FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter I (01/03-02/13)

Aquatics

Parent/Child Stage 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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 9:00 - 9:30am	Max 3	$60.00/$120.00
Winter I	Tue 5:20 - 5:50pm	Max 3	$60.00/$120.00

Parent/Child Stage B Water Exploration

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 11:00 - 11:30am	Max 4	$60.00/$120.00
Winter I	Thurs 6:00 - 6:30pm	Max 4	$60.00/$120.00
Winter I	Tue 6:00 - 6:30pm	Max 4	$60.00/$120.00

Preschool Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 9:40 - 10:10am	3-5	$60.00/$120.00
Winter I	Thur 10:00 - 10:30am	3-5	$60.00/$120.00
Winter I	Thur 5:20 - 5:50pm	3-5	$60.00/$120.00
Winter I	Tues 10:00 - 10:30am	3-5	$60.00/$120.00
Winter I	Tues 4:40 - 5:10pm	3-5	$60.00/$120.00

Preschool Stage 2 Water Movement

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 10:20 - 10:50pm	3-5	$60.00/$120.00
Winter I	Thur. 10:40 - 11:10am	3-5	$60.00/$120.00
Winter I	Thurs 4:40 - 5:10pm	3-5	$60.00/$120.00
Winter I	Tues 10:40 - 11:10am	3-5	$60.00/$120.00
Winter I	Tues 5:20 - 5:50pm	3-5	$60.00/$120.00

Preschool Stage 3 Water Stamina

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 9:40 - 10:10am	3-5	$60.00/$120.00
Winter I	Thurs 4:40 - 5:10pm	3-5	$60.00/$120.00
Winter I	Thurs 6:00 - 6:30pm	3-5	$60.00/$120.00
Winter I	Tues 6:00 - 6:30pm	3-5	$60.00/$120.00

Youth Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 9:00 - 9:30am	5-12	$60.00/$120.00
Winter I	Thurs 5:20 - 5:50pm	5-12	$60.00/$120.00
Winter I	Tues 5:20 - 5:50pm	5-12	$60.00/$120.00

Youth Stage 2 Water Movement

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 10:20 - 10:50am	5-12	$60.00/$120.00
Winter I	Thurs 6:00 - 6:30pm	5-12	$60.00/$120.00
Winter I	Tues 4:40 - 5:10pm	5-12	$60.00/$120.00

Youth Stage 3 Water Stamina

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 11:00 - 11:30am	5-14	$60.00/$120.00
Winter I	Thur 5:20 - 5:50pm	5-14	$60.00/$120.00
Winter I	Tues 6:00 - 6:30pm	5-14	$60.00/$120.00

Youth Stage 4 Stroke Introduction

Students 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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 9:00 - 9:45am	5-14	$60.00/$120.00
Winter I	Thur 5:35 - 6:20pm	5-14	$60.00/$120.00
Winter I	Tues 4:40 - 5:25pm	5-14	$60.00/$120.00

Youth Stage 5 Stroke Development

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 10:00 - 10:45am	6-14	$60.00/$120.00
Winter I	Tues 5:35 - 6:20pm	6-14	$60.00/$120.00

Youth Stage 6 Stroke Mechanics

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 10:00 - 10:45am	6-14	$60.00/$120.00
Winter I	Tues 5:35 - 6:20pm	6-14	$60.00/$120.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 8:25 - 8:55am	15-95	$60.00/$120.00

Aqua Aerobics

Aqua Aerobics (16 years and up) Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout without the need for swimming skills. Aqua aerobics is held in both shallow and deep parts of the pool.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thurs 10:00 - 10:50 am	16-99	$21.00/$72.00
Winter I	Tues 10:00 - 10:50 am	16-99	$21.00/$72.00
Winter I	Tues and Thurs, 6:35-7:20	16-99	$21.00/$72.00

Swim Team

Ses	Days & Times	Ages	Mem/Program
Winter I	February 2027 Post season program f	5-18	$75.00/$75.00