



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE STRONG BE CONFIDENT

YMCA FAIRFAX COUNTY RESTON AQUATICS GUIDE

Spring I Session
March 2 – April 26, 2020

No classes April 11–12 (Easter Weekend)
No classes April 26 (Home Swim Meet)

Registration begins February 2



WELCOME!

YMCA Fairfax County Reston Aquatic Programs

Spring I Session

March 2 – April 26, 2020

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No classes April 26 (Home Swim Meet)

Registration begins February 2



YMCA FAIRFAX COUNTY RESTON

12196 Sunset Hills Road
Reston, VA 20190

703-742-8800

www.ymcadc.org

facebook.com/ymcadc

twitter.com/ymcadc

HOURS OF OPERATION:

Monday–Friday: 5:00am–9:45pm

Saturday: 7:00am–8:45pm

Sunday: 8:00am–7:45pm

FOR MORE INFORMATION ON AQUATICS PROGRAMS CONTACT:

Vladimir Hrnčiar, Aquatics Director
vladimir.hrnčiar@ymcadc.org

Milica Mijacic, Assistant Aquatics Director
milica.mijacic@ymcadc.org

Charles Pabon, Aquatics Coordinator
charles.pabon@ymcadc.org

Adam Orton, Head Coach
Water Wolves Swim Team
adam.orton@ymcadc.org

Patty Wilson, Water Wolves Swim Team
Representative
water.wolves@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 Y-Reston 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. The credits on members account are only good for 1 year. After that year, they will expire.
- If the Y-Reston cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given.
- 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.

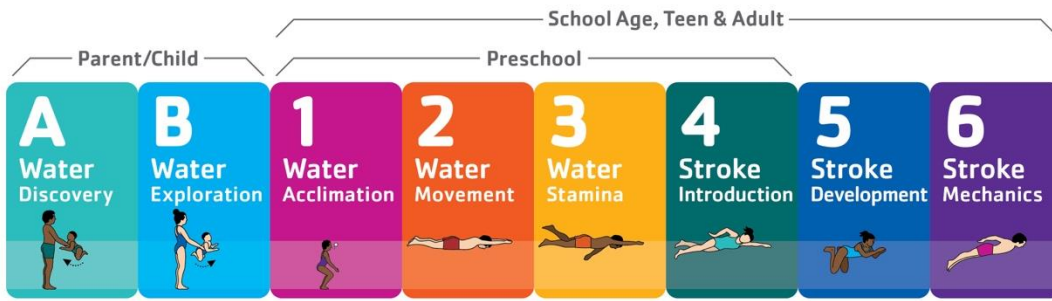
MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

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.

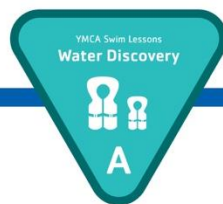
One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Y swim instructors are nationally certified. Their training includes CPR, AED, First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

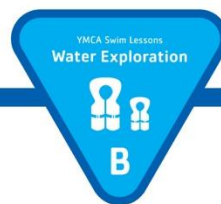
All ages—from infants to seniors—can learn to swim. Check out our class offerings to find one that fits your family's busy schedule.

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 FAIRFAX COUNTY RESTON

Aquatics Director: Vladimir Hrnčiar
 Assistant Aquatic Director: Milica Mijacic
 Aquatics Coordinator : Charles Pabon

Spring I Session • March 2–April 26, 2020 (no classes April 11, 12 & 26)

Registration begins February 2

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



Spring I Group Lessons Saturdays: Total of 7 Classes

Start	End	Class – Age Group	Class Code	Full M.	Program M.	Start day	Last Day
8:35 am	9:25 am	Adult Stage 1/2	02301-02	\$75	\$115	03/07	04/25
8:35 am	9:25 am	Adult Stage 3/4	02301-06	\$75	\$115	03/07	04/25
8:35 am	9:25 am	Adult Stage 5/6	02301-07	\$75	\$115	03/07	04/25
9:35 am	10:05 am	Stage A Water Discovery 6m-2	02101-03	\$75	\$115	03/07	04/25
9:35 am	10:05 am	Stage B Water Exploration 2-4	02101-05	\$75	\$115	03/07	04/25
9:35 am	10:05 am	Stage 2 Water Movement 3-5	02101-29	\$75	\$115	03/07	04/25
9:35 am	10:05 am	Stage 3 Water Stamina 3-5	02101-78	\$75	\$115	03/07	04/25
10:10 am	10:55 am	Stage 1 Water Acclimation 6-12	02201-07	\$75	\$115	03/07	04/25
10:10 am	10:55 am	Stage 2 Water Movement 6-12	02201-09	\$75	\$115	03/07	04/25
10:10 am	10:55 am	Stage 3 Water Stamina 6-12	02201-19	\$75	\$115	03/07	04/25
10:10 am	10:55 am	Stage 4 Stroke Introduction 6-12	02201-45	\$75	\$115	03/07	04/25
11:00 am	11:30 am	Stage 1 Water Acclimation 3-5	02101-30	\$75	\$115	03/07	04/25
11:00 am	11:30 am	Stage 2 Water Movement 3-5	02102-29	\$75	\$115	03/07	04/25
11:00 am	11:30 am	Stage 3 Water Stamina 3-5	02101-79	\$75	\$115	03/07	04/25
11:00 am	11:30 am	Stage 4 Stroke Introduction 3-5	02102-80	\$75	\$115	03/07	04/25
11:35 am	12:20 pm	Stage 2 Water Movement 6-12	02202-10	\$75	\$115	03/07	04/25
11:35 am	12:20 pm	Stage 3 Water Stamina 6-12	02202-20	\$75	\$115	03/07	04/25
11:35 am	12:20 pm	Stage 5 Stroke Development 6-12	02202-07	\$75	\$115	03/07	04/25
11:35 am	12:20 pm	Stage 6 Stroke Mechanics 6-12	02202-42	\$75	\$115	03/07	04/25
12:30 pm	1:15 pm	Teen L1	02301-55	\$75	\$115	03/07	04/25
12:30 pm	1:15 pm	Teen L2	02501-56	\$75	\$115	03/07	04/25
12:30 pm	1:15 pm	Youth stroke 6-13	02501-02	\$110	\$170	03/07	04/25

