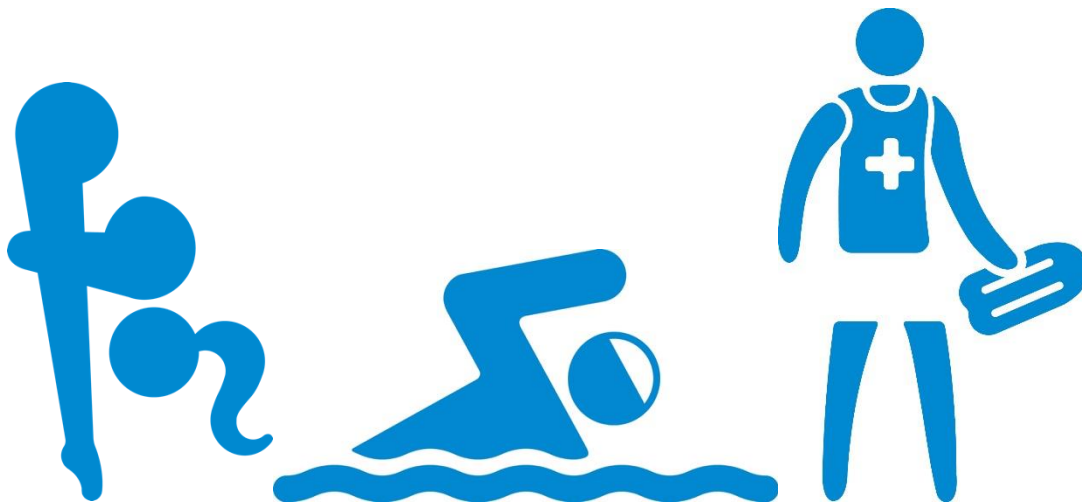




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I 2019 Session Dates:

September 3–October 27, 2019





FOR YOUTH DEVELOPMENT®
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Fall Session Dates: September Tuesday 3, 2019 – Sunday October 27, 2019
Registration: Full Privilege: Monday, Aug. 5th
Program members: Monday, Aug. 12th Sunday/Monday=7 week class Pre=\$84; Y\$126
Tuesday-Sat.= 8 week class

MONDAY				
Start	End	Class	Class Code	Lane
8:45 AM	9:30 AM	Shallow Water Aerobics	02401-01	1&2
9:45 AM	10:30 AM	Deep Water Aerobics	02401-11	1&2
10:45 AM	11:30 AM	Deep Water Aerobics 2	02401-12	1&2
4:00 PM	4:30 PM	Water Acclimation (Pre Stage 1)	02201-25	4
4:00 PM	4:30 PM	Stroke Introduction (Pre Stage 4)	02101-89	6
4:00 PM	4:40 PM	Water Acclimation (Yth Stage 1)	02201-01	5
4:35 PM	5:15 PM	Water Movement (Yth Stage 2)	02202-03	1&2
4:35 PM	5:15 PM	Water Stamina (Yth Stage 3)	02202-25	1&2
4:45 PM	5:15 PM	Water Movement (Pre Stage 2)	02101-16	1&2
7:30 PM	8:15 PM	Shallow Water Aerobics	02401-02	1&2
8:00 PM	8:40 PM	Swim Basics (Teen/Adult Stage 1-3)	02301-01	6
8:45 PM	9:45 PM	Master Swim	02301-06	5
TUESDAY				
Start	End	Class	Class Code	Lane
8:15 AM	9:00 AM	Deep Water Strong	02401-13	1&2
11:00 AM	11:45 AM	Arthritis Locomotion	02401-17	1&2
4:00 PM	4:30 PM	Water Movement (Pre Stage 2)	02101-17	1&2
4:00 PM	4:40 PM	Water Acclimation (Yth Stage 1)	02101-02	4
4:00 PM	4:40 PM	Stroke Introduction (Yth Stage 4)	02202-46	6
4:45 PM	5:15 PM	Water Acclimation (PrSc Stage 1)	02101-26	5
4:45 PM	5:15 PM	Water Stamina (Pre Stage 3)	02101-01	1&2
4:35 PM	5:15 PM	Water Movement (Yth Stage 2)	02202-04	1&2
5:20 PM	6:00 PM	Stoke Development (Yth Stage 5)	02203-08	
7:30 PM	8:15 PM	Deep Water Aerobics	02401-10	1-4
8:00 PM	8:40 PM	Stroke Intro& Development ADULT/TEEN III&IV (Stage 4-5)	02301-03	1&2
WEDNESDAY				
Start	End	Class	Class Code	Lane
8:45 AM	9:30 AM	Shallow Water Aerobics	02401-03	1&2
9:45 AM	10:30 AM	Deep Water Aerobics	02401-19	1&2
10:45 AM	11:30 AM	Deep Water Aerobics 2	02401-04	1&2
4:00 PM	4:30 PM	Water Acclimation (Pre Stage 1)	02101-10	4

