

YOUTH AQUATICS

Classes Run October 30th – December 16th

PARTICIPANT REGISTRATION: October 16th – 21st*\$5 off each sibling's fee for those who hold Family Memberships

NON-PARTICIPANT TESTING: October 23rd, 25th, 28th *REGISTER BY October 29th 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-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 October 29th. No registering after the first week.

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

October 30th - December 16th

Registrations:

Current Participants October 16th - 22nd

Non-Participant Testing

Monday, October 23rd 4:00PM - 5:00PM

Wednesday, October 25th 4:00PM - 5:00PM

Saturday, October 28th 9:00AM - 11:00AM

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

Register by October 29th to avoid a \$10 late fee

January 1st February 17th

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 12/30/17 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.



ADULT AQUATICS



WATER AEROBICS / WATER TONING / STRENGTH TRAINING

Full body rhythmic exercises conducted in shallow water, designed to provide cardiovascular benefits, followed by upper and lower body moves designed to strengthen, firm and sculpt muscles.

Monday	8:30AM—9:20AM	6:30PM—7:30PM
Wednesday	8:30AM—9:20AM	6:30PM—7:30PM

DEEP WATER EXERCISE

Slow moving or fast paced exercise in water depth where feet do not touch the bottom of the pool. Flotation devices are used.

Tuesday	8:30AM—9:20AM
Thursday	8:30AM—9:20AM
	4:15PM—5:00PM



FITNESS FOR THE YOUNG AT HEART

A water exercise program for adults young at heart. Stretching, strengthening and aerobic exercises are combined to create a fun activity. No swimming skills are required.

Monday	1:30PM—2:10PM
Wednesday	1:30PM—2:10PM
Friday	1:30PM—2:10PM

HYDROSPIN

Hydro riding is different from our typical Spinning Classes. Hydro riding offers cardiovascular exercise while being immersed in the water. Immersion in the water lowers the body temperature and in turn the heart rate, which allows for longer training, buoyancy and reduced soreness often associated with regular spinning. This class is also easier on those with lower back problems. This 40 minute class can burn between 500-700 calories. Hydro riding will accommodate beginners to pro athletes. Classes will be based on a first-come, first-serve basis. Must have water shoes to attend. This class is free and only available to Tri-Valley Y Members.



Tuesday	5:45AM—6:30AM
	6:00PM—6:45PM
Thursday	7:30AM—8:15AM

PRE / POST SURGERY / THERAPEUTIC

Designed for people recovering from accidents and sickness, neck and back patients, people with orthopedic injuries, athletic injuries, musculoskeletal problems and diabetes.

Monday	10:00AM—10:55AM
Wednesday	10:00AM—10:55AM



AQUAZUMBA

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! This class is for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. The benefits of Aqua Zumba® include less impact on your joints, natural resistance with water and an increase in toning.



Friday	8:30AM—9:30AM
Tuesday	5:00PM—5:45PM

LAP SWIM

Open to patrons capable of swimming continuous laps. The pool is divided into fast, medium and slow lanes. Four or more swimmers must swim in a counter clockwise circle. Please note, one lane may be reserved for private swim lessons at any time. Specific lap swim times are available on our pool schedule.

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 scheduled by appointment.

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

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



ADULT SWIM TRAINING

Interested in competitive swim training or triathlon pre-season training? Begin your training with our Head Swim Team Coach/Competitive Triathlete with this 7 week swim class. This class will give you high intensity interval training in the pool to help refine your stroke, build endurance and strength. Whether you are training for your first triathlon or a seasoned veteran, all triathletes will benefit from the expertise of our swimming instruction. This program is for participants ages 18+.

Required Attire: Swim Cap, Goggles @ Start of the Session

Recommended Attire: Fins, Wet Suits @ End of the Session

Registration Runs: October 16th—29th
No Registrations after November 5th

Wednesday	6:30PM—7:30PM
Members:	\$53 for 7 weeks of classes
Non-Members:	\$80 for 7 weeks of classes

