



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL II SWIM LESSON OVERVIEW

October 30th–December 24th

***NO CLASSES THURSDAY NOVEMBER 23RD AND
FRIDAY NOVEMBER 24TH***

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WELCOME to the new Y Swim Lessons!

The Y is America’s swim instructor. As such, we consider it a priority, and a responsibility, to prevent drowning and improve health outcomes by cultivating physical, cognitive, and social-emotional well-being through swimming. Swimming fosters connection among and with people of all dimensions of diversity and increases their sense of access, inclusion, and engagement. The pool can be a place where communities can come together and bridges are built.

PROGRAM OVERVIEW

SWIM STARTERS (Level A-B): Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS (Level 1-3): Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills; swim, float, swim and jump, push, turn, grab.

SWIM STROKES (Level 4-6): Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



PARENT/CHILD SWIM LESSONS ages 6 months to 3 years

LEVEL A (Water Discovery): ages 6 months-18 months (A-Pool)

Introduces infants and toddlers to the aquatic environment.

Full Member: \$73

Program Member: \$147

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 9:00am-9:30am (Sat) 12:20pm-12:50pm (Sat) 10:30am-11:00am (Sun) 11:50am-12:20pm (Sun)

LEVEL B (Water Exploration): ages 19 months-36 months (A-Pool)

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Full Member: \$73

Program Member: \$147

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> 6:30pm-7:00pm	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 9:40am-10:10am (Sat) 11:40am-12:10pm (Sat) 11:10am-11:40am (Sun)



PRESCHOOL SWIM LESSONS ages 3 years to 5 years

LEVEL 1 (Water Acclimation): ages 3 years-5 years (A-Pool)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Full Member: \$73

Program Member: \$147

Thursday/Friday: \$64

Thursday/Friday: \$129

<u>Monday Classes</u> 4:00pm-4:30pm 5:20pm-5:50pm	<u>Tuesday Classes</u> 4:00pm-4:30pm 4:40pm-5:10pm 5:20pm-5:50pm	<u>Wednesday Classes</u> 4:00pm-4:30pm 5:20pm-5:50pm
<u>Thursday Classes</u> 4:00pm-4:30pm 5:20pm-5:50pm	<u>Friday Classes</u> 2:30pm-3:00pm 4:00pm-4:30pm 6:30pm-7:00pm	<u>Saturday & Sunday Classes</u> 9:00am-9:30am (Sat) 10:20am-10:50am (Sat) 11:00am-11:30am (Sat) 12:20pm-12:50pm (Sat) 10:30am-11:00am (Sun)

LEVEL 2 (Water Movement): ages 3 years-5 years (A-Pool)

Encourages forward movement in water and basic self-rescue skills performed independently.

Full Member: \$73

Program Member: \$147

Thursday/Friday: \$64

Thursday/Friday: \$129

<u>Monday Classes</u> 4:00pm-4:30pm 4:40pm-5:10pm	<u>Tuesday Classes</u> 4:40pm-5:10pm	<u>Wednesday Classes</u> 4:00pm-4:30pm 4:40pm-5:10pm
<u>Thursday Classes</u> 4:00pm-4:30pm 4:40pm-5:10pm	<u>Friday Classes</u> 4:00pm-4:30pm 4:40pm-5:10pm 5:20pm-5:50pm	<u>Saturday & Sunday Classes</u> 9:00am-9:30am (Sat) 9:40am-10:10am (Sat) 11:40am-12:10am (Sat) 1:00pm-1:30pm (Sat) 11:10am-11:40am (Sun)



LEVEL 3 (Water Stamina): ages 3 years-5 years (A-Pool)