Free swim evaluations for group swim lessons for all age groups.

Please feel free to schedule an evaluation with Aquatics Coordinator, Charles Pabon, at charles.pabon@ymcad.org.

Teen Swim Lessons for ages 13 to 17 years

Teen I (Level 1/2) teens with limited swimming experience or fear of water, teaches basic swimming skills in shallow water & progressing into deep water

Teen II (Level 3/4) teens who know freestyle & backstroke; skills will be strengthened. Deep water comfort continues

Teen III (Level 5/6) teens comfortable in deep water & want to improve strokes Turns & starts introduced

Youth Stroke Development - class for advanced swimmers who can swim a 200 Individual medley of freestyle, backstroke, breaststroke, and butterfly, perform flip turns and racing dives.



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Spring I Group Lessons Sundays: Total of 6 Classes

Start	End	Class – Age Group	Class Code	Full M.	Program M.	Start Day	Last Day
9:35 am	10:05 am	Stage A Water Discovery 6m-2	02101-04	\$65	\$100	03/08	04/19
9:35 am	10:05 am	Stage B Water Exploration 2-4	02101-06	\$65	\$1000	03/08	04/19
9:35 am	10:05 am	Stage 2 Water Movement 3-5	02101-32	\$65	\$100	03/08	04/19
9:35 am	10:05 am	Stage 3 Water Stamina 3-5	02101-81	\$65	\$100	03/08	04/19
10:10 am	10:55 am	Level 2 Water Movement 6-12	02201-11	\$65	\$100	03/08	04/19
10:10 am	10:55 am	Level 3 Water Stamina 6-12	02201-22	\$65	\$100	03/08	04/19
10:10 am	10:55 am	Level 4 Stroke Introduction 6-12	02201-47	\$65	\$100	03/08	04/19
11:00 am	11:30 am	Stage 1 Water Acclimation 3-5	02101-33	\$65	\$100	03/08	04/19
11:00 am	11:30 am	Stage 2 Water Movement 3-5	02101-24	\$65	\$100	03/08	04/19
11:00 am	11:30 am	Stage 3 Water Stamina 3-5	02101-82	\$65	\$100	03/08	04/19
11:00 am	11:30 am	Stage 4 Stroke Introduction 3-5	02102-06	\$65	\$100	03/08	04/19
11:35 am	12:20 pm	Level 2 Water Movement 6-12	02201-81	\$65	\$100	03/08	04/19
11:35 am	12:20 pm	Level 3 Water Stamina 6-12	02202-23	\$65	\$100	03/08	04/19
11:35 am	12:20 pm	Level 5 Stroke Development 6-12	02202-30	\$65	\$100	03/08	04/19
11:35 am	12:20 pm	Level 6 Stroke Mechanics 6-12	02202-43	\$65	\$100	03/08	04/19
12:30 am	1:15 pm	Level 1 Water Acclimation 6-12	02203-04	\$65	\$100	03/08	04/19
12:30 pm	1:15 pm	Level 5 Stroke Development 6-12	02202-31	\$65	\$100	03/08	04/19
12:30 pm	1:15 pm	Youth Stroke 6-13	02501-03	\$110	\$155	03/08	04/19
1:20 pm	2:05 pm	Levels 3/4 -Stamina/Introduction	02203-05	\$65	\$100	03/08	04/19

Adult Swim Lessons Thursdays: Total of 8 Classes Adult Stroke Clinic Mondays & Wednesdays: Total of 15 Classes

Start	End	Classes: Mon-Fri	Class Code	Full M.	Program M.	Start Day	Last Day
6:15 am	7:15 am	Adult Stroke Clinic: Mon-Wed	02301-11	\$130	\$180	03/02	04/22
9:20 am	10:10 am	Adult Stage 1/2: Thursday	02301-05	\$80	\$120	03/05	04/23
10:15 am	11:05 am	Adult Stage 3/4: Thursday	02301-03	\$80	\$120	03/05	04/23
11:10 am	12:00 pm	Adult Stage 5/6: Thursday	02301-04	\$80	\$120	03/05	04/23

Free swim evaluations for group swim lessons for all age groups.

