



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE STRONG BE CONFIDENT

YMCA SILVER SPRING AQUATICS GUIDE

Spring I Session
March 2 – April 26, 2020

No classes April 12 (Easter Sunday)

Registration begins on
February 3 for Full Members and
February 10 for Program Members



WELCOME!

YMCA Silver Spring Aquatic Programs

Spring I Session

March 2 – April 26, 2020

No classes April 12 (Easter Sunday)

Registration begins on
February 9 for Full Members and
February 10 for Program Members



YMCA SILVER SPRING

9800 Hastings Drive
Silver Spring, MD 20901

301-585-2120

www.ymcadc.org

facebook.com/ymcadc

twitter.com/ymcadc

HOURS OF OPERATION:

Monday–Friday:

Indoor pool: 5am–9:45pm

Outdoor pool: 6am–8pm

Saturday–Sunday:

Indoor pool: 6am–7:45pm

Outdoor pool: 7am–6:00pm

FOR MORE INFORMATION ON AQUATICS PROGRAMS CONTACT:

Aquatics Office: 301-585-2120 x2518

Jarrod Bennett, Aquatics Director
jarrod.bennett@ymcadc.org

Peter Lord, Assistant Aquatics Director
peter.lord@ymcadc.org

Henry Martinez, Aquatics Operation Coordinator
henry.martinez@ymcadc.org

Natalya Schill, Aquatics Program Coordinator
natalya.schill@ymcadc.org

Aljahai "John" Henley, Head Coach
aljahai.henley@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 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. The credits on members account are only good for 1 year. After that year, they will expire.
- 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.

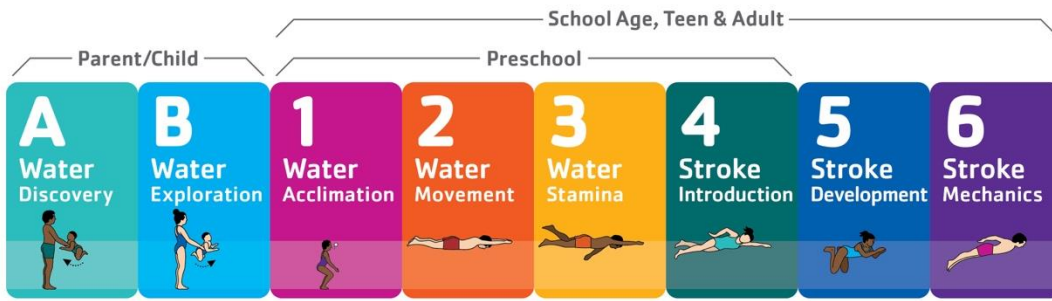
MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

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.

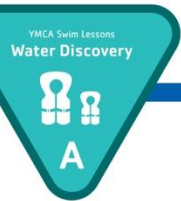
One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Y swim instructors are nationally certified. Their training includes CPR, AED, First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

Aquatics Director: Jarrod Bennett

Assistant Aquatics Director: Peter Lord

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

Registration begins February 3 for Full Members and February 10 for Program Members.

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



AGE GROUPS: Infant/Toddler: 6–36m • Preschool: 3–5y • Youth: 6–12y • Teen/Adult: 13y and up

MONDAY					
Start	End	Class	Class Code	Full Priv.	Program
4:00 PM	4:30 PM	Pre Stage 1 & 2	02101-25	\$96	\$144
4:00 PM	4:40 PM	Youth Stage 2 & 3	02201-10	\$120	\$160
4:35 PM	5:15 PM	Youth Stage 3 & 4	02202-26	\$120	\$160
4:45 PM	5:15 PM	Pre Stage 2 & 3	02101-31	\$96	\$144
8:00 PM	8:40 PM	Adult/ Teen Swim Basics	02301-01	\$120	\$160

TUESDAY					
Start	End	Class	Class Code	Full Priv.	Program
4:00 PM	4:40 PM	Youth Stage 2 & 3	02201-11	\$120	\$160
4:00 PM	4:40 PM	Youth Stage 3 & 4	02202-46	\$120	\$160
4:45 PM	5:15 PM	Pre Stage 1 & 2	02101-27	\$96	\$144
4:45 PM	5:15 PM	Pre Stage 3 & 4	02101-01	\$96	\$144
5:20 PM	6:00 PM	Youth Stage 5	02203-08	\$120	\$160

