



## AQUATICS

### SPRING PROGRAM SESSION:

**April 14 – June 1, 2025**

**No classes Sunday, April 20, Sunday, May 25 and Monday, May 26, 2025**

#### STAFF CONTACTS

APY - Roxanne Lee, Aquatics Director P 920.954.7640 E [rlee@ymcafoxcities.org](mailto:rlee@ymcafoxcities.org)

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FWY - Leah Leonard, Aquatics Director P 920.770.2673 E [lleonard@ymcafoxcities.org](mailto:lleonard@ymcafoxcities.org)

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#### 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	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 years	W	6:00 PM	6:30 PM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	T	5:45 PM	6:15 PM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	TH	5:10 PM	5:40 PM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	T	5:10 PM	5:40 PM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	W	5:45 PM	6:15 PM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	9:35 AM	10:05 AM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	5:45 PM	6:15 PM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	SAT	9:40 AM	10:10 AM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	T	5:40 PM	6:10 PM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	10:10 AM	10:40 AM	\$40	\$77
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	6:15 PM	6:45 PM	\$40	\$77

### 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	\$34	\$66
Parent and Child Stage C Water Independence	APY	2 - 3 years	TH	6:00 PM	6:30 PM	\$40	\$77
Parent and Child Stage C Water Independence	FWY	2 -3 years	T	6:20 PM	6:50 PM	\$40	\$77

Parent and Child Stage C Water Independence	FWY	2 - 3 years	TH	5:45 PM	6:15 PM	\$40	\$77
Parent and Child Stage C Water Independence	HVY	2 - 3 years	T	5:45 PM	6:15 PM	\$40	\$77
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	9:00 AM	9:30 AM	\$40	\$77
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	6:20 PM	6:50 PM	\$40	\$77
Parent and Child Stage C Water Independence	HVY	2 - 3 years	SAT	10:15 AM	10:45 AM	\$40	\$77
Parent and Child Stage C Water Independence	NMY	2 - 3 years	T	5:05 PM	5:35 PM	\$40	\$77
Parent and Child Stage C Water Independence	NMY	2 - 3 years	W	5:40 PM	6:10 PM	\$40	\$77

## 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 per instructor**

**Group Lesson - Max enrollment 6 children 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	\$34	\$66
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	M	4:50 PM	5:20 PM	\$34	\$66
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	M	10:40 AM	11:10 AM	\$51	\$95
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	4:15 PM	4:45 PM	\$40	\$77
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	4:50 PM	5:20 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	T	10:05 AM	10:35 AM	\$40	\$77
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	W	4:15 PM	4:45 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	W	5:25 PM	5:55 PM	\$59	\$111
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	TH	4:50 PM	5:20 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	SAT	9:00 AM	9:30 AM	\$59	\$111
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	M	5:10 PM	5:40 PM	\$34	\$66
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	M	6:20 PM	6:50 PM	\$34	\$66
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$40	\$77

Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	6:20 PM	6:50 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	5:10 PM	5:40 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	6:20 PM	6:50 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	SUN	12:35 PM	1:05 PM	\$28	\$55
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	SUN	1:45 PM	2:15 PM	\$28	\$55
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	4:35 PM	5:05 PM	\$34	\$66
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	6:20 PM	6:50 PM	\$34	\$66
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	4:00 PM	4:30 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	5:10 PM	5:40 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	4:00 PM	4:30 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	5:45 PM	6:15 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	10:10 AM	10:40 AM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	4:00 PM	4:30 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	5:45 PM	6:15 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	8:30 AM	9:00 AM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	9:40 AM	10:10 AM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	10:50 AM	11:20 AM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	M	5:05 PM	5:35 PM	\$34	\$66
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	T	4:30 PM	5:00 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	9:00 AM	9:30 AM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	5:05 PM	5:35 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	TH	4:30 PM	5:00 PM	\$40	\$77
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	TH	5:40 PM	6:10 PM	\$40	\$77

