

YOUTH AQUATICS

Classes Run June 18th – August 4th

PARTICIPANT REGISTRATION: June 4th – 9th

NON-PARTICIPANT TESTING: June 13th, 16th

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

Thursday	5:30PM-6:00PM
Friday	9:30AM-10:AM



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

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



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	5:00PM—5:30PM
Thursday	9:30AM—10:00PM
Saturday	8:30AM-9:00AM



JUST ADD WATER
REGISTER NOW
SWIM LESSONS

*\$5 off each sibling's fee for those who hold a Family Membership

*REGISTER BY June 16th TO AVOID \$10 LATE FEE

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	8:30AM—9:15AM

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	9:30AM—10:15AM

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

Monday	4:45PM—5:30PM
Thursday	5:00PM—5:45PM
Saturday	8:30AM—9:15AM

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	9:30AM—10:15AM

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



YOUTH AQUATICS DATES

UPCOMING SWIM LESSON REGISTRATIONS

Youth Swimming Lessons & Youth on the Move Programs

Registration Information- 7 week classes

June 18th - August 4th

Registrations:

Current Participants June 3rd - 10th

Non-Participant Testing

Wednesday, June 13th 4:00PM - 5:00PM

Saturday, June 16th 9:00AM - 11:00AM

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

Register by June 16th to avoid a \$10 late fee

September 4th - October 20th

Registrations: Closed Labor Day

Current Participants July 30th- August 4th

Non-Participant Testing

Monday, August 6th 4:00PM - 5:00PM

Wednesday, August 8th 4:00PM - 5:00PM

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

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

Register by Aug. 31st 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
- "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

THROW YOUR NEXT PARTY AT THE Y

Celebrate your birthday or event at the Y! We offer a variety of party packages including access to a birthday party room and use of our facility.

Splash Parties! Make a splash with your next birthday party! The YMCA pool is available to rent for all your special occasions. Pool parties are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for exclusive pool access! Lifeguards are on duty at all times. Party participants will be swim tested before entering the pool to ensure safety for all guests!

Members: \$160

Non-Members: \$250



Bounce House Parties! Run, jump and play in our YMCA bounce houses! Bounce houses available in both our Rome and Oneida Family YMCA's. Parties are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for exclusive bounce house access!

Members: \$130

Non-Members: \$170

Create With Kate Painting Parties! Let your imagination run wild with a painting party at the Oneida Family YMCA! Parties are lead by instructor Kate Bartholomew and are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for your painting masterpiece creations!

Members: \$170

Non-Members: \$220



For more information or to book your next party at the Y, call our Welcome Center today!