

# Y AQUATICS™

We build strong kids, strong families, strong communities.

## PRE SCHOOL SWIM LESSONS •••••

### PARENT/CHILD

**Class for children six months to three years.** Children must be accompanied to the lessons and in the water by their parent or another trusted adult.

This class is designed to teach parents how to help their children in the water and to introduce infants and parents to an aquatic environment and basic aquatic safety.

Times: Monday & Wednesday 5:30 – 6:00 PM 8 Classes per Session

Dates: Session I June 7th – July 1st  
Session II July 5th – July 29th

*This class runs 2 times a week, for 4 weeks.*

**Cost:** Members \$28.00  
Non-members \$58.00

### PRE-SCHOOL LEVELS ARE FOR CHILDREN AGES 3, 4, AND 5 YEARS

#### LEVEL I

Adjustment to the wearing of flotation devices. Learning basic swimming techniques while gaining independence. Introduce jumping, diving, and swimming with flotation device.

*Class Space is Limited.*

*These classes run 2 times a week for 4 weeks.*

<b>SESSION I</b>	June 7th – July 1st	<b>SESSION II</b>	July 5th – July 29th
Mon & Wed	5:30 – 6:00 PM	Mon & Wed	5:30 – 6:00 PM
Mon & Wed	6:30 – 7:00 PM	Mon & Wed	6:30 – 7:00 PM
Tues & Thurs	9:15 – 9:45 AM	Tues & Thurs	9:15 – 9:45 AM

**Cost:** Members \$28.00  
Non-Members \$58.00

#### LEVEL II

Learning basic swimming techniques, jumping and diving without the use of flotation devices or adult assistance. Introduce over-arm recovery. Develops water safety skills.

*Class Space is Limited.*

*These classes run 2 times a week for 4 weeks.*

<b>SESSION I</b>	June 7th – July 1st	<b>SESSION II</b>	July 5th – July 29th
Mon & Wed	5:30 – 6:00 PM	Mon & Wed	5:30 – 6:00 PM
Mon & Wed	6:30 – 7:00 PM	Mon & Wed	6:30 – 7:00 PM
Tues & Thurs	9:15 – 9:45 AM	Tues & Thurs	9:15 – 9:45 AM

**Cost:** Members \$28.00  
Non-Members \$58.00

## YOUTH CLASSES •••••

Swimming classes for 6 years and up, or children who have successfully completed the Pre-school Program. Offers progressive skill endurance development from beginning levels to accomplished swimmers. All class sizes are limited! Classes may be added or cancelled depending on interest. Register early as classes fill quickly.

### MORNING CLASSES WILL BE 4 TIMES A WEEK FOR 2 WEEKS (ON MON, TUES, WED & THURS)

MORNING CLASSES	Session 1 June 7th – 17th	Session 2 June 21st – July 1st	Session 3 July 5th – 15th	Session 4 July 19th – 29th	Session 5 Aug 2nd – 12th
POLLIWOG & TADPOLE	8:00 – 8:30 AM 10:30 – 11:00 AM 11:30 AM – Noon 6:30 – 7:00 PM	8:00 – 8:30 AM 10:30 – 11:00 AM 11:30 AM – Noon 6:30 – 7:00 PM	8:00 – 8:30 AM 10:30 – 11:00 AM 11:30 AM – Noon 6:30 – 7:00 PM	8:00 – 8:30 AM 10:30 – 11:00 AM 11:30 AM – Noon 6:30 – 7:00 PM	8:00 – 8:30 AM 10:30 – 11:00 AM 11:30 AM – Noon 6:30 – 7:00 PM
GUPPY & MINNOW	8:30 – 9:00 AM 11:00 – 11:30 AM 11:30 AM – Noon	8:30 – 9:00 AM 11:00 – 11:30 AM 11:30 AM – Noon	8:30 – 9:00 AM 11:00 – 11:30 AM 11:30 AM – Noon	8:30 – 9:00 AM 11:00 – 11:30 AM 11:30 AM – Noon	8:30 – 9:00 AM 11:00 – 11:30 AM 11:30 AM – Noon
FISH & FLYING FISH	10:00 – 10:30 AM	10:00 – 10:30 AM	10:00 – 10:30 AM	10:00 – 10:30 AM	10:00 – 10:30 AM
SHARK & PORPOISE	10:00 – 10:30 AM	10:00 – 10:30 AM	10:00 – 10:30 AM	10:00 – 10:30 AM	10:00 – 10:30 AM

