

AQUATICS

Gleason Family YMCA

*Monday/Tuesday programs will be pro-rated to account for the 12/31 & 1/1 holidays.



Winter Session • January 2 – February 17, 2019 (7 weeks)

	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THUR	FRI	SAT	SUN	
INFANT	Stage A - Water Discovery	6 mos - 36 mos	M: \$50 PM: \$96	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm	
	Stage B - Water Exploration	6 mos - 36 mos	M: \$50 PM: \$96	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm	
PRESCHOOL	Stage B - Water Exploration	3-5	M: \$50 PM: \$96	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:30 am 11:30 am	10:30 am 12:30 pm	
	Stage 1 - Water Acclimation	3-5	M: \$50 PM: \$96	30 min	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	10:30 am 11:30 am 3:30 pm 4:00 pm 5:00 pm	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	10:30 am 11:30 am 3:30 pm 4:00 pm 5:00 pm	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	9:00 am 10:00 am 10:30 am 11:00 am 11:30 am	10:00 am 10:30 am 11:00 am 11:30 am 12:00 pm 12:30 pm	
	Stage 2 - Water Movement	3-5	M: \$50 PM: \$96	30 min	10:30 am 3:30 pm 4:30 pm 5:30 pm	10:30 am 3:30 pm 4:30 pm	10:30 am 3:30 pm 4:30 pm 5:30 pm	10:30 am 3:30 pm 4:30 pm	10:30 am 3:30 pm 4:30 pm 5:30 pm	9:30 am 10:30 am 11:00 am	10:00 am 11:00 am 11:30 am 12:00 pm	
	Stage 3 - Water Stamina	3-5	M: \$50 PM: \$96	30 min	3:30 pm 4:00 pm 5:30 pm	10:00 am 3:30 pm 4:00 pm	3:30 pm 4:00 pm 5:30 pm	10:00 am 3:30 pm 4:00 pm	3:30 pm 4:00 pm 5:30 pm	9:30 am 11:30 am	10:30 am 11:30 am 12:30 pm	
	Stage 4 - Stroke Introduction	4-5	M: \$50 PM: \$96	30 min	3:30 pm 4:30 pm 5:30 pm	10:00 am 3:30 pm 4:30 pm	3:30 pm 4:30 pm 5:30 pm		3:30 pm 4:30 pm 5:30 pm	9:30 am 11:30 am	10:30 am 11:30 am 12:30 pm	
	SNAP	3-5	M: \$62 PM: \$118	30 min	3:00 pm	3:30 pm	3:00 pm	3:30 pm	3:00 pm			
		Stage 1 - Water Acclimation	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm
YOUTH	Stage 2 - Water Movement	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm	
	Stage 3 - Water Stamina	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	9:00 am 11:00 am	10:00 am 12:00 pm	
	Stage 4 - Stroke Introduction	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	9:00 am 11:00 am	10:00 am 12:00 pm	
	Stage 5 - Stroke Development	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	10:00 am	11:00 am	
	Stage 6 - Stroke Mechanics	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	10:00 am	11:00 am	
	Competitive Swim	6+	M: \$58 PM: \$112	45 min	5:30 pm		5:30 pm		5:30 pm		1:00 pm	
	Advanced Water Sports	8-14	M: \$58 PM: \$112	45 min	5:30 pm		5:30 pm		5:30 pm		1:00 pm	
	SNAP	6+	M: \$92 PM: \$176	45 min	3:15 pm	5:30 pm	3:15 pm	5:30 pm	3:15 pm			
ADULT	Stage 1 - Water Acclimation	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm	
	Stage 2 - Water Movement	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm	
	Stage 3 - Water Stamina	15+	M: \$58 PM: \$112	45 min		5:30 pm		6:15 pm			1:00 pm	
	Stage 4 - Stroke Introduction	15+	M: \$58 PM: \$112	45 min		5:30 pm		6:15 pm			1:00 pm	
	Stage 5 - Stroke Development	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm	
	Stage 6 - Stroke Mechanics	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm	
	Master's Style Swim Conditioning 1	15+	M: \$80 PM: \$137	60 min	5:30 pm		5:30 pm				1:00 pm	
	Master's Style Swim Conditioning 2	15+	M: \$75 PM: \$128	90 min		5:30 pm		5:30 pm				

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Winter Session • January 2 – February 17, 2019 (7 weeks)

SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY
Introduces infants and toddlers to the aquatic environment.

STAGE B WATER EXPLORATION
Parents work with their children to learn fundamental safety and aquatic skills.

STAGE 1 WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit the pool.

STAGE 2 WATER MOVEMENT
Students focus on body position and control, directional change, and forward movement in the water.

STAGE 3 WATER STAMINA
Students learn how to swim to safely for a longer distance. Rhythmic breathing and integrated arm and leg actions are introduced.

STAGE 4 STROKE INTRODUCTION
Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

STAGE 5 STROKE DEVELOPMENT
Students work on stroke technique in all major competitive strokes.

STAGE 6 STROKE MECHANICS
Students refine stroke technique in all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

FEBRUARY VACATION SWIM LESSONS

Monday – Friday of February Vacation Week

5 consecutive days of lessons for all swimming abilities. This program is designed to introduce children to swimming and to strengthen the skills of current swimmers.

Beginner • Ages 3-5
Ratio 1:5

10:30 - 11:00 am
11:30 am - 12:00 pm
4:30 - 5:00 pm
5:30 - 6:00 pm

Beginner • Ages 6+