



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE STRONG BE CONFIDENT

YMCA ALEXANDRIA AQUATICS GUIDE

Winter Session
January 6 – March 1, 2020

No classes Monday, January 20 (Martin Luther King Jr. Day)
and Monday, February 17 (Presidents' Day)

Registration begins on
December 16 for Full Members and
December 23 for Program Members



WELCOME!

YMCA Alexandria Aquatic Programs

Winter Session

January 6 – March 1, 2020

No classes January 20 (MLK Day) and February 17 (Presidents' Day)

Registration begins on
December 16 for Full Members and
December 23 for Program Members



YMCA ALEXANDRIA

420 East Monroe Avenue
Alexandria, VA 22301

703-838-8085

www.ymca.org

facebook.com/ymcadc

twitter.com/ymcadc

HOURS OF OPERATION:

Monday–Friday:

5:30am–9:30pm

Saturday:

7:00am–7:30pm

Sunday:

9:00am–6:30pm

FOR MORE INFORMATION ON AQUATICS PROGRAMS CONTACT:

Cece Shalevska, Aquatics Director
cveta.shalevska@ymcadc.org

Hussein Yassine, Aquatics Coordinator
hussein.yassine@ymcadc.org

Ian McNeal, Head Coach,
Sea Dragons swim team
ian.mcneal@ymcadc.org

The Y's Aquatic Programs encourages children and adults to live healthier lifestyles, have fun and be safe in the water.

Our aquatic programs help to combat startling water-related statistics that drowning is the number cause of unintentional deaths, according to the Centers for Disease Control. The Y provides techniques for water safety for all.

Youth can take advantage of programs that range from beginner to advanced swimming. As youth grow, opportunities are available to learn CPR or become certified lifeguards.

For adults, there are additional benefits of swimming or participating in water activities such as:

- Improves muscle definition
- Improves flexibility
- Reduces inflammation
- Lowers stress and depression
- Burns greater amount of calories
- Improves blood flow
- Lowers blood pressure



MAKE-UP POLICY

There are NO make-ups for missed classes, whether your child is sick, out of town, or unable to attend. Your child may not attend a class at another time slot in place of a missed class. This is because there is an instructor to participant ratio that we are required to follow.

REFUND / CANCELLATION POLICY

1. The Y aquatics department will only credit/refund money due to medical reasons with a doctor note.
2. Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Director. The credits on members account are only good for 1 year. After that year, they will expire.
3. If the Y 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.
4. The YMCA does not offer make-ups for individual absences.
5. 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.
6. Only the Aquatics Director will approve refund for a reason not mentioned above.
7. After the second class, you will not be able to register for the program.
8. Late registration, will not be prorated.

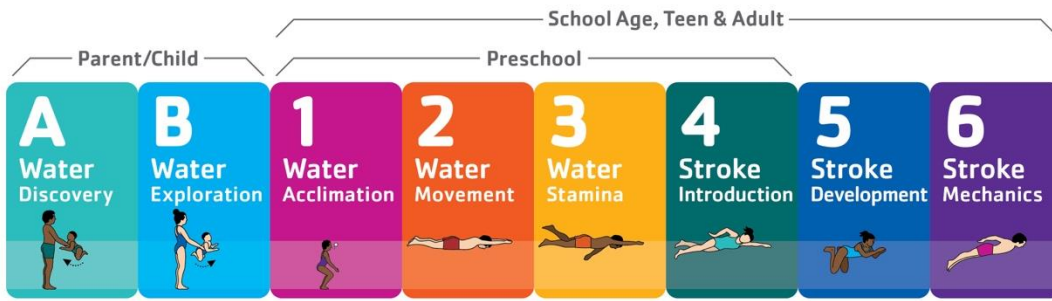
MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.



YMCA Swim Lessons

STAGES



All age groups are taught the same skills but divided according to their developmental milestones.

EVERYTHING THE Y DOES IS IN SERVICE OF BUILDING A BETTER US.

One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

WE'RE HERE FOR EVERYONE

All ages—from infants to seniors—can learn to swim. Check out our class offerings to find one that fits your family's busy schedule.