## 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 per instructor**

**Group Lesson - Max enrollment 6 children per instructor**



<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 Group Lesson	APY	3 - 5 years	M	10:05 AM	10:35 AM	\$34	\$66
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	4:15 PM	4:45 PM	\$34	\$66
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	5:25 PM	5:55 PM	\$34	\$66
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	T	10:40 AM	11:10 AM	\$59	\$111
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	4:15 PM	4:45 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	4:50 PM	5:20 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	W	4:15 PM	4:45 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	W	4:50 PM	5:20 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	TH	4:15 PM	4:45 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	TH	4:50 PM	5:20 PM	\$40	\$77
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	SAT	9:35 AM	10:05 AM	\$59	\$111
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$34	\$66
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	5:45 PM	6:15 PM	\$34	\$66
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	T	5:10 PM	5:40 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	5:45 PM	6:15 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	TH	5:45 PM	6:15 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	SUN	1:10 PM	1:40 PM	\$28	\$55
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	M	4:00 PM	4:30 PM	\$34	\$66
Preschool Stage 2 Water movement Group Lesson	HVY	3 - 5 years	M	5:10 PM	5:40 PM	\$34	\$66
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	T	4:35 PM	5:05 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	T	6:20 PM	6:50 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	W	5:10 PM	5:40 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	W	6:20 PM	6:50 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	10:45 AM	11:15 AM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	4:35 PM	5:05 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	SAT	9:05 AM	9:35 AM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	M	4:30 PM	5:00 PM	\$34	\$66

Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	T	6:15 PM	6:45 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	W	9:35 AM	10:05 AM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	W	4:30 PM	5:00 PM	\$40	\$77
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	TH	5:05 PM	5:35 PM	\$40	\$77

### **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 per instructor**

**Group Lesson - Max enrollment 6 children per instructor**

<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 3 Water Stamina Group Lesson	APY	3 - 5 years	M	4:50 PM	5:20 PM	\$34	\$66
Preschool Stage 3 Water Stamina Small Group Lesson	APY	3 - 5 years	W	4:50 PM	5:20 PM	\$59	\$111
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	TH	5:25 PM	5:55 PM	\$40	\$77
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	M	6:20 PM	6:50 PM	\$40	\$77
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$40	\$77
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	W	6:20 PM	6:50 PM	\$40	\$77
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$40	\$77
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	SUN	12:00 PM	12:30 PM	\$28	\$55
Preschool Stage 3 Water Stamina Group Lesson	HVY	3 - 5 years	M	5:45 PM	6:15 PM	\$34	\$66
Preschool Stage 3 Water Stamina Group Lessons	HVY	3 - 5 years	W	4:35 PM	5:05 PM	\$40	\$77
Preschool Stage 3 Water Stamina Group Lessons	HVY	3 - 5 years	TH	5:10 PM	5:40 PM	\$40	\$77
Preschool Stage 3 Water Stamina Group Lesson	NMY	3 - 5 years	M	6:15 PM	6:45 PM	\$34	\$66
Preschool Stage 3 Water Stamina Group Lesson	NMY	3- 5 years	TH	6:15 PM	6:45 PM	\$40	\$77

## 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 per instructor**

**Group Lesson - Max enrollment 6 children 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	\$40	\$77
Preschool Stage 4 Stroke Introduction Group Lesson	APY	3 – 5 years	TH	4:15 PM	4:45 PM	\$40	\$77
Preschool Stage 4 Stroke Introduction Group Lesson	FWY	3 – 5 years	T	5:45 PM	6:15 PM	\$40	\$77
Preschool Stage 4 Stroke Introduction Group Lesson	FWY	3 – 5 years	TH	6:20 PM	6:50 PM	\$40	\$77
Preschool Stage 4 Stroke Introduction Group Lesson	NMY	3 – 5 years	M	5:40 PM	6:10 PM	\$34	\$66

## 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 per instructor**

**Group Lesson - Max enrollment 6 children 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	\$34	\$66
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$59	\$111
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	TH	4:15 PM	4:45 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	APY	6 – 12 years	TH	6:00 PM	6:30 PM	\$59	\$111
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	M	5:10 PM	5:40 PM	\$34	\$66
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	T	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	FWY	6-12 years	W	5:45 PM	6:15 PM	\$40	\$77

School Age Stage 1 Water Acclimation Group Lesson	FWY	6-12 years	TH	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	4:00 PM	4:30 PM	\$34	\$66
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	TH	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	SAT	8:30 AM	9:00 AM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	SAT	10:15 AM	10:45 AM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	M	5:05 PM	5:35 PM	\$34	\$66
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	T	4:30 PM	5:00 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	W	5:05 PM	5:35 PM	\$40	\$77
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	TH	5:40 PM	6:10 PM	\$40	\$77

