

BE
GOOD DO
GOOD

FEEL
GOOD

YMCA of Metropolitan Washington *Aquatics Programs*

GET STARTED

1 REVIEW our offerings.
A. **Use the overview chart** to find the program that interests you at the branch that is most convenient for you. OR
B. **Use the detailed listings** (pages 30-39) to find the specific class that best fits your needs. All class descriptions include a list of the branches where they are offered.

2 GET MORE INFORMATION about class times, prices and registration deadlines.

A. **Visit www.ymcadc.org.** Click on the **Easy to Enroll icon** and browse all our class listings, or
B. **Call or visit the YMCA branch** you are interested in attending and ask for detailed information.



3 REGISTER.
A. **Visit www.ymcadc.org.** Click on the **Easy to Enroll icon**, select the class you are interested in and register. Program members or non-members should call the branch to register, or
B. **Complete the registration form at the end of this guide** and mail it to, or drop it off at, your YMCA. Registration forms should be submitted with payment. Addresses for all YMCA branches are listed on p. 12.

The YMCA has been teaching people of all ages and ability levels to swim for more than a century. Whether you are new to the water, ready to enhance your stroke, or a fan of water aerobics, the YMCA has a program or class that is right for you. Our world-class instructors and certified lifeguards ensure that every member and participant has a safe and nurturing place to learn an important life skill, develop an emerging talent, or just get healthy in the water.

SWIM LESSONS

From lessons for children and their parents to lessons for individuals with special learning needs or mental or physical handicaps, the YMCA offers instruction to fit every swimmer's ability and comfort level.

Private and Semi-Private Swim Lessons

Enjoy one-on-one or small group swim lessons designed to meet your special needs or circumstances. Expert YMCA instructors customize instruction to fit the individual student(s). For semi-private lessons, members select the two or three participants. Lessons are offered on a space available basis, and there is often a waiting list.
Available at: ALEX, ARL, BCC, NC, REST, SS

Adaptive Swim Lessons

Recreational swimming for individuals with mental or physical handicaps. There is no fee for this class, and membership is not required. Participants must pre-register due to space limitations.
Available at: BCC, REST

(continued)



Aquatics Programs

(cont'd)



SWIM LESSONS (cont'd)

PARENT/CHILD SWIM LESSONS

Ages 6 months to 4 years

Children from ages six months to four years join their parents in the pool for classes that include lively songs, fun games and water acclimation activities. Classes feature personal safety instruction, parent education and fun activities for both parent and child. YMCA swimming levels are identified by fish names.

— Shrimp, Kipper, Inia

A class for children from ages six months to eighteen months. Class focuses on basic water acclimation activities and safety instruction. Children are required to wear tight-fitting, plastic pants over a swim diaper.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Perch

A class for children from ages nineteen months to 36 months. Children in this class will begin to develop basic swimming skills that will be helpful in future swim instruction. Children are required to wear tight-fitting, plastic pants over a swim diaper.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Pre-Pike

A class for children from ages 36 months to four years who are preparing to begin independent swim lessons. Class includes parent participation and helps children develop basic swimming skills that will be essential to future instruction.

Available at: ALEX, BCC, REST, SS

PRE-SCHOOL SWIM LESSONS

Ages 3 -5

Pre-school swim lessons are designed for children who are ready to take swimming lessons without parent participation. Levels can be repeated as needed until the required skills are mastered. YMCA swimming levels are identified by fish names. Please select the level that best represents your child's ability.

— Pike

A beginner class for children who are comfortable participating in class without their parents on the pool deck. Children at this level have little or no swimming experience and will learn rhythmic bubble blowing, swimming forward, making turns and lying on their back, all with a flotation device.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Eel

An advanced beginner class for children who can put their face in the water and swim five feet without a flotation device. Children at this level can also kick on their back with or without a flotation device.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Ray

An intermediate class for children who can swim 20 feet with their face in the water and arms out without a flotation device. Children at this level can also swim one half length of the pool on their back without a flotation device.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Starfish

An advanced class for preschoolers who can swim one length of the pool on their front without a flotation device. Children at this level can also turn their head to the side to breath and swim one length of the pool on their back.