4:00 PM	4:30 PM	Water Movement (Pre Stage 2)	02101-18	6
4:00 PM	4:40 PM	Water Acclimation (Yth Stage 1)	02201-03	5
4:45 PM	5:15 PM	Water Stamina (Pre Stage 3)	02101-02	1&2
4:35 PM	5:15 PM	Water Movement (Yth Stage 2)	02202-05	1&2
4:35 PM	5:15 PM	Stroke Introduction (Yth Stage 4)	02202-43	1&2
7:30 PM	8:15 PM	Shallow Water Aerobics	02410-05	1&2
8:00 PM	8:40 PM	Swim Basics Adult Stages 1-3	02301-02	6

THURSDAY

Start	End	Class	Class Code	Lane
8:15 AM	9:00 AM	Deep Water Aerobics	02401-20	1&2
11:00 AM	11:45 AM	Arthritis Locomotion	02401-18	1&2
4:00 PM	4:30 PM	Water Stamina (Pre Stage 3)	02101-04	4
4:00 PM	4:40 PM	Water Acclimation (Yth Stage 1)	02201-04	5
4:00 PM	4:40 PM	Water Movement (Yth Stage 2)	02202-06	6
4:45 PM	5:15 PM	Stroke Introduction (Pre Stage 4)	02101-90	1&2
4:45 PM	5:15 PM	Water Stamina (Pre Stage 3)	02101-12	1&2
4:35 PM	5:15 PM	Stroke Mechanics (Yth Stage 6)	02202-01	1&2
7:30 PM	8:15 PM	Deep Water Aerobics	02401-06	1&2

Friday

8:45 AM	9:30 AM	Shallow Water Aerobics	02401-07	1&2
9:45 AM	10:30 AM	Deep Water Aerobics	02401-08	1&2
10:45 AM	11:30 AM	Deep Water Aerobics 2	02401-09	1&2
6:00 pm	7:00 pm	Water Polo	02501-30	

SATURDAY

Start	End	Class	Class Code	Lane
9:00 am	9:30 am	Water Discovery (Stage A)	02102-10	1&2
9:00 am	9:30 am	Water Acclimation (Pre Stage 1)	02101-09	6
9:00 am	9:30 am	Water Movement (Pre Stage 2)	02101-19	5
9:35 am	10:05 am	Water Exploration (Stage B)	02101-20	4
9:35 am	10:05 am	Water Acclimation (Pre Stage 1)	02101-11	1&2
9:35 am	10:05 am	Water Stamina (Pre Stage 3)	02101-04	6
10:10 am	10:50 am	Water Acclimation (Yth Stage 1)	02201-05	5
10:10 am	10:50 am	Water Stamina (Yth Stage 3)	02202-26	1&2
10:10 am	10:50 am	Stroke Introduction (Yth Stage 4)	02202-44	6
11:00 am	11:30 am	Water Movement (Pre Stage 2)	02101-40	5
11:00 am	11:30 am	Water Stamina (Pre Stage 3)	02101-05	5
11:00 am	11:30 am	Stroke Introduction (Pre Stage 4)	02101-08	6
11:35 am	12:15 pm	Water Acclimation (Yth Stage 1)	02201-06	5
11:35 am	12:15 pm	Water Movement (Yth Stage 2)	02202-45	6
11:35 am	12:15 pm	Stroke Introduction (Yth Stage 4)	02202-20	5
12:20 pm	1:00 pm	Water Stamina (Yth Stage 3)	02202-27	6
12:20 pm	1:00 pm	Stoke Development (Yth Stage 5)	02203-09	5
12:20 pm	1:00 pm	Stroke Mechanics (Yth Stage 6)	02202-02	