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Full Member: \$73

Program Member: \$147

Thursday/Friday: \$64

Thursday/Friday: \$129

<u>Monday Classes</u> 4:40pm-5:10pm 5:20pm-5:50pm	<u>Tuesday Classes</u> 4:00pm-4:30pm 5:20pm-5:50pm	<u>Wednesday Classes</u> 4:40pm-5:10pm 5:20pm-5:50pm
<u>Thursday Classes</u> 5:20pm-5:50pm	<u>Friday Classes</u> 4:40pm-5:10pm 5:20pm-5:50pm	<u>Saturday & Sunday Classes</u> 9:40am-10:10am (Sat) 11:00am-11:30am (Sat) 11:40am-12:10pm (Sat) 12:20pm-12:40pm (Sat) 11:50am-12:20pm (Sun)

LEVEL 4 (Stroke Introduction): ages 3 years-5 years (B-Pool)

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Full Member: \$73

Program Member: \$147

Thursday/Friday: \$64

Thursday/Friday: \$129

<u>Monday Classes</u> 4:40pm-5:10pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 10:20am-10:50am (Sat) 12:20pm-12:50pm (Sun)



YOUTH SWIM LESSONS ages 5 years to 12 years

LEVEL 1 (Water Acclimation): ages 5 years-12 years (B-Pool)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Full Member: \$73

Program Member: \$147

Thursday/Friday: \$64

Thursday/Friday: \$129

<u>Monday Classes</u> 4:00pm-4:30pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 4:10pm-4:40pm	<u>Friday Classes</u> 6:00pm-6:30pm (A-Pool)	<u>Saturday & Sunday Classes</u> 8:30am-9:00am (Sat) 9:50am-10:20am (Sat) 10:00am-10:30am (Sun)

LEVEL 2 (Water Movement): ages 5 years-12 years (B-Pool)

Encourages forward movement in water and basic self-rescue skills performed independently.

Full Member: \$73

Program Member: \$147

Thursday/Friday: \$64

Thursday/Friday: \$129

<u>Monday Classes</u> 4:50pm-5:20pm	<u>Tuesday Classes</u> 4:10pm-4:40pm	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> 4:00pm-4:30pm	<u>Saturday & Sunday Classes</u> 9:10am-9:40am (Sat) 10:40am-11:10am (Sun)



LEVEL 3 (Water Stamina): ages 5 years-12 years (B-Pool)

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Full Member: \$73

Program Member: \$147

Thursday/Friday: \$64

Thursday/Friday: \$129

<u>Monday Classes</u> 4:00pm-4:30pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> 7:30pm-8:00pm (A-Pool)
<u>Thursday Classes</u> 6:00pm-7:00pm (A-Pool)	<u>Friday Classes</u> 4:00pm-4:30pm	<u>Saturday & Sunday Classes</u> 8:30am-9:00am (Sat) 10:00am-10:30am (Sun)

LEVEL 4 (Stroke Introduction): ages 5 years-12 years (B-Pool)

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> 4:40pm-5:20pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 4:10pm-4:50pm	<u>Friday Classes</u> 4:40pm-5:20pm	<u>Saturday & Sunday Classes</u> 9:10am-9:50am (Sat) 10:00am-10:40am (Sat) 10:40am-11:20am (Sun)



LEVEL 5 (Stroke Development): ages 5 years-12 years (B-Pool)

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> 4:00pm-4:40pm	<u>Tuesday Classes</u> 4:10pm-4:50pm	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 4:10pm-4:50pm	<u>Friday Classes</u> 4:00pm-4:40pm	<u>Saturday & Sunday Classes</u> 8:30am-9:10am (Sat) 11:20am-12:00pm (Sun)

LEVEL 6 (Stroke Mechanics): ages 5 years-12 years (B-Pool)

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> 4:10pm-4:50pm	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> 4:40pm-5:20pm	<u>Saturday & Sunday Classes</u> 9:20am-10:00am (Sat) 10:10am-10:50am (Sat) 11:30am-12:10pm (Sun)

YOUTH STROKE DEVELOPMENT: ages 5 years-12 years (B-Pool)

Full Member: \$133

Program Member: \$221

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> 4:15pm-5:15pm
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 4:00pm-4:45pm(Sun)