## 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 per instructor**

**Group Lesson - Max enrollment 6 children 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	\$51	\$95
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	W	4:15 PM	4:45 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	TH	6:00 PM	6:30 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	SAT	10:10 AM	10:40 AM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	M	4:35 PM	5:05 PM	\$34	\$66
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	M	5:45 PM	6:15 PM	\$34	\$66



School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	T	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	FWY	6-12 years	W	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	TH	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	SUN	12:00 PM	12:30 PM	\$28	\$55
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	4:35 PM	5:05 PM	\$34	\$66
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$34	\$66
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	6:20 PM	6:50 PM	\$34	\$66
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	T	4:00 PM	4:30 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	T	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	W	4:00 PM	4:30 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lessons	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	SAT	8:30 AM	9:00 AM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	SAT	10:15 AM	10:45 AM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	M	5:40 PM	6:10 PM	\$34	\$66
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	T	5:05 PM	5:35 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	W	4:30 PM	5:00 PM	\$40	\$77
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$40	\$77

### 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 per instructor**

**Group Lesson - Max enrollment 6 children 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	\$34	\$66
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	6:00 PM	6:30 PM	\$40	\$77

School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	W	4:15 PM	4:45 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12years	W	5:25 PM	5:55 PM	\$40	\$77
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$59	\$111
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12years	SAT	10:45 AM	11:15 AM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	M	5:10 PM	5:40 PM	\$34	\$66
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	T	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	TH	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	TH	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	SUN	12:35 PM	1:05 PM	\$28	\$55
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	M	4:35 PM	5:05 PM	\$34	\$66
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	M	5:10 PM	5:40 PM	\$34	\$66
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	T	4:00 PM	4:30 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:10 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	W	5:45 PM	6:15 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	TH	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	SAT	9:05 AM	9:35 AM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	M	4:30 PM	5:00 PM	\$34	\$66
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	W	6:15 PM	6:45 PM	\$40	\$77
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	TH	5:05 PM	5:35 PM	\$40	\$77

### 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 per instructor**

**Group Lesson - Max enrollment 6 children 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	\$34	\$66
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	T	5:25 PM	5:55 PM	\$40	\$77

School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	W	5:25 PM	5:55 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	W	6:00 PM	6:30 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Small Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$59	\$111
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	TH	5:25 PM	5:55 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	M	5:45 PM	6:15 PM	\$34	\$66
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6-12 years	T	5:45 PM	6:15 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	W	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	TH	5:45 PM	6:15 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	SUN	1:10 PM	1:40 PM	\$28	\$55
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	4:00 PM	4:30 PM	\$34	\$66
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	6:20 PM	6:50 PM	\$34	\$66
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	TH	5:45 PM	6:15 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	SAT	9:40 AM	10:10 AM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	M	6:15 PM	6:45 PM	\$34	\$66
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	W	5:40 PM	6:10 PM	\$40	\$77
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	TH	4:30 PM	5:00 PM	\$40	\$77

## 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 per instructor**

**Group Lesson - Max enrollment 6 children 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	\$51	\$95
School Age Stage 5 Stroke Development Group Lesson	APY	6-12 years	T	6:00 PM	6:30 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$40	\$77

School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	TH	5:25 PM	5:55 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$34	\$66
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	T	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	W	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	TH	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	SUN	1:45 PM	2:15 PM	\$28	\$55
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$34	\$66
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	SAT	10:50 AM	11:20 AM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	T	5:40 PM	6:10 PM	\$40	\$77
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$40	\$77

### 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	\$51	\$95
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$40	\$77
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	W	6:00 PM	6:30 PM	\$40	\$77
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	TH	4:15 PM	4:45 PM	\$40	\$77
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$34	\$66
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	T	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	TH	5:10 PM	5:40 PM	\$40	\$77
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	SUN	1:45 PM	2:15 PM	\$28	\$55
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$34	\$66
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$40	\$77

School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$40	\$77
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	T	6:15 PM	6:45 PM	\$40	\$77
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	TH	5:40 PM	6:10 PM	\$40	\$77