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

YMCA Swim Lessons
Water Discovery



A

A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

YMCA Swim Lessons
Water Exploration



B

B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit.
- Jump, push, turn, grab while parents learn about water safety, drowning prevention, and the importance of supervision.

YMCA Swim Lessons
Water Acclimation



1

1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

YMCA Swim Lessons
Water Movement



2

2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

YMCA Swim Lessons
Water Stamina



3

3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

YMCA Swim Lessons
Stroke Introduction



4

4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

YMCA Swim Lessons
Stroke Development



5

5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

YMCA Swim Lessons
Stroke Mechanics



6

6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

YMCA Swim Lesson Schedule

YMCA ALEXANDRIA

Aquatics Director: Cece Shalevska
 Aquatics Coordinator: Hussein Yassine

Winter Session • January 6–March 1, 2020 (no classes Jan. 20 and Feb. 17)

Registration begins December 16 for full members and December 23 for program members.

To register, go to www.ymcadc.org and click on Easy to Enroll.



MONDAY 10/28–12/16 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
4:00 PM	4:30 PM	Swim Basics Yth Stage 1&2	02101-26	\$96	\$144

WEDNESDAY 10/30–12/18 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
4:00 PM	4:30 PM	Swim Basics Prsch Stage 1&2	02101-26	\$72	\$108

TUESDAY or THURSDAY 10/29–12/19 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
5:45 AM	6:45 AM	Adult Stroke Clinic	02301-31	\$200	\$300

SATURDAY 11/02–12/21 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
Infants & Toddlers 06 m – 36 m					
9:00 AM	9:30 AM	Water Discovery Stage A	02101-47	\$72	\$108
9:35 AM	10:05 AM	Water Exploration Stage B	02101-48	\$72	\$108
10:10 AM	10:40 AM	Water Exploration Stage B	02101-49	\$72	\$108
Preschool 3- 5 y					
9:00 AM	9:30 AM	Water Acclimation Stage 1	02101-50	\$72	\$108
9:35 AM	10:05 AM	Water Movements Stage 2	02101-51	\$72	\$108
10:10 AM	10:40 AM	Water Stamina Stage 3	02101-52	\$72	\$108
10:45 AM	11:15 AM	Water Movements Stage 2	02101-53	\$72	\$108
11:20 AM	11:50 AM	Water Acclimation Stage 1	02101-54	\$72	\$108
11:55 AM	12:25 PM	Stroke Introduction Stage 4	02101-55	\$72	\$108
10:45 AM	11:15 AM	Water Acclimation Stage 1	02101-56	\$72	\$108
Youth 6-12 y					
10:00 AM	10:40 AM	Water Acclimation Stage1	02202-047	\$96	\$144
10:00 AM	10:40 AM	Stroke Introduction Stage 4	02201-57	\$96	\$144
10:45 AM	11:25 AM	Water Movements Stage 2	02201-58	\$96	\$144
10:45 AM	11:25 AM	Water Stamina Stage 3	02201-59	\$96	\$144
11:30 AM	12:10 PM	Water Acclimation Stage 1	02202-08	\$96	\$144
11:30 AM	12:10 PM	Stroke Development Stage 5	02201-60	\$96	\$144
12:15 PM	12:55 PM	Stroke Introduction Stage 4	02201-61	\$96	\$144
Teen & Adult 13 up					
9:00 AM	9:40 AM	Swim Basics Teen & Adult Stage 1/2	02301-04	\$96	\$144

YMCA Swim Lesson Schedule

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SUNDAY 11/2–12/03 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
Infants & Toddlers 06 m – 36 m					
9:00 AM	9:30 AM	Water Discovery Stage A	02101-62	\$72	\$108
10:05 AM	10:35 AM	Water Exploration Stage B	02101-63	\$72	\$108
Preschool 3- 5 y					
09:00 AM	09:30 AM	Water Acclimation Stage 1	02101- 64	\$72	\$108
10:05 AM	10:35 AM	Water Stamina Stage 3	02101- 65	\$72	\$108
10:40 AM	11:10 AM	Water Movements Stage 2	02101- 66	\$72	\$108
10:40 AM	11:10 AM	Stroke Introduction Stage 4	02101- 67	\$72	\$108
11:15 AM	11:45 AM	Water Acclimation Stage 1	02101- 72	\$72	\$108
11:15 AM	11:45 AM	Water Stamina Stage 3	02101- 69	\$72	\$108
Youth 6-12 y					
10:15 AM	10:55 AM	Water Acclimation Stage 1	02201-73	\$96	\$144
11:00 AM	11:40 AM	Water Movements Stage 2	02201- 74	\$96	\$144
11:15 AM	11:55 AM	Water Stamina Stage 3	02201-75	\$96	\$144
12:00 PM	12:40 PM	Stroke Introduction Stage 4	02201-76	\$96	\$144
Teen & Adult 13 up					
9:30 AM	10:10 AM	Swim Basics Teen & Adult 1/2	02301-05	\$96	\$144