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WEDNESDAY					
Start	End	Class	Class Code	Full Priv.	Program
4:00 PM	4:30 PM	Pre Stage 1 & 2	02101-02	\$96	\$144
4:00 PM	4:40 PM	Youth Stage 1 & 2	02201-03	\$120	\$160
4:45 PM	5:15 PM	Pre Stage 3 & 4	02101-03	\$96	\$144
4:35 PM	5:15 PM	Youth Stage 2 & 3	02202-05	\$120	\$160
8:00 PM	8:40 PM	Adult / Teen Stage 4 & 5	02301-02	\$120	\$160

THURSDAY					
Start	End	Class	Class Code	Full Priv.	Program
4:00 PM	4:30 PM	Pre Stage 2 & 3	02101-10	\$96	\$144
4:00 PM	4:40 PM	Youth Stage 3 & 4	02201-09	\$120	\$160
4:45 PM	5:15 PM	Pre Stage 3 & 4	02101-05	\$96	\$144
4:35 PM	5:15 PM	Youth Stage 5 & 6	02202-01	\$120	\$160

FRIDAY					
Start	End	Class	Class Code	Full Priv.	Program
9:30 AM	10:00 AM	Homeschool Advanced	02204-96	\$100	\$120
10:00 AM	10:30 AM	Homeschool Intermediate	02204-95	\$100	\$120
10:30 AM	11:00 AM	Homeschool Beginner	02204-94	\$100	\$120
6:00 PM	7:15 PM	Water Polo	02501-30	\$112	\$144

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YMCA Swim Lesson Schedule

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SATURDAY					
Start	End	Class	Class Code	Full Priv.	Program
9:00 AM	9:30 AM	Stage A: Water Discovery	02102-10	\$96	\$144
9:00 AM	9:30 AM	Pre Stage 1	02101-09	\$96	\$144
9:00 AM	9:30 AM	Pre Stage 2	02101-19	\$96	\$144
9:35 AM	10:05 AM	Stage B: Water Exploration	02101-20	\$96	\$144
9:35 AM	10:05 AM	Pre Stage 1	02101-11	\$96	\$144
9:35 AM	10:05 AM	Pre Stage 3	02101-04	\$96	\$144
10:10 AM	10:50 AM	Youth Stage 1 & 2	02201-06	\$120	\$160
10:10 AM	10:50 AM	Youth Stage 2 & 3	02202-27	\$120	\$160
10:10 AM	10:50 AM	Youth Stage 3 & 4	02202-44	\$120	\$160
11:00 AM	11:30 AM	Pre Stage 2	02101-40	\$96	\$144
11:00 AM	11:30 AM	Pre Stage 3	02101-06	\$96	\$144
11:00 AM	11:30 AM	Pre Stage 4	02101-08	\$96	\$144
11:35 AM	12:15 PM	Youth Stage 2 & 3	02202-51	\$120	\$160
11:35 AM	12:15 PM	Youth Stage 3 & 4	02202-52	\$120	\$160
11:35 AM	12:05 PM	Pre Stage 1 & 2	02101-15	\$96	\$144
12:10 PM	12:40 PM	Pre Stage 2 & 3	02101-16	\$96	\$144
12:20 PM	1:00 PM	Youth Stage 3 & 4	02203-09	\$120	\$160
12:20 PM	1:00 PM	Youth Stage 5 & 6	02202-02	\$120	\$160
12:45 PM	1:15 PM	Pre Stage 3 & 4	02101-17	\$96	\$144

AGE GROUPS: Infant/Toddler: 6–36m • Preschool: 3–5y • Youth: 6–12y • Teen/Adult: 13y and up