Available at: ALEX, ARL, BCC, NC, REST, SS

YOUTH PROGRESSIVE SWIM LESSONS

Ages 6 and older

YMCAs use a specially designed, progressive swimming curriculum that helps children safely and effectively learn to swim. Each level includes personal safety education, stroke development, water sports and games, personal growth, and rescue ability. YMCA swimming levels are identified by fish names. Please select the level that best represents your child's ability.

— Polliwog

A class for beginners. Children in this class have little or no swimming experience. Children will learn to swim a half length of the pool unassisted on stomach and assisted on back and become comfortable submerging their face.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Guppy

A class for advanced beginners. Children in this class can swim one length of the pool on their front with their face in the water. Children are also comfortable in deep water and swimming on their back.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Minnow

An intermediate class designed for children who can swim one length of the pool front crawl with rotary breathing and one length of the pool on their back.

Available at: ALEX, ARL, BCC, NC, REST, SS

BRANCH AND PROGRAM CENTER ABBREVIATIONS

- ALEX –
YMCA Alexandria
703-838-8085
- AB –
YMCA Anthony Bowen
202-462-1054
- ARL –
YMCA Arlington
703-525-5420
- TEN –
YMCA Arlington Tennis
and Squash Center
703-522-1700
- AYR –
YMCA Ayr lawn Program Center
301-530-8500
- BCC –
YMCA Bethesda-Chevy Chase
301-530-3725
- CAL –
YMCA Calomiris Program Center
202-526-4233
- LETTS –
YMCA Camp Letts
410-919-1410
- CAP –
YMCA Capital View
202-889-0643
- REST –
YMCA Fairfax County Reston
703-742-8800
- LOU –
YMCA Loudoun County
703-777-9622
- NC –
YMCA National Capital
202-862-9622
- PO –
YMCA Potomac Overlook
301-203-2302
- PG –
YMCA Prince George's County
301-262-4342
- SS –
YMCA Silver Spring
301-585-2120
- WOOD –
YMCA Woodmont Program Center
703-527-4966
- YFS –
YMCA Youth & Family Services
301-587-5700

See page 12 for locations.

(continued)

Aquatics Programs

(cont'd)

YOUTH PROGRESSIVE SWIM LESSONS (cont'd)



— Fish

An advanced intermediate class. Children in this class can swim one length of the pool front crawl with excellent rotary breathing and one length back crawl. Children must be able to swim two lengths continuously.

Available at: ALEX, BCC, NC, REST, SS

— Flying Fish

An advanced class for children who can swim two lengths of the pool front crawl and two lengths back crawl. Children must also know breaststroke kick and butterfly kick.

Available at: ALEX, BCC, NC, REST, SS

— Shark

A class for highly advanced young swimmers. Children must be able to swim eight lengths of the pool nonstop. They should be able to swim two lengths each of a proper front crawl, back crawl, breaststroke and butterfly. Children in this class can also perform flip turns and racing dives.

Available at: ALEX, BCC, NC, REST

— Youth Stroke Development

A class designed for children who have completed all levels of swim lessons and/or would like the workout of a swim team without the competitive elements. Children should be able to perform all four strokes well. Children will learn advanced techniques, as well as starts and turns.

Available at: ALEX, REST, SS

TEEN SWIM LESSONS

Ages 12 -17

YMCA aquatics instruction helps teens develop an important and lifesaving skill. Our instructors use a problem-solving, guided-discovery teaching approach.

— Level I

A beginner class for teens who have not had swimming lessons before or who are not comfortable in the water. Teens will learn basic water skills in a relaxed, fun environment.

Available at: ALEX, ARL, BCC, REST

— Level II

An advanced beginner class for teens who can swim a short distance in shallow water with their face in the water. This course emphasizes refining basic strokes and building confidence in the water.

Available at: ALEX, BCC, REST

Aquatic camps
are a fun and
effective way to
learn to swim.
See page
74.

— Level III

An intermediate class for teens who are comfortable in deep water but want to improve their form and learn new strokes. This course emphasizes building endurance and mastering skills.

Available at: BCC

ADULT SWIM LESSONS

Ages 18 and older

YMCA instructors use the same problem-solving, guided-discovery teaching approach that is used to teach kids to swim and adapt it to fit adult needs and learning styles.

