



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BE STRONG BE CONFIDENT

## YMCA BETHESDA-CHEVY CHASE AQUATICS GUIDE

Spring I Session  
March 2 – April 26, 2020

No classes April 6 – 13 (Spring Break)

Registration begins on  
February 3 for Full Members and  
February 17 for Program Members





# WELCOME!

## YMCA Bethesda-Chevy Chase Aquatic Programs

Spring I Session

March 2 – April 26, 2020

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February 3 for Full Members and  
February 17 for Program Members



### YMCA BETHESDA-CHEVY CHASE

9401 Old Georgetown Road  
Bethesda, MD 20814  
301-530-3725  
www.ymcadc.org  
facebook.com/ymcadc  
twitter.com/ymcadc

#### HOURS OF OPERATION:

##### Monday–Friday:

A pool: 5:45am–10:15pm  
B pool: 5:45am–9:45pm  
Outdoor pool: 6:15am–9:00pm  
Whirlpool: 5:45am–9:45pm

##### Saturday:

A & B pools: 6:15am–9:15pm  
Outdoor pool: 6:30am–8:00pm  
Whirlpool: 6:15am–9:00pm

##### Sunday:

A & B pools: 8:15am–9:15pm  
Outdoor pool: 8:30am–8:00pm  
Whirlpool: 8:15am–9:00pm

#### FOR MORE INFORMATION ON AQUATICS PROGRAMS CONTACT:

Aleksandar Milojkovic  
Aquatic Director  
aleksandar.milojkovic@ymcadc.org

Marko Dokic  
Assistant Aquatic Director  
marko.dokic@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

#### REFUND/CANCELLATION POLICY

- The YBCC aquatics department will only credit/refund money due to family emergencies or medical reasons with a doctor's note.
- Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Director.
- If the YBCC 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.

#### MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

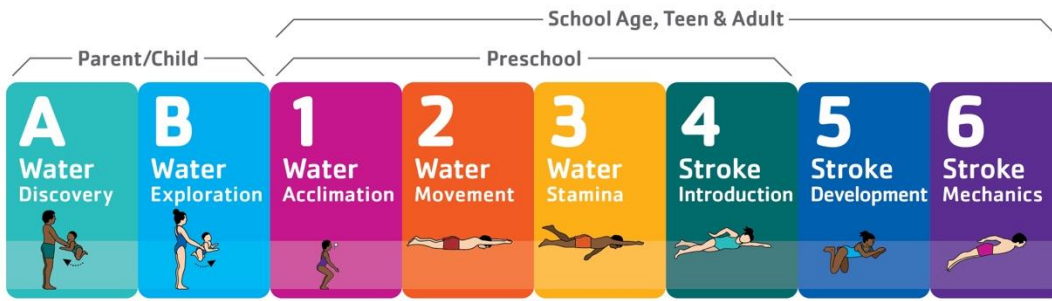
To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.





# 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.**

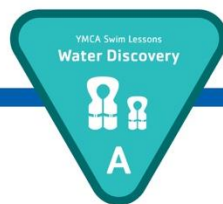
One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Y swim instructors are nationally certified. Their training includes CPR, AED, First 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.



**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.



**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.



**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.



**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.



**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.



**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.



**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.



**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 BETHESDA-CHEVY CHASE

Aquatic Director: Aleksandar Milojkovic

Assistant Aquatic Director: Marko Dokic

Spring I Session • March 2–April 26, 2020 (no classes April 6–13, Spring Break)

Registration begins February 3 for Full Members and February 17 for Program Members.

To register, go to [www.ymcadc.org](http://www.ymcadc.org) and click on Easy to Enroll.



### MONDAY 3/02 – 4/20 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:00 PM	4:30 PM	Pre Stage 1: Water Acclimation	02101-19	\$64	\$129	A
4:00 PM	4:30 PM	Youth Stage 2: Water Movement	02201-18	\$88	\$146	A
4:40 PM	5:10 PM	Pre Stage 2: Water Movement	02101-38	\$64	\$129	A
4:40 PM	5:10 PM	Youth Stage 1: Water Acclimation	02201-01	\$88	\$146	A
4:00 PM	4:40 PM	Youth Stage 4: Stroke Intro.	02202-09	\$88	\$146	B
4:45 PM	5:25 PM	Youth Stage 5: Stroke Development	02202-17	\$88	\$146	B
4:45 PM	5:25 PM	Youth Stage 6: Stroke Mechanics	02202-13	\$88	\$146	B
7:30 PM	8:10 PM	Adult Stage 1/2	02301-01	\$88	\$146	A