YMCA Swim Lesson Schedule

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SUNDAY					
Start	End	Class	Class Code	Full Priv.	Program
9:00 AM	9:40 AM	Youth Stage 3 & 4	02203-01	\$105	\$140
9:00 AM	9:40 AM	Youth Stage 2 & 3	02202-09	\$105	\$140
9:00 AM	9:40 AM	Youth Stage 1 & 2	02201-07	\$105	\$140
9:45 AM	10:15 AM	Stage A: Water Discovery	02102-11	\$84	\$126
9:45 AM	10:15 AM	Pre Stage 2	02101-30	\$84	\$126
9:45 AM	10:15 AM	Pre Stage 1	02101-18	\$84	\$126
10:20 AM	10:50 AM	Stage B: Water Exploration	02101-21	\$84	\$126
10:20 AM	11:00 AM	Youth Stage 4 & 5	02202-08	\$105	\$140
10:20 AM	11:00 AM	Youth Stage 3 & 4	02202-50	\$105	\$140
11:05 AM	11:35 AM	Pre Stage 1	02101-07	\$84	\$126
11:05 AM	11:35 AM	Pre Stage 3	02102-07	\$84	\$126
11:05 AM	11:35 AM	Pre Stage 2	02101-35	\$84	\$126
11:40 AM	12:10 PM	Pre Stage 1 & 2	02101-36	\$84	\$126
11:40 AM	12:10 PM	Pre Stage 2 & 3	02101-37	\$84	\$126
11:40 AM	12:20 PM	Youth Stage 5 & 6	02202-13	\$105	\$140
12:15 PM	12:45 PM	Pre Stage 1 & 2	02101-38	\$84	\$126
12:15 PM	12:45 PM	Pre Stage 3 & 4	02101-39	\$84	\$126
12:25 PM	1:05 PM	Youth Stage 3 & 4	02201-12	\$105	\$140

YMCA Water Fitness Classes

LOW INTENSITY

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.

LOW TO MODERATE INTENSITY

Shallow Water Aerobics:

This class is designed to help students 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 students 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. 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 students thorough instruction.

Deep Water Strong:

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

Aqua Boot Camp:

The most intense aerobics classes we offer uses body sculpting, interval training, and aqua kick. They combine straight training and aerobic conditioning with water resistance to give you an awesome overall body workout.



YMCA Water Fitness Class Schedule

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MONDAY 3/2 - 4/20 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:45 am	9:30 am	Shallow Water Aerobics	02401-01	\$66	\$116
9:45 am	10:30 am	Deep Water Aerobics	02401-11	\$66	\$116
11:00 am	11:45 am	Deep Water Aerobics	02401-12	\$66	\$116

TUESDAY 3/3 - 4/21 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:15 am	9:00 am	Deep Water Strong	02401-13	\$66	\$116
11:00 am	11:45 am	Arthritis Locomotion	02401-17	\$66	\$116
7:30 pm	8:15 pm	Deep Water Aerobics	02401-10	\$66	\$116

WEDNESDAY 3/4 - 4/22 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:45 am	9:30 am	Shallow Water Aerobics	02401-03	\$66	\$116
9:45 am	10:30 am	Deep Water Aerobics	02401-19	\$66	\$116
10:45 am	11:30 am	Deep Water Aerobics	02401-04	\$66	\$116

THURSDAY 3/5 - 4/23 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:15 am	9:00 am	Deep Water Strong	02401-20	\$66	\$116
11:00 am	11:45 am	Arthritis Locomotion	02401-18	\$66	\$116
7:30 pm	8:15 pm	Deep Water Aerobics	02401-06	\$66	\$116

FRIDAY 3/6 - 4/24 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:45 am	9:30 am	Shallow Water Aerobics	02401-07	\$66	\$116
9:45 am	10:30 am	Deep Water Aerobics	02401-08	\$66	\$116
10:45 am	11:30 am	Deep Water Aerobics	02401-09	\$66	\$116

Each class sold separately.

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.

YMCA Swim Teams



YMCA SILVER SPRING
Piranhas

PIRANHAS

The YMCA Silver Spring Piranhas 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 Aljahai John Henley at aljahai.henley@ymcadc.org.

MASTER SWIM

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

For more info contact Jarrod Bennett at jarrod.bennett@ymcadc.org.

MONDAY & Thursday 3/2 - 4/23 • 8 weeks

Start	End	Class	Class Code	Full Priv.	Program
8:45 pm	9:45 pm	Master Swim	02301-06	\$112	\$140

Class schedule subject to change based on instructor availability.



Other YMCA Aquatics Programs

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. 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.

SPLASH POOL PARTY

The YMCA Silver Spring 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 only from 3:00pm–8:00pm.

Contact Jarrod Bennett at

jarrod.bennett@ymcadc.org or 301-585-2120 with questions or to make a reservation.

WATER POLO

This class is designed to have a direct impact on overall water polo game and let you have fun doing it. While fitness is a key aspect of great water polo players, our philosophy focuses on fundamental position, ball skills and scrimmaging. Therefore, the main focus will be on review of all fundamental aspects of the game. From basic defensive position, to drive shooting; this program is sure to enhance all levels of swimming and increase swimming endurance while having fun.

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.

