

# YOUTH AQUATICS

Classes Run April 23rd—June 9th

PARTICIPANT REGISTRATION: April 9th—14th

NON-PARTICIPANT TESTING: April 16th, 18th, 21st

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

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

### 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 \$30 late fee for this program after April 22nd. No registering after the first week.



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

\*REGISTER BY APRIL 22ND 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	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

Monday	4:45PM—5:30PM
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		Packages	
Members	\$22	(buy 6 and get 1 FREE)	
Non-Members	\$48	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

##### April 23rd—June 9th

##### Registrations:

Current Participants April 9th—14th

Non-Participant Testing

Monday, April 16th 4:00PM - 5:00PM

Wednesday, April 18th 4:00PM - 5:00PM

Saturday, April 21st 9:00AM - 11:00AM

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

**Register by April 22nd to avoid a \$10 late fee**

##### June 18th—August 5th

##### Registrations:

Current Participants June 3rd—10th

Non-Participant Testing

Monday, June 11th 4:00PM - 5:00PM

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 17th 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.

## 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



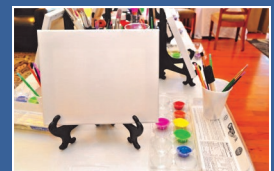
**Bounce House Parties!** Run, jump and play in our YMCA bounce houses! Bounce houses available in both our Rome and Oneida Family YMCA's. Parties are two hours in length, one hour reserved for cake and presents in our designated party room and one hour for exclusive bounce house access!

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!