### TUESDAY 3/03 – 4/21 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:30 PM	5:00 PM	Pre Stage 1: Water Acclimation	02101-21	\$64	\$129	A
4:30 PM	5:00 PM	Pre Stage 2: Water Movement	02101-43	\$64	\$129	A
4:30 PM	5:00 PM	Pre Stage 3: Water Stamina	02101-59	\$64	\$129	A
5:10 PM	5:40 PM	Youth Stage 1: Water Acclimation	02201-02	\$88	\$146	A
5:10 PM	5:40 PM	Youth Stage 2: Water Movement	02201-12	\$88	\$146	A
5:10 PM	5:40 PM	Youth Stage 3: Water Stamina	02201-38	\$88	\$146	A
5:50 PM	6:30 PM	Youth Stage 4: Stroke Introduction	02202-10	\$88	\$146	A
4:00 PM	4:40 PM	Youth Stage 5: Stroke Development	02202-22	\$88	\$146	B
7:30 PM	8:10 PM	Adult Stage 3/4	02301-06	\$88	\$146	B
7:30 PM	8:30 PM	Teen Competitive Technique	02204-07	\$88	\$146	B

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### WEDNESDAY 3/04 – 4/22 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:00 PM	4:30 PM	Pre Stage 3: Water Stamina	02101-60	\$64	\$129	A
4:00 PM	4:40 PM	Youth Stage 3: Water Stamina	02201-23	\$88	\$146	A
4:40 PM	5:10 PM	Youth Stage 4: Stroke Introduction	02202-08	\$88	\$146	A
4:40 PM	5:10 PM	Pre Stage 4: Stroke Introduction	02102-77	\$64	\$129	A
7:30 PM	8:10 PM	Adult Stage 5/6	02301-09	\$88	\$146	B

### THURSDAY 3/05 – 4/23 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:30 PM	5:00 PM	Pre Stage 1: Water Acclimation	02101-25	\$64	\$129	A
4:30 PM	5:00 PM	Pre Stage 2: Water Movement	02101-45	\$64	\$129	A
4:30 PM	5:00 PM	Pre Stage 3: Water Stamina	02101-62	\$64	\$129	A
5:10 PM	5:40 PM	Youth Stage 1: Water Acclimation	02201-21	\$88	\$146	A
5:10 PM	5:40 PM	Youth Stage 2: Water Movement	02201-22	\$88	\$146	A
5:10 PM	5:40 PM	Youth Stage 3: Water Stamina	02201-39	\$88	\$146	A
5:50 PM	6:30 PM	Youth Stage 4: Stroke Introduction	02202-23	\$88	\$146	A
4:00 PM	4:40 PM	Youth Stage 5: Stroke Development	02202-11	\$88	\$146	B
7:30 PM	8:10 PM	Teen Stage 1/2	02203-05	\$88	\$146	A



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### SATURDAY 3/07 – 4/25 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
9:00 AM	9:30 AM	Pre Stage 1: Water Acclimation	02101-30	\$64	\$129	A
9:00 AM	9:30 AM	Pre Stage 2: Water Movement	02101-49	\$64	\$129	A
9:40 AM	10:10 AM	Stage A: Water Discovery	02101-03	\$64	\$129	A
9:40 AM	10:10 AM	Youth Stage 2: Water Movement	02201-14	\$88	\$146	A
9:45 AM	10:15 AM	Youth Stage 3: Water Stamina	02201-24	\$88	\$146	A
10:20 AM	10:50 AM	Stage B: Water Exploration	02101-11	\$64	\$129	A
10:20 AM	10:50 AM	Pre Stage 1: Water Acclimation	02101-31	\$64	\$129	A
10:20 AM	10:50 AM	Pre Stage 2: Water Movement	02101-48	\$64	\$129	A
11:00 AM	11:30 AM	Stage B: Water Exploration	02101-12	\$64	\$129	A
11:00 AM	11:30 AM	Youth Stage 1: Water Acclimation	02201-05	\$88	\$146	A
11:00 AM	11:30 AM	Youth Stage 2: Water Movement	02201-16	\$88	\$146	A
11:05 AM	11:35 AM	Youth Stage 3: Water Stamina	02201-36	\$88	\$146	A
11:45 AM	12:20 PM	Pre Stage 1: Water Acclimation	02101-20	\$64	\$129	A
11:45 AM	12:20 PM	Pre Stage 3: Water Stamina	02101-67	\$64	\$129	A
9:00 AM	9:40 AM	Youth Stage 6: Stroke Mechanics	02202-24	\$88	\$146	B
9:00 AM	9:40 AM	Youth Stage 4: Stroke Introduction	02202-05	\$88	\$146	B
9:45 AM	10:25 AM	Youth Stage 5: Stroke Development	02202-15	\$88	\$146	B
9:30 AM	10:10 AM	Teen Stage 3/4	02203-08	\$88	\$146	B
10:20 AM	11:00 AM	Youth Stage 4: Stroke Introduction	02202-04	\$88	\$146	B
10:30 AM	11:10 AM	Youth Stage 6: Stroke Mechanics	02202-26	\$88	\$146	B