## OUTDOOR POOL SCHEDULE

Monday – Saturday  
1:00 PM – 7:30 PM

Sunday  
2:00 PM – 5:30 PM

## SUMMER MASTER'S SWIM CLUB

- Professional coach at each session
- For all skill levels
- Improve your technique, endurance and speed
- Triathletes: shave seconds off your water time
- Will meet Monday evenings from 7 – 8:30 pm
- Provides a great cardio workout each session, including
- Members: \$10; Non-Members: \$30

**Session 1:** June 7th – July 16th OR  
**Session 2:** July 19th – August 27th

## YOLDER ADULTS™

### WATER AEROBICS

**Session 1:** June 7th – July 16th OR  
**Session 2:** July 19th – August 27th

Water Aerobic classes will be held at the same time during the summer session.

Mon, Wed, & Fri 9:00 – 10:00 AM

**Fees:** 2 times per week: Members \$23.00 Non Members \$54.00  
3 times per week: Members \$25.00 Non-Members \$59.00

## INDOOR SUMMER POOL SCHEDULE

The YMCA reserves the right to make changes in the schedule for special circumstances, or for YMCA classes. We appreciate your cooperation in adhering to any changes we may need to make. Please call to verify schedule before coming if you have any questions.

### Effective June 1st – June 6th

### Effective June 7th – August 1st

### Effective August 2nd – August 22nd

#### ADULT LAP SWIM

Monday – Friday 5:45 AM – 7:45 AM  
Monday – Saturday 11:30 AM – 1:00 PM  
Monday – Saturday 5:00 PM – 6:00 PM  
Sunday 4:30 PM – 5:30 PM

#### ADULT LAP SWIM

Monday – Friday 5:45 AM – 7:45 AM  
Monday – Thursday 12:00 PM – 1:00 PM  
Friday & Saturday 11:30 AM – 1:00 PM  
Monday – Saturday 5:00 PM – 6:00 PM  
Sunday 4:30 PM – 5:30 PM

#### ADULT LAP SWIM

Monday – Friday 5:45 AM – 7:45 AM  
Monday – Thursday 12:00 PM – 1:00 PM  
Friday & Saturday 11:30 AM – 1:00 PM  
Monday – Saturday 5:00 PM – 6:00 PM  
Sunday 4:30 PM – 5:30 PM

#### OPEN SWIM

Children age 7 and under must be accompanied by an adult in the water at all times!

Saturday 1:00 PM – 5:00 PM  
6:00 PM – 7:30 PM  
Monday, Wednesday & Friday 3:30 PM – 5:00 PM  
Tuesday, Thursday, Friday 6:00 PM – 7:30 PM  
Sunday 2:00 PM – 4:30 PM

#### OPEN SWIM

Children age 7 and under must be accompanied by an adult in the water at all times!

Saturday 1:00 PM – 5:00 PM  
6:00 PM – 7:30 PM  
Tuesday, & Thursday 1:00 PM – 4:30 PM  
Friday 1:00 PM – 4:30 PM  
6:00 PM – 7:45 PM  
Sunday 2:00 PM – 4:30 PM  
Monday & Wednesday 2:00 PM – 4:30 PM

#### OPEN SWIM

Children age 7 and under must be accompanied by an adult in the water at all times!

Saturday 1:00 PM – 5:00 PM  
6:00 PM – 7:30 PM  
Monday – Friday 1:00 PM – 4:30 PM  
Tuesday & Thursday 6:00 PM – 7:45 PM  
Sunday 2:00 PM – 4:30 PM

#### FAMILY SWIM

Parents must be present in the water during family swim.  
Wednesday 6:00 PM – 7:30 PM

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Wednesday & Friday 6:00 PM – 7:30 PM