVY	12-17 years	TH	4:00 PM	4:30 PM	\$39	\$76
Youth/Teen Swim Lessons	NMY	12-17 years	W	5:40 PM	6:10 PM	\$39	\$76
Adult Swim Lessons	NMY	18 years +	TH	12:00 PM	12:30 PM	\$39	\$76
Adult Swim Lessons	NMY	18 years +	W	6:15 PM	6:45 PM	\$39	\$76

## 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	\$39	\$76*-
Springboard Diving 1	NMY	7 years +	M	6:15 PM	6:55 PM	\$39	\$76
Springboard Diving 2	NMY	10 years +	M	7:00 PM	7:40 PM	\$39	\$76

### KAYAK ESSENTIALS CLASS (APY, FWY)

Kayaks, instruction, and gear provided by the Northeast Wisconsin Paddlers at the Appleton and Fox West locations. Format is half classroom/ half pool time for three, three-hour sessions. Covers kayak types, PFDs and essential paddle gear, boat entry, wet exit (optional for those that intend to paddle skirted boats), paddle strokes and assisted rescue principles. Course designed for entry level to intermediate paddle experience participants. <https://newp.club/classes/>

### KAYAK ROLLS AND RESCUE TECHNIQUES (APY)

Intermediate level for students who have completed the prerequisite Kayak Essentials course or have equivalent experience with the lead instructor's approval required. This course is designed to teach or improve rescue techniques and the kayak roll. Class size is limited to maintain a low instructor-to-student ratio. Three, three-hour sessions in split classroom/ pool time format. Students are encouraged to use



their own kayak and equipment (must be cleaned prior to bringing into the pool). Boats, instruction and gear provided by the Northeast Wisconsin Paddlers (<https://newp.club/classes/>).

Class Name	YMCA	Age	Day/Date	Start	End	Y Member	General Public
Kayak Clinic 1	APY	14 and up	SUN 1/28, 2/4 & 2/11	2:00 PM	5:00 PM	\$100	\$130
Kayak Clinic 2	APY	14 and up	SUN 2/18, 2/25 & 3/3	2:00 PM	5:00 PM	\$100	\$130
Kayak Clinic 3 Rolls and Rescues	APY	14 and up	SUN 3/17, 3/24 & 4/7	2:00 PM	5:00 PM	\$100	\$130

### 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, NMY, FWY)

#### 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.

**Fee: YMCA Member - \$131 General Public - \$190** All materials are included in the price of class.

**FWY** Prescreening will be held by appointment before the course begins. Classes will be held **Friday, Saturday, and Sunday March 22, 23, & 24**. Attendance is mandatory at all three classes. This will be taught as a blended learning class. Students will be responsible for completing online coursework as assigned.

**HVY** Prescreening will be held by appointment before the course begins. Classes will be held **Saturdays and Sundays March 9, 10, 16, & 17**. Attendance is mandatory at all four classes. This will be taught as a blended learning class. Students will be responsible for completing online coursework as assigned.

**NMY** Prescreening will be held by appointment before the course begins. Classes will be held **Wednesdays February 21, 28, and March 6, 13, 20, 27**. Attendance is mandatory at all classes. This will be taught as a blended learning class. Students will be responsible for completing all online coursework as assigned.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training	FWY	15 years and older	FRI SAT SUN	5:00 PM 8:00 AM 8:00 AM	9:00 PM 4:30 PM 4:30 PM	\$131	\$190
Lifeguard Training	HVY	15 years and older	SAT SUN	11:00 AM	4:30 PM	\$131	\$190
Lifeguard Training	NMY	15 years and older	W	5:00 PM	9:00 PM	\$131	\$190

## SWIM TEAM

### STAFF CONTACT

APY – John Thiel Swim Coach P 920.954.7615

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 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, practice 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.

#### Team 1

Our Team 1 swimmers are our newest kids or our youngest kids that are learning the basic skills needed to advance on the team. These skills might be learning the physical strokes and how to keep their strokes legal, turns, dives or any number of other techniques. These skills might be learning how to swim in a lane with teammates, use the pace clock or any number of other things.

#### Team 2

Our Team 2 athletes are mostly made up of our swimmers who are eligible to compete in the 12 and under groups who have developed the basic skills needed to use training sets in practice. This group will also include older athletes still improving their skills, strength, and endurance.

#### Team 3

Our Team 3 athletes are mostly made up of our swimmers who are eligible to compete in the 13 and up age groups who are working to build the physical and mental skills needed to practice and or compete in the upper levels of their age groups. There are also athletes who are fully able to train and compete at higher levels but cannot commit the time needed for the Team 4 Training Plans. There are also some younger

swimmers who can train and compete at higher levels of physical and mental maturity than their peers. (Requirements: 2:00 T-Pace minimum and willingness to learn how to race any event).

#### **Team 4**

Our Team 4 athletes are swimmers who can practice at high levels physically and mentally. There is a higher level of expectation placed on the swimmers in this group as they have spent years learning what it means to be a part of FCYST and what it takes to train at the upper levels of the sport. Team 4 athletes should meet with coaches prior to each season to discuss individual goals and desires for the season as well as meeting the expectations of the group. (Requirements: 1:40 T-Pace minimum, 75% practice attendance minimum—100% Accountability, Ability to complete whole sets and practices as directed)