6:00 pm	7:00 pm	Water Polo	02501-31	
SUNDAY				
Start	End	Class	Class Code	Full Priv.
9:00 am	9:40 am	Stoke Development (Yth Stage 5)	02203-10	1&2
9:00 am	9:40 am	Water Stamina (Yth Stage 3)	02202-28	6
9:00 am	9:40 am	Water Acclimation (Yth Stage 1)	02201-07	5
9:45 am	10:15 am	Water Discovery (Stage A)	02102-11	4
9:45 am	10:15 am	Water Movement (Pre Stage 2)	02101-30	1&2
9:45 am	10:15 am	Stroke Introduction (Pre Stage 4)	02101-14	6
10:20 am	10:50 am	Water Exploration (Stage B)	02101-21	5
10:20 am	11:00 am	Water Movement (Yth Stage 2)	02202-46	4
10:20 am	11:00 am	Water Stamina (Yth Stage 3)	02202-50	1&2
11:05 am	11:35 am	Water Acclimation (Pre Stage 1)	02101-07	6
11:05 am	11:35 am	Water Stamina (Pre Stage 3)	02101-06	5
11:05 am	11:35 am	Water Exploration (Stage B)	02101-22	4
11:40 am	12:20 pm	Stroke Introduction (Yth Stage 4)	02202-23	6
11:40 am	12:20 pm	Stoke Development (Yth Stage 5)	02203-11	5
11:40 am	12:20 pm	Stroke Mechanics (Yth Stage 6)	02202-12	4
12:25 pm	1:05 pm	Water Acclimation (Yth Stage 1)	02201-08	3
12:25 pm	1:05 pm	Water Movement (Yth Stage 2)	02202-47	
12:25 pm	1:05 pm	Stoke Development (Yth Stage 5)	02203-12	

Parent/Child: ages 6 months to 3 years – 30 min

Water Discovery Stage A: ages 6—18 months

Water Exploration Stage B: ages 19-36 months

An introductory classes that safely allow children and parents enjoy the pool together. The classes will teach basic swimming skills and educate parents on water safety with children.

***PrSc – Preschools: ages 3 - 5 years – 30 min**

Water Acclimation (Stage 1):

A beginner class for children who are comfortable in class without a parent. A flotation device is used in this class.

Water Movements (Stage 2):

An advanced beginner level class for children who can put their face in the water and swim 5 feet without a flotation device. Must be comfortable on their back with/without a flotation device.

Water Stamina (Stage 3):

An intermediate class for children who can swim 15 feet with their face in the water and their arms out of the water without a flotation device. Must also be able to swim 15 feet on their back with/without a flotation device.

Stroke Introduction (Stage 4):

An advanced class for children who can swim one length of the pool on their back as well as on their front with their face in the water without a floatation device. Must be able to tread water for 30 seconds.

***Yth – School Age/ Youth: ages 6 –12 years -40 min**

Water Acclimation (Stage 1):

A beginner class for children who have little to no swim experience.

Water Movements (Stage 2):

A beginner/intermediate class for children that swim one length of the pool on their front with their face in the water. Comfortable swimming on back and to be in deep water.

Water Stamina (Stage 3):

A combination class for students who are in between levels. Must be comfortable in deep water.