TEEN SWIM LESSONS ages 12 years to 17 years

LEVEL 1/2: ages 12 years-17 years (A-Pool)

A class for teens who have limited swimming experience or a fear of water. Teaches basic swimming skills in shallow water and progressing into deep water.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 7:30pm-8:10pm	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> NO CLASS

LEVEL 3/4: ages 12 years-17 years (A-Pool)

For teens who know freestyle and backstroke; skills will continue to be strengthened. Deep water continues to be introduced.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 7:30pm-8:10pm	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> NO CLASS



LEVEL 5/6: ages 12 years-17 years (B-pool)

For teens who are comfortable in deep water and want to improve their strokes. Turns and starts are introduced.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 7:30pm-8:10pm	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> NO CLASS



ADULT SWIM LESSONS ages 18 years and up

LEVEL 1/2: ages 18 years and up (A-Pool)

For adults with a fear of water or who have limited experience in the water. Teaches basic swimming skills as well as introduction into deeper waters.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> 6:00pm-6:40pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 9:40am-10:20am (Sun)

LEVEL 3/4: ages 18 years and up (B-Pool)

For people who have a basic knowledge of freestyle and backstroke who want to strengthen their skills. Class will continue to introduce swimming in deep water.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> 6:30pm-7:10pm	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 7:30am-8:10am (Sat)



LEVEL 5/6: ages 18 years and up (B-Pool)

For those comfortable in deep water who want to improve their form and learn new strokes. Emphasis is on building endurance and mastering skills.

Full Member: \$101

Program Member: \$167

Thursday/Friday: \$88

Thursday/Friday: \$146

<u>Monday Classes</u> 7:30pm-8:10pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 9:00am-9:40am (Sun)

USA MASTERS SWIM: ages 18 years and up (B-Pool)

A coached workout for open water swims, triathlons, swim meets, or to just stay fit. Workouts are separated into drill, distance, and speed throughout the week.

Full Member: \$107

Program Member: \$163

<u>Monday Classes</u> 6:15am-7:45am 8:15pm-9:45pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> 6:15am-7:45am 8:15pm-9:45pm
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> 6:15am-7:45am 8:15pm-9:45pm	<u>Saturday & Sunday Classes</u> NO CLASS



WATER EXERCISE CLASSES ages 18 years and up

AQUA AEROBICS: ages 18 years and up (A-Pool)

This class builds up your muscular and cardiac endurance, improves your flexibility, provides buoyancy and support while you exercise and burns calories while you stay cool as a cucumber! Background music gets you motivated and makes time fly! Non-swimmers are welcome.

Full Member: \$53

Program Member: \$91

Thursday/Friday: \$47

Thursday/Friday: \$80

<u>Monday Classes</u> 9:30am-10:30am 12:00pm-1:00pm	<u>Tuesday Classes</u> 12:00pm-1:00pm	<u>Wednesday Classes</u> 9:30am-10:30am 12:00pm-1:00pm
<u>Thursday Classes</u> 12:00pm-1:00pm	<u>Friday Classes</u> 9:30am-10:30am 12:00pm-1:00pm	<u>Saturday & Sunday Classes</u> NO CLASS

EARLY AQUA AEROBICS: ages 18 years and up (A-Pool)

This class builds up your muscular and cardiac endurance, improves your flexibility, provides buoyancy and support while you exercise and burns calories while you stay cool as a cucumber! Background music gets you motivated and makes time fly! Non-swimmers are welcome.

Full Member: \$50

Program Member: \$88

Thursday/Friday: \$44

Thursday/Friday: \$77

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> 6:45am-7:30am	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 6:45am-7:30am	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> NO CLASS



ACTION AGAINST ARTHRITIS: ages 18 years and up (A-Pool)

Classes are slower moving and are focused on mobility and flexibility around all joints. Balance is also emphasized. Class is done in shallow water.