Please feel free to schedule an evaluation with Aquatics Coordinator, Charles Pabon, at charles.pabon@ymcad.org.

Adult Swim Lessons - for ages 18 and up

Adult I (Level 1/2) - adults with fear of water or limited water experience. Teaches basic swimming skills, deep water introduced

Adult II (Level 3/4) - adults with basic knowledge of freestyle & backstroke. Skills strengthened, deep water

Adult III (Level 5/6) - adults comfortable in deep water. Form improved and new strokes introduced with emphasis on endurance and mastering skills



YMCA Water Fitness Classes

YMCA FAIRFAX COUNTY RESTON

Aquatics Director: Vladimir Hrnciar
 Assistant Aquatic Director: Milica Mijacic
 Aquatics Coordinator : Charles Pabon

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00–7:45 am WATER FITNESS ROBERT	6:30–7:15 am HIGH IMPACT VANESSA	6:30–7:15 am WATER FITNESS TERRI	6:30–7:15 am HIGH IMPACT VANESSA	6:30–7:15 am WATER FITNESS TERRI		
8:30–9:15 am WATER FITNESS LESLIE	8:30–9:15 am WATER FITNESS JODY	8:30–9:15 am WATER FITNESS VANESSA	8:30–9:15 am WATER FITNESS TERRI	8:30–9:15 am WATER FITNESS LESLIE	7:15–8:00 am WATER FITNESS TERRI	8:15–9:00 am WATER FITNESS Rober/Terri
9:15–10:00 am LOW IMPACT LESLIE		9:15–10:00 am LOW IMPACT VANESSA		9:15–10:00 am LOW IMPACT LESLIE		
12:00–12:45 pm WATER FITNESS VANESSA	12:00–12:45 pm WATER FITNESS SUSAN	12:00–12:45 pm WATER FITNESS VANESSA	12:00–12:45 pm HIGH IMPACT JODY	12:00–12:45 pm WATER FITNESS SUSAN		
7:15–8:00 pm WATER FITNESS NANCY		7:15–8:00 pm WATER FITNESS TERRI	7:15–8:00 pm WATER FITNESS NANCY			

All water fitness classes are free for Y members.

WATER FITNESS

A combination of aerobics and strength training for all fitness levels.

LOW IMPACT

Low intensity and slower movements. Ideal for pre-natal and arthritis.

HIGH IMPACT

Higher intensity to increase heart rate and improve fitness level.



YMCA Swim Teams



WATER WOLVES

The Water Wolves' mission is consistent with the YMCA: build an individual's spirit, mind and body while supporting youth development, healthy living and social responsibility. The Swim Team will give each swimmer the opportunity regardless of their ability to reach their highest potential. 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 information, contact our Head Swim Coach Adam Orton at Adam.Orton@ymcadc.org or on our website <https://www.teamunify.com/Home.jsp?tabid=0&team=vayfcrww>

MASTER SWIM

The YMCA Master Swim program is designed to provide workouts for adults of all levels seeking to develop their technique, stroke mechanics, and overall physical fitness. Our practices are led by experienced coaches who love to share their passion for swimming with others.

Master Swimming will improve your swimming and lifestyle through:

- Coached workouts
- Personal growth and development
- Meaningful relationships

For details, contact Aquatics Coordinator Charles Pabon at Charles.pabon@ymcadc.org.

Master Swim Group

MONDAY & THURSDAY • January 6–May 21 • No class on holidays

Start	End	Class	Class Code	Full Priv.	Program
8:15 pm	9:30 pm	Master Swim Group	02301-52	\$350	\$450



Other YMCA Aquatics Programs

PRIVATE LESSONS

Try a private or semi-private lesson. Lessons are available for all ages and abilities. Private lessons are one-on-one instruction. Semi-private lessons are for groups of 2 or 3 people. For price and availability please contact the aquatics department.

If you are interested in taking Private Swim Lessons with one of our instructors, please follow the directions below:

- Please complete the attached Private Swim Lesson Registration Form.
- Give the form to the front desk and submit your payment.
- Please allow 2-7 days for us to process your form.
- After we receive the payment, you will be given vouchers. Each voucher is valid for one (1) 30-minute private lesson.

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 at 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.

AQUATICS CAMP 2020

We are extremely excited to be hosting both non-swimmers and swimmers of various levels this summer here at the YMCA Fairfax County Reston for the 2020 Aquatics Camp!!! Our mission is to instill confidence in the water for each member of our camp this summer, and to have each camper experience a rewarding and fun experience during their time in and out of the water. We truly strive to create a different and memorable experience for each camper in our summer program.

- Mini Aquatics Camp for ages 4-5 years
- Junior Aquatics Camp for ages 6-8 years
- Senior Aquatics Camp for ages 9-12 years
- Water Polo Camp for ages 8-13 years
- Triathlon Camp for ages 8-13 years
- Junior Lifeguard Camp for ages 12-15 years

