



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y ALEXANDRIA

2020 Winter Swim Session

January 6th to March 1st

Registration: Full Privilege December 16th & Program members December 23rd



Register online,

Front desk,

or email to Cece, Aquatics Director

**ACTIVE YMCA MEMBERSHIP IS
REQUIRED PRIOR THE REGISTRATION**



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | | | | | |
|---|----------|-----------------------------|-----------------|-------|-------|
| • Tuesday & Thursday AM only • 8 weeks • | | | | | |
| Teen & Adult 13 up | | | | | |
| 5:45 AM | 6:45 AM | Adult Stroke Clinic | 02301-31 | \$200 | \$300 |
| • Monday • 6 weeks • | | | | | |
| Youth 6-12 y | | | | | |
| 4: 00 pm | 4:30 pm | Swim Basics Stage 1 / 2 | 02201-26 | \$72 | \$108 |
| • Wednesday • 8 weeks • | | | | | |
| Preschool 3- 5 y | | | | | |
| 4: 00 pm | 4:30 pm | Swim Basics Stage 1 / 2 | 02101-27 | \$72 | \$108 |
| • SATURDAY • 8 weeks • | | | | | |
| 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 AM | Stroke Introduction Stage 4 | 02101-55 | \$72 | \$108 |
| 10:45 AM | 11:15 AM | Water Acclimation Stage 1 | 02202-56 | \$72 | \$108 |
| Youth 6-12 y | | | | | |
| 10:00 AM | 10:40 AM | Water Acclimation Stage1 | 02202-07 | \$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 |
| 10:45AM | 11:25 AM | Water Stamina Stage 3 | 02201-59 | \$96 | \$144 |
| 11:30 AM | 12:10 PM | Water Acclimation Stage1 | 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 Stage 1 / 2 | 02301-04 | \$96 | \$144 |
| • SUNDAY • 8 weeks • | | | | | |
| Infants & Toddlers 06 m – 36 m | | | | | |
| 9:30 AM | 10:00 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 | | | | | |
| 9:30 AM | 10:00 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 |
| 11:50 AM | 12:20 PM | Water Movements Stage 2 | 02101-77 | \$72 | \$108 |



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| 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 AM | 12:40 PM | Stroke Introduction Stage 4 | 02201-76 | \$96 | \$144 |
| Teen & Adult 13 up | | | | | |
| 9:30 AM | 10:10 AM | Swim Basics Stage 1 / 2 | 02301-05 | \$96 | \$144 |

• Winter • January 6th to March 1st • 8 weeks •

CLASS CODE LOOK UP

Example:

Class Unit: 02201- plus the class ID by day* **88,89, etc.** *Dates on first page

CLASS DESCRIPTIONS

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, front glide and exit
- Jump, push, turn, grab

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 class 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 (Stage1): 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 flotation 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.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 continuing 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.

Items to bring for Lesson:

1. Goggles (preferable)
2. Swim cap (preferred)
3. Shoulder length hair need to be in pony tail
4. Swim dippers with rubber swim pants for babies/ toddlers (anyone who is not toilet trained)
5. Flip flops or pool shoes (no street shoes on the pool deck)

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-ALX 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-ALX 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. 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.
6. **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.
7. Only the Aquatics Director will approve refund for a reason not mentioned above.
8. **After the second class, you will not be able to register for the program**
9. **Late registration, will not be prorated**