MASTER SWIM

Here's a competitive swim practice geared at refining your swimming stroke and building speed and endurance! Masters swimming is an adult aquatic fitness program for individuals who have chosen aquatics as their means of exercise for a healthier lifestyle.

Whether you're swimming for fitness, training for competition, or in need of stroke tips, YMCA

Alexandria is the place for you. Masters Swimming programs do not discriminate between levels of ability or the individual goals of the members.

YMCA Water Fitness Classes

YMCA ALEXANDRIA

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LOW TO MODERATE INTENSITY

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.

MODERATE TO HIGH INTENSITY

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. The instructor is usually teaching on the pool deck as opposed to in the water to give student thorough instruction.

MONDAY • WEDNESDAY • FRIDAY

Start	End	Class
8:00 AM	8:45 AM	Shallow Water Aerobics
9:00 AM	9:45 AM	Deep Water Aerobics
6:30 PM	7:30 PM	Aqua Pilates Shallow (Monday only)

TUESDAY • THURSDAY

Start	End	Class
9:00 AM	9:45 AM	Aqua Zumba (Tuesdays only)
6:30 PM	7:30 PM	Deep Water Aerobics
6:30 PM	7:25 PM	Shallow Water Aerobics

SATURDAY

Start	End	Class
9:00 AM	9:45 PM	Deep Water Aerobics

Other YMCA Aquatics Programs

SWIM TEAM

The Sea Dragons is a year round competitive swim team participating in both YMCA and USA Swimming leagues. We provide a value centered program based around the YMCA's four core values of caring, honesty, respect and responsibility. We use these values in our mission to develop swimmers of all ability levels to perform at their greatest potential. Our professional coaches emphasize a team environment along with the stroke technique and work ethic needed to succeed in competitive swimming. For more info contact our Head Swim Coach [Ian McNeal](#).

KIDS' NIGHT OUT

Parents can enjoy a night out to themselves, while their kids have fun, in a safe, secure environment. Kids, 3–12 years old will enjoy an evening of fun and games including swimming, pizza, etc. Contact: [Kiara Holloman](#)

PRIVATE/SEMI-PRIVATE SWIM LESSONS

Group lessons are not for everyone. Don't Give up! Try a private or semi-private lesson. Lessons are available for all ages and abilities. Contact : [Cece Shalevska](#) or [Hussein Yassine](#) for more info.

SPLASH POOL PARTY

The YMCA Alexandria Invites you to celebrate your special day with us. Our pool parties are great for any event that you are celebrating! Pool Parties are available to all ages (all pool safety rules apply) and our facility can easily accommodate parties for big and small kids.

When: Saturdays & Sunday only from 3:00pm–6:00pm.
Contact: [Kiara Holloman](#) or 703-838-8085 with questions or to make a reservation.

CERTIFICATES AND TRAINING

CPR for the Community

Certification through American Safety and Health Institute. Participants will receive training for infant, child, and adult CPR. Certifications are valid for two years. Participants must be least 16 years old. This course is open to all members of the community.

Red Cross Lifeguard Certification

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

YMCA Lifeguard Certification

Gain the skills to save a life! YMCA Lifeguard Certification is a comprehensive course for ages 16 and up. It focuses on water rescue and safety and prepares lifeguards to anticipate and prevent dangers. Upon successful completion, participants are qualified to work at an aquatics facility as a certified lifeguard. Participants must attend all classes and successfully pass exams to receive certification.