— Level I

A beginner class for adults who fear the water or have never taken swimming lessons before. This course emphasizes water adjustment, kicking, arm strokes and confidence in deep water.

Available at: ALEX, ARL, BCC, NC, REST, SS

— Level II

An advanced beginner class for adults who can swim one length of the pool with flotation devices or fins. This course emphasizes basic stroke development and confidence in deep water.

Available at: ALEX, BCC, NC, REST, SS

— Level III

An intermediate class for adults who are comfortable in deep water and want to improve their form and learn new strokes. This course emphasizes building endurance and mastering skills.

Available at: BCC, NC, SS

— Level IV

An advanced intermediate class for adults who can swim several lengths of the pool using several different strokes. This course emphasizes improving skills and endurance for swimming as exercise.

Available at: BCC, NC



(continued on next page)



YMCA of Metropolitan Washington

Aquatics Programs

(cont'd)

Masters Swim

Designed for competitive swimmers and triathletes who want to improve their times by enhancing their stroke techniques. Swimmers will participate in practices and meets and will receive coaching on techniques.

Available at: NC

Stroke Development

An advanced stroke technique class for adults who want to improve efficiency, strength and endurance in the pool. This course is great for anyone who wants to improve their lap swimming ability, including triathletes and athletes.

Available at: ALEX, BCC, REST, SS

Stroke Clinic and Workout

A class for serious adult swimmers (ages 20 and older) who would like to compete in triathlons or swimming events or just improve endurance and stroke mechanics.

All participants will improve skills while maintaining good health.

Available at: ALEX, BCC, REST

Swim League

Swim leagues help participants refine strokes, increase speed and build endurance. Whether they are competitive or non-competitive, leagues are focused on improving overall wellness.

Available at: ALEX

SWIM CLUBS

Ages 7 -16

Swim clubs allow children who have a passion for swimming to improve their skills. Unlike other clubs, YMCA swim clubs are focused on building strong people, not just strong swimmers. All club members are taught the YMCA's core values of caring, honesty, respect and responsibility.

Advanced Competitive Technique

A slightly more advanced club designed for swimmers who want to achieve individual goals and improve overall times. Participants must have good form in all four competitive strokes. Club will help swimmers maintain conditioning for year-round or summer competition.

Available at: BCC

Competitive Technique

A club for swimmers who are focused on achieving goals and improving times. Participants must have good form in all four competitive strokes. Club will help swimmers maintain conditioning for year-round or summer competition.

Available at: BCC, REST

For specific class dates, times, prices and registration information, please visit www.ymcadc.org or contact your branch.

Non- Competitive Technique

A club for swimmers who want to enhance their swimming abilities but do not want to compete. Swimmers will attend practices and intramural meets and receive coaching to help them improve their skills.

Available at: REST

Rookie League

Individual teams are organized by ability levels and are designed to help children improve and refine the four competitive strokes, sets, starts and finishes. This league provides excellent preparation for a swim team.

Available at: ALEX

AQUATIC WELLNESS

Action Against Arthritis

This class is designed for individuals with arthritis and other health problems. The class emphasizes increasing strength, flexibility and joint mobility and includes no swimming.

Available at: ALEX, BCC

Aqua Aerobics

A water wellness class that improves cardiovascular fitness, muscle tone and flexibility. This class uses water resistance to provide an overall body workout and includes no swimming.

Available at: ALEX, BCC, NC, REST, SS

Aqua Aerobics II

Using both the deep and shallow ends of the pool, participants will follow our instructors through a challenging aquatic workout.

This class emphasizes building strength, muscle tone and flexibility using challenging exercises.

Available at: BCC

Aquatic Kickboxing

The most intense aquatics aerobics class offered at the YMCA. This class uses interval training and kickboxing moves to keep hearts pumping and legs moving. Combining strength training and aerobic conditioning, this class provides an amazing full body workout.