# YMCA Swim Lesson Schedule

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### SUNDAY 3/08 – 4/26 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
9:00 AM	9:40 AM	Adult Stage 1/2	02301-02	\$88	\$146	A
9:30 AM	10:00 AM	Pre Stage 1: Water Acclimation	02101-33	\$64	\$129	A
9:30 AM	10:00 AM	Pre Stage 2: Water Movement	02101-52	\$64	\$129	A
9:30 AM	10:00 AM	Pre Stage 3: Water Stamina	02101-69	\$64	\$129	A
10:10 AM	10:40 AM	Stage B: Water Exploration	02101-13	\$64	\$129	A
10:10 AM	10:40 AM	Youth Stage 2: Water Movement	02201-15	\$88	\$146	A
10:10 AM	10:40 AM	Youth Stage 3: Water Stamina	02201-25	\$88	\$146	A
10:50 AM	11:20 AM	Stage A: Water Discovery	02101-05	\$64	\$129	A
11:00 AM	11:30 AM	Pre Stage 1: Water Acclimation	02101-32	\$64	\$129	A
10:50 AM	11:20 AM	Pre Stage 2: Water Movement	02101-53	\$64	\$129	A
10:50 AM	11:20 AM	Pre Stage 3: Water Stamina	02101-70	\$64	\$129	A
11:30 AM	12:00 PM	Stage B: Water Exploration	02101-02	\$64	\$129	A
11:30 AM	12:00 PM	Youth Stage 2: Water Movement	02201-17	\$88	\$146	A
11:30 AM	12:00 PM	Youth Stage 3: Water Stamina	02201-37	\$88	\$146	A
12:05 PM	12:35 PM	Pre Stage 1: Water Acclimation	02101-34	\$64	\$129	A
12:05 PM	12:35 PM	Pre Stage 2: Water Movement	02101-35	\$64	\$129	A
9:30 AM	10:10 AM	Youth Stage 4: Stroke Introduction	02202-06	\$88	\$146	B
10:15 AM	10:55 AM	Youth Stage 5: Stroke Development	02202-16	\$88	\$146	B
10:10 AM	10:50 AM	Youth Stage 6: Stroke Mechanics	02202-27	\$88	\$146	B
11:00 AM	11:40 AM	Youth Stage 6: Stroke Mechanics	02202-25	\$88	\$146	B
11:45 AM	12:25 PM	Youth Stage 4: Stroke Introduction	02202-07	\$88	\$146	B
11:45 AM	12:25 PM	Youth Stage 5: Stroke Development	02202-14	\$88	\$146	B
3:30 PM	4:30 PM	Youth Competitive Technique	02203-09	\$88	\$146	B

# YMCA Water Fitness Classes

## Aqua Zumba

### Ages 18 years and up

Aqua Zumba combines some of the traditional elements of aqua fitness classes with the upbeat, Latin infused dance moves and music Zumba fitness is famous for.

## Deep Water Aerobics

### Ages 18 years and up

Use of a flotation belt, water weights, and bar bells to enhance this strength work out. Very Low impact with use of interval to challenge your fitness. For intermediate to advance level workout.

## Water Works

### Ages 18 years and up

Use of a flotation belt, water weights, and bar bells to enhance this strength work out. Very Low impact with use of interval to challenge your fitness. For intermediate to advance level workout.

## Senior Fit and Swim

### Ages 18 years and up

Shallow water aerobics, use of water weights and noodles to enhance strength, conditioning, and balance.

## Aqua Pilates

### Ages 18 years and up

Shallow water Aerobics which brings movement from land Pilates into the water for core work, strength, and conditioning. Good for all fitness levels.

## Stride with Pride

### Ages 18 years and up

Learn how to walk stronger without pain. Increase core strength to keep back strong. Enhance your posture and balance





# YMCA Water Fitness Classes

## Aqua Aerobics

### Ages 18 years and up

This class builds up your muscular and cardiac endurance, improves your flexibility, and provides buoyancy, support while you exercise and burns calories while you stay cool. Background music gets you motivated and makes time fly! Non-swimmers are welcome.

## Aqua Aerobics II

### Ages 18 years and up

Deep and shallow water aerobics. Use of a flotation belt, hand buoys, and pool noodles to assist in strength workout. Low impact workout using intervals to challenge your aerobic fitness. For an Intermediate to advance level workout.