### 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	\$40	\$77

### 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, FWY)

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 1-2	FWY	6-12 years	W	12:10 PM	12:40 PM	\$40	\$77
Home School Lessons Stages 3-4	FWY	6-12 years	W	12:45 PM	1:15 PM	\$40	\$77
Home School Lessons Stages 5-6	FWY	6-12 years	W	1:20 PM	1:50 PM	\$40	\$77
Home School Lessons Stages 1-3	NMY	6-12 years	TH	1:10 PM	1:40 PM	\$40	\$77
Home School Lessons Stages 4-6	NMY	6-12 years	TH	12:35 PM	1:05 PM	\$40	\$77

### 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	\$40	\$72
Teen/Adult Swim Lessons Intermediate	APY	15 years and older	M	6:00 PM	6:30 PM	\$40	\$72
Teen/Adult Swim Lessons - Advanced	APY	15 years and older	M	6:35 PM	7:05 PM	\$40	\$72
Teen/Adult Swim Lessons	FWY	15 years and older	TH	6:55 PM	7:25 PM	\$40	\$72
Youth/Teen Swim Lessons	NMY	12-17 years	TH	5:05 PM	5:35 PM	\$40	\$72
Adult Swim Lessons	NMY	18 years and older	TH	12:00 PM	12:30 PM	\$46	\$84

## 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 and older	M	5:30 PM	6:10 PM	\$44	\$66
Springboard Diving 1	NMY	7 years and older	M	6:15 PM	6:55 PM	\$44	\$66
Springboard Diving 2	NMY	10 years and older	M	7:00 PM	7:40 PM	\$44	\$66

### 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 (APY)

Course Prerequisites

- Must be 15 years of age on or before the final scheduled session day of this course.
- Swim 150 yards continuously demonstrating breath control and rhythmic breathing using the front crawl and breaststroke stop and tread water for 2 minutes legs only, and then continue swimming 50 yds for a total of 200 yds.
- 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 - \$140 General Public - \$200** All materials are included in the price of class.

**FWY** Prescreening will be held by appointment before the course begins. **Recertification** class will be held on **Saturday and Sunday, May 17<sup>th</sup> – 18<sup>th</sup>**. Attendance is mandatory at all 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 **Monday-Thursday, June 9-12, 11:00AM-4:30PM**. Attendance is mandatory at all classes. This will be taught as a blended learning class. Students will be responsible for completing online coursework as assigned.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training - Recertification	FWY	15 years and older	SAT SUN	9:30 AM	2:30 PM	\$85	\$95
Lifeguard Training	NMY	15 years and older	M-TH	11:00 AM	4:30 PM	\$140	\$200

### LIFEGUARD INSTRUCTOR/INSTRUCTOR TRAINER REVIEW

The purpose of the Lifeguarding Instructor/Instructor Trainer Recertification course is to give instructors and instructor trainers the opportunity to review the course knowledge and skills within a formal course setting in order to maintain their American Red Cross Lifeguarding Instructor or Instructor Trainer certification. Successfully completing this course is the only method for maintaining certification as an American Red Cross Lifeguarding instructor or instructor trainer. Candidates must provide proof of a current (or expired by no more than 1 year) American Red Cross Lifeguarding Instructor or Lifeguarding Instructor Trainer certification.

Class will be held on **Friday April 25<sup>th</sup> at the Appleton YMCA.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training Instructor Review	APY	16 years and older	FRI	9:00 AM	5:00 PM	\$140	\$200

## SWIM TEAM STAFF CONTACT

APY – Jose Rosalez Yepez, Swim Team Director

- Chloe Balwinski, Swim Team Program Administrative Assistant P. 920.930.5732



Dive into fun and fitness with the FCYST Orcas at the YMCA of the Fox Cities! Our year-round swimming program welcomes swimmers of all ages and skill levels, from beginners to national competitors. With a focus on building character, fostering friendships, and cultivating a love for the sport, the FCYST team is all about creating a positive and encouraging swim community. Swimmers can practice 4-6 days a week, depending on their age and goals—whether they're here for fun or ready to compete! Come make a splash with us and see how far you can go! For more information about FCYST, practices and locations, visit our team website: [www.fcyst.org](http://www.fcyst.org)

**SWIM TEAM TRIALS** – We provide two trial opportunities prior to each season (April & September). Any swimmers looking to join the team mid-season should contact Chloe Balwinski for more information.

**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 920.930.5732 with any questions or visit our website [www.fcyst.org](http://www.fcyst.org) for more information.