Available at: BCC

BRANCH AND PROGRAM CENTER ABBREVIATIONS

- ALEX –
YMCA Alexandria
703-838-8085
 - AB –
YMCA Anthony Bowen
202-462-1054
 - ARL –
YMCA Arlington
703-525-5420
 - TEN –
YMCA Arlington Tennis
and Squash Center
703-522-1700
 - AYR –
YMCA Ayr lawn Program Center
301-530-8500
 - BCC –
YMCA Bethesda-Chevy Chase
301-530-3725
 - CAL –
YMCA Calomiris Program Center
202-526-4233
 - LETT –
YMCA Camp Letts
410-919-1410
 - CAP –
YMCA Capital View
202-889-0643
 - REST –
YMCA Fairfax County Reston
703-742-8800
 - LOU –
YMCA Loudoun County
703-777-9622
 - NC –
YMCA National Capital
202-862-9622
 - PO –
YMCA Potomac Overlook
301-203-2302
 - PG –
YMCA Prince George's County
301-262-4342
 - SS –
YMCA Silver Spring
301-585-2120
 - WOOD –
YMCA Woodmont Program Center
703-527-4966
 - YFS –
YMCA Youth & Family Services
301-587-5700
- See page 12 for locations.*

(continued on next page)

YMCA of Metropolitan Washington

Aquatics Programs

(cont'd)

Deep Water Aerobics

A high-energy class appropriate for individuals at all fitness levels who want to increase cardiovascular endurance and strengthen and tone major muscle groups. Participants must be comfortable in deep water. Float belts are provided.

Available at: ALEX, BCC, SS

Deep Water Running

A challenging class designed with cross training athletes in mind. Enjoy all the benefits of interval training with none of the joint impact of running. Resistance equipment is used to provide an upper body and abdominal workout.

Available at: ALEX, SS

Low Impact Water Aerobics

A low-impact class held in the shallow end of the pool. This class emphasizes increasing cardiovascular ability, flexibility and balance and is appropriate for all ages and fitness levels.

Available at: ALEX, REST, SS

Personal Aquatic Training

Working with a personal trainer, participants will receive customized water workouts that will tone muscles, build strength and produce incredible results. Exercises are easy to modify, making personal aquatic training perfect for individuals at all fitness levels.

Available at: ALEX, BCC, NC, SS

Pilates Circuits Water Aerobics

This class includes Pilates moves adapted for the water. Participants will challenge their coordination, balance, flexibility and agility while working their muscles from head to toe.

Available at: BCC

Pre- and Post-Natal Water Workout

A class designed to relieve stress and improve strength and endurance throughout pregnancy. Water and land exercises are combined to create an effective and safe workout, with special focus on strengthening the muscle groups used in childbirth. Physician permission slips are required for participation and are available at your branch's Member Services Desk.

Available at: BCC, NC, REST

Senior Fit and Swim

Water exercises specially designed for active adults. Class features swimming, stretching and toning, as well as flexibility and range of motion exercises.

Available at: ALEX, BCC, REST, SS



SPECIALTY AQUATICS

Aquatics Birthday Party

Children can celebrate their birthdays at one of the YMCA's pools. Party package includes pool time and access to our gym or party room.

Available at: ALEX, ARL, BCC, SS, REST

Community CPR

A Red Cross Certification class in Adult/Infant/Child CPR.

Available at: ALEX, BCC, REST

CPR/Adult Heartsaver AED

This American Heart Association course offers adult chain of survival skills, including when to dial 911, rescue breathing, barrier devices, signs and symptoms of a heart attack or stroke, one-person CPR, and how to use the Automated External Defibrillator (AED).

Available at: ALEX, BCC, NC, REST

Lifeguarding and Aquatic Rescue

Participants must be 16-years-old and be able to swim 20 lengths (500 yards) breaststroke, front crawl, sidestroke, elementary backstroke and modified stroke. CPR for the health care provider, AED, Oxygen Administration and First Aid Certifications are required as part of this course. The YMCA may have job opportunities for lifeguards completing certification. Please speak with your instructor on the first day of class if you are interested in employment.

Available at: ALEX, BCC, NC, REST

Lifeguard Prep Class

This class is designed to help participants build their strength, endurance and ability before taking the lifeguarding class.

Available at: ALEX

Scuba Diving

The YMCA offers an internationally recognized open water certification. Class includes orientation, swim test, instruction and an open water dive.

Available at: ALEX, NC, SS

For specific class dates, times, prices and registration information, please visit www.ymcadc.org or contact your branch.