## Early Aqua Aerobics

### Ages 18 years and up

This class builds up your muscular and cardiac endurance, improves your flexibility, and provides buoyancy, support while you exercise and burns calories while you stay cool. Background music gets you motivated and makes time fly! Non-swimmers are welcome.

## Action Against Arthritis

### Ages 18 years and up

Classes are slower moving, focuses on mobility and flexibility around joints. Balance is also emphasized. Class is done in Shallow water.



# YMCA Water Fitness Class Schedule

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### MONDAY 3/02 – 4/20 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
8:30 AM	9:30 AM	Aqua Aerobics II	02401-20	FREE	\$91	B
9:30 AM	10:30 AM	Aqua Aerobics	02401-01	FREE	\$91	A
10:00 AM	11:00 AM	Deep Water Aerobics	02401-23	FREE	\$91	B
11:00 AM	11:45 AM	Action Against Arthritis	02401-11	FREE	\$91	A
12:00 PM	1:00 PM	Aqua Aerobics	02401-02	FREE	\$91	A

### TUESDAY 3/03 – 4/21 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
6:30 AM	7:30 AM	Early Aqua Aerobics	02401-09	FREE	\$91	A
9:30 AM	10:30 AM	Aqua Pilates	02401-18	FREE	\$91	A
11:00 AM	11:45 AM	Stride w/ Pride	02401-29	FREE	\$91	A
12:00 PM	1:00 PM	Aqua Aerobics	02401-03	FREE	\$91	A
7:15 PM	8:15 PM	Aqua Zumba	02401-28	FREE	\$91	A

### WEDNESDAY 3/04 – 4/22 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
8:30 AM	9:30 AM	Aqua Aerobics II	02401-21	FREE	\$91	B
9:30 AM	10:30 AM	Aqua Aerobics	02401-04	FREE	\$91	A
10:00 AM	11:00 AM	Deep Water Aerobics	02401-24	FREE	\$91	B
11:00 AM	11:45 AM	Action Against Arthritis	02401-14	FREE	\$91	A
12:00 PM	1:00 PM	Aqua Aerobics	02401-05	FREE	\$91	A



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### THURSDAY 3/05 – 4/23 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
6:30 AM	7:30 AM	Early Aqua Aerobics	02401-10	FREE	\$91	A
9:30 AM	10:30 AM	Aqua Pilates	02401-19	FREE	\$91	A
11:00 AM	11:45 AM	Stride w/ Pride	02401-30	FREE	\$91	A
12:00 PM	1:00 PM	Aqua Aerobics	02401-06	FREE	\$91	A

### FRIDAY 3/06 – 4/24 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
8:30 AM	9:30 AM	Aqua Aerobics II	02401-22	FREE	\$91	B
9:30 AM	10:30 AM	Water Works	02401-26	FREE	\$91	A
10:30 AM	11:30 AM	Deep Water Aerobics	02401-25	FREE	\$91	B
11:00 AM	11:45 AM	Action Against Arthritis	02401-17	FREE	\$91	A
12:00 PM	1:00 PM	Aqua Aerobics	02401-08	FREE	\$91	A

### MONDAY, WEDNESDAY, FRIDAY 3/02 – 4/24 • 7 weeks

Start	End	Class	Class Code	Full Priv.	Program	Pool
6:15 AM	7:30 AM	U.S. Masters Swimming	02601-06	\$88	\$146	O
2:30 PM	3:30 PM	Senior Fitness	02401-27	Free	\$15	A
8:15 PM	9:45 PM	U.S. Masters Swimming	02601-02	\$88	\$146	B

# Other YMCA Aquatics Programs

## Adaptive Swim

People with Physical disabilities who want to learn how to swim. No experience is required to participate in the swim program. The swim program will help your child to develop confidence in the water and pool safety skills.

### Competitive Technique

Competitive Technique introduces participants to competitive swimming and provides the experience of being part of a team and their practices. Competitive Technique focuses on competitive skills without the full commitment of a competitive swim team.

### Masters Swim

A special class of competitive swimming. A Class for people who are looking to push themselves in long distance workouts. Working all parts of the bodies muscles.

## SWIM TEAM - HAMMERHEADS

The Hammerheads mission is consistent with the YMCA: build an individual's spirit, mind and body while supporting youth development, healthy living and social responsibility. With the YMCA's four character development pillars: Caring, Honesty, Respect and Responsibility, all of our swimmers will know that winning is more than where you place in a meet. For more info contact our team on [hammerheads@ymcadc.org](mailto:hammerheads@ymcadc.org).

## 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)