Stroke Introduction (Stage 4):

Able to swim one length front crawl with rotary breathing. Able to swim one length on back.

Stroke Development (Stage 5):

Able to swim two lengths of front crawl and two lengths of backstroke. Must know breaststroke and butterfly kick.

Stroke Mechanics (Stage 6): *required swim skills assessments

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

TEEN & Adult: 12+ years – 40 min

Swim Basics Teen/Adult I (Stage 1-3):

A class for teens/adults who have limited experience in the water. Teaching basic swimming skills as well as introduction into deep water.

Stroke Intro & Development Teen/Adult II: (Stage 4-5):

For teens/adults who have a basic knowledge of freestyle and backstroke. Skills will be continue to be strengthened.

Stroke Mechanics Teen/Adult III (Stage 6):

For those who are comfortable in deep water and want to improve their strokes. Turns and starts are introduced.

Refund / Cancellation Policy

- **The YSS aquatics department will only credit/refund money due to medical reasons with a doctor note.**
- **Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Director.**
- **If the YSS cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given, if transfer to another class is not possible.**
- **The YMCA does not offer make-ups for individual absences.**
- **If verified illness prohibits class attendance, and is reported to the YMCA Aquatics Staff, a makeup lesson will be given. A doctor's note must be submitted.**
- **All programs have a minimum enrollment number of three participants. Programs with fewer participants may be combined or canceled. You will have the option of receiving a full refund/credit or switching to another similar price program or class.**
- **Only the Aquatics Director will approve refund for a reason not mentioned above.**



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Aqua Aerobics Fall I Session

****Class schedule subject to change based on instructor availability****

- **All programs have a minimum enrollment number of six participants.** Programs with fewer participants may be combined or canceled. You will have the option of receiving a full refund/credit or switching to another similar price program or class.

Aqua Aerobics Descriptions

Arthritis Locomotion:

The focus for this class is on gentle range of motion, increasing flexibility, building muscle strength, and practicing good posture. A balance component is added to most classes. This class is beneficial to participants of all ages who experience joint stiffness, those who are preparing or recovering from surgery and women in the last months of pregnancy. We work in the shallow end of the pool. The supportive and friendly nature of this class encourages socialization. The instructor is usually in the water with the participants.

Shallow Water Aerobics:

This class is designed to help student's burn calories, develop aerobic stamina, and strengthen the muscles through fast-paced moves and various pieces of resistance equipment in shallow water. Modifications are given for participant's varying fitness levels. Music used ranges from the 50s to the present. Fun, energetic, music is used. The instructor is usually teaching on the pool deck as opposed to in the water to give student thorough instruction.

Deep Water Aerobics:

This high energy class uses flotation belts to provide a no-impact aerobic workout and build core strength in the deep end of the pool. Water resistance in all directions provides a great calorie-burning work out. This class is geared to all fitness levels from the out-of-shape or injury recovering to the super-trained. Various pieces of equipment are used for strength training and resistance.

Every muscle in your body will be worked to an energizing beat of fun music. This class is geared to all fitness levels from out-of-shape or injury recovering to the super-trained. Music used ranges from 50s to the present. The instructor is usually teaching on the pool deck as opposed to in the water to give student thorough instruction.

Deep Water Strong:

Challenging, high intensity class conducted in deep water. New focus both strength training and cardio activity. A variety of moves and equipment (noodles, flotation bells, balls and boards) are used to work the entire body.

- If the YSS cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given, if transfer to another class is not possible.
- The YMCA does not offer make-ups for individual absences.
- If verified illness prohibits class attendance, and is reported to the YMCA Aquatics Staff, a makeup lesson will be given. A doctor's note must be submitted.
- **All programs have a minimum enrollment number of three participants.** Programs with fewer participants may be combined or canceled. You will have the option of receiving a full refund/credit or switching to another similar price program or class.
- Only the Aquatics Director will approve refund for a reason not mentioned above.
 - **After the second class, you will not be able to register for the program**
 - **Late registration, will not be prorated**