Full Member: \$50

Program Member: \$88

Thursday/Friday: \$44

Thursday/Friday: \$77

<u>Monday Classes</u> 11:00am-11:45am 6:45pm-7:30pm	<u>Tuesday Classes</u> 11:00am-11:45am	<u>Wednesday Classes</u> 11:00am-11:45am 6:45pm-7:30pm
<u>Thursday Classes</u> 11:00am-11:45am	<u>Friday Classes</u> 11:00am-11:45am	<u>Saturday & Sunday Classes</u> NO CLASS

AQUA PILATES: ages 18 years and up (A-Pool)

Shallow water aerobics which brings movement from land Pilates into the water for core work, strength and conditioning. Good for all fitness levels. Ideal workout for post-natal students.

Full Member: \$53

Program Member: \$91

Thursday/Friday: \$47

Thursday/Friday: \$80

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> 9:30am-10:30am	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> 9:30am-10:30am	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> NO CLASS



AQUA AEROBICS II: ages 18 years and up (B-Pool)

Deep and shallow water aerobics. Use of a floatation belt, hand buoys, and pool noodles to assist in strength work out. Very low impact with use of tabata style interval to challenge your aerobics fitness. For intermediate to advanced level workout.

Full Member: \$53

Program Member: \$91

Thursday/Friday: \$47

Thursday/Friday: \$80

<u>Monday Classes</u> 8:30am-9:30am	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> 8:30am-9:30am
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> 8:30am-9:30am	<u>Saturday & Sunday Classes</u> NO CLASS

DEEP WATER AEROBICS: ages 18 years and up (B-Pool)

An aerobics class that offers an hour of aerobic and stretching exercises while suspended in deep water wearing a belt. Exercises will be done with water weights, barbells, or noodles.

Full Member: \$53

Program Member: \$91

Thursday/Friday: \$47

Thursday/Friday: \$80

<u>Monday Classes</u> 9:30am-10:30am	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> 9:30am-10:30am
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> 10:30am-11:30am	<u>Saturday & Sunday Classes</u> NO CLASS



WATER WORKS: ages 18 years and up (B-Pool)

Deep water aerobics. Use of floatation belts, water bouys, and pool noodles to assist with the workout. Instruction follows an interval plan which intersperses strength training with aerobic training. Intermediate to advanced level workout.

Full Member: \$53

Program Member: \$91

Thursday/Friday: \$47

Thursday/Friday: \$80

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> 9:30am-10:30am	<u>Saturday & Sunday Classes</u> NO CLASS

SENIOR FIT AND SWIM: ages 18 years and up (A-Pool)

Shallow water aerobics. Use of water weights and noodles to help with strength, conditioning, and balance.

Full Member: Free

Program Member: \$5

<u>Monday Classes</u> 2:30pm-3:30pm	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> 2:30pm-3:30pm
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> 2:30pm-3:30pm	<u>Saturday & Sunday Classes</u> NO CLASS



MISCELLANEOUS CLASSES

ADAPTIVE SWIM (B-Pool)

Full Member: Free

Program Member: Free

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 11:00am-12:00pm(Sat)

RED CROSS LIFEGUARD

Must be at least 16 years of age by the end of the class.

Full Member: \$250

Program Member: \$275

Non-Member: \$300

November 9th 5:00pm-10:00pm

November 11th 12:00pm-8:00pm

November 12th 12:00pm-8:00pm

DISCOVERING ABILITIES Ages 4-12

*Discovering Abilities is a program designed for children with various disabilities. The program offers land and aquatic exercises that engage the participants in gross motor, fine motor, and social activity. The class begins on land with structured activities and transitions into the pool for organized activities. **Non-swimmers REQUIRE a parent/guardian/caregiver to be in IN THE WATER***

Full Member: \$120

Program Member: \$140

<u>Monday Classes</u> NO CLASS	<u>Tuesday Classes</u> NO CLASS	<u>Wednesday Classes</u> NO CLASS
<u>Thursday Classes</u> NO CLASS	<u>Friday Classes</u> NO CLASS	<u>Saturday & Sunday Classes</u> 1:30pm-3:00pm