

YOUTH AQUATICS

Classes Run September 4th - October 21st

PARTICIPANT REGISTRATION: July 31st- August 5th *\$5 off each sibling's fee for those who hold Family Memberships

NON-PARTICIPANT TESTING: August 14, 16, 19 *REGISTER BY September 2nd TO AVOID \$10 LATE FEE

PRE-SCHOOL PROGRAMS (6 MONTHS—5 YEARS)

FAMILY MEMBERSHIP	\$22
YOUTH MEMBERSHIP	\$48
NON-MEMBER	\$80

SHRIMP (6 MONTHS—36 MONTHS + PARENTS)

A water adjustment class for children accompanied by a parent. Through the aid of an instructor, parents guide their children through basic water orientation skills and songs. Emphasis is placed on water acclimation, fun and games.

Maximum enrollment: 12

Tuesday	10:00AM-10:30PM
Thursday	5:30PM-6:00PM
Saturday	9:00AM—9:30AM



PIKE (3—5 YEARS)

Children must be at least 3 years old by the designated registration date. Designed for new swimmers, children try basic strokes and kicking skills, with and without flotation devices. Children work on getting faces fully in the water.

Maximum enrollment: 6

Monday	4:30PM-5:00PM
Tuesday	9:30AM—10:00AM
Wednesday	5:00PM—5:30PM
Thursday	5:00PM—5:30PM
Saturday	10:00AM—10:30AM 10:30AM—11:00AM 11:00AM-11:30AM

EEL (3—5 YEARS)

For children who are comfortable in the water with/without flotation devices. Participants learn paddle stroke, front and back floats and more. Children are not afraid to put faces in water and be able to jump in without flotation.

Maximum enrollment: 6

Monday	4:00PM—4:30PM
Thursday	9:30AM-10:00AM
Saturday	9:30AM—10:00AM



RAY / STARFISH (3—5 YEARS)

For children without flotation devices. Children review basic skills, build endurance, and learn to tread water. Front and back crawls are refined. Goggles are required

Maximum enrollment: 6

Wednesday	4:15PM- 4:45PM
Saturday	9:00AM-10:00AM

Gym & Swim (5—16 years) Thursdays 10:30-12:00

Gym and Swim is Designed for home schooled children to promote interaction with their peers and to stay active. This program offers 45 minutes of swimming with 45 minutes of instructed gym time. Gym and Swim is a good way for kids to stay active, live healthy and meet other home schooled children. Please note, there is a \$20 late fee for this program after Sep. 2nd Members \$50 Non-Members \$75 Sibling discount does not apply to this program

YOUTH AQUATICS PROGRAMS (6—14 YEARS)

FAMILY MEMBERSHIP	\$27
YOUTH MEMBERSHIP	\$64
NON-MEMBER	\$111

POLLIWOG (6—14 YEARS)

Children must be at least 6 years old by the designated registration date. This class is designed for school age children who are beginning their swimming experience. Participants learn basic strokes, kicking skills and water safety.

Maximum enrollment: 8

Monday	4:45PM—5:30PM
Wednesday	4:45PM—5:30PM
Saturday	9:00AM—9:45AM

GUPPY (6—14 YEARS)

Children learn to swim using basic strokes. They are introduced to front and back crawls, breaststroke and elementary backstroke. Goggles are required

Maximum enrollment: 8

Monday	4:00PM—4:45PM
Wednesday	4:00PM—4:45PM
Saturday	9:45AM—10:30AM

MINNOW (6—14 YEARS)

Children will refine and practice rotary breathing, front crawl, back crawl, sidestroke and elementary backstroke. Your child will also develop endurance and form, learn surface dives and underwater swimming skills as well as more personal safety, boating and rescue skills. Goggles are required

Maximum enrollment: 10

Thursday	5:00PM- 5:45PM
Saturday	10:30AM—11:15AM

FISH / FLYING FISH / SHARK (6—14 YEARS)

Students work to improve basic strokes. Turns and the butterfly stroke are introduced. Participants also focus on endurance while utilizing rhythmic and rotary breathing. Goggles are required

Maximum enrollment: 10

Thursday	4:15PM—5:00PM
Saturday	11:15AM—12:00PM

PRIVATE SWIM LESSONS

One-on-one swim lessons for adults or children. Contact the Aquatics Program Leader for additional information or to schedule an appointment. Lessons are by appointment.

Pay Per 1/2 Hour Session	
Members	\$22
Non-Members	\$48

Packages (buy 6 and get 1 FREE)	
Members	\$127
Non-Members	\$286

YOUTH AQUATICS DATES

UPCOMING SWIM LESSON REGISTRATIONS

Youth Swimming Lessons

Registration Information- 7 week classes

September 4th - October 21

Registrations:

Current Participants July 31 - August 5

Non-Participant Testing

Monday, August 14th 4:00PM - 5:00PM

Wednesday, August 16th 4:00PM - 5:00PM

Saturday, August 19th 9:00AM - 11:00AM

*Swim testing may also be done by scheduling an appointment with our Aquatics Program Leader.

Register by September 2nd to avoid a \$10 late fee

October 30th - December 16th

Registrations:

Current Participants December 11th - 16th

Non-Participant Testing

Monday, December 18th 4:00PM - 5:00PM

Wednesday, December 20th 4:00PM - 5:00PM

Saturday December 23rd 9:00AM - 11:00AM

*Swim testing may also be done by scheduling an appointment with our Aquatics Program Leader.

Register by 12/29/17 to avoid a \$10 late fee

- The dates and times associated with Non-Participant Registration are for swim testing swimmers who have some experience in the water. Those with little or no experience can ask to be automatically placed in the lowest swim level for their age group and register during those times without being tested.
- "Participants" refers to students who were enrolled in swim lessons during the previous session.
- "Non-Participants" refers to those who either were not enrolled in swim lessons during the previous session or those who have never been involved with swim lessons at the YMCA before.

6 REASONS EVERY KID SHOULD TAKE SWIM LESSONS



FOR SAFETY

Kids learn how to be safe in and around the water.



FOR RESCUE SKILLS

As kids progress through the program levels, they learn how to safely assist others in emergency situations.

FOR CONFIDENCE

Kids build confidence when they overcome challenges, from their first kicks across the pool to swimming laps.



FOR FUN

Kids love the water, and there is nothing more fun than playing games, sports, and making new friends in the pool.

FOR HEALTH

Kids get exercise while developing skills, coordination, and endurance.



FOR LIFE

Kids develop a lifelong love of swimming, an activity that brings enjoyment and health benefits long after they complete their last swim lesson.



YMCA OF THE
GREATER TRI-VALLEY

Rome and Oneida
Family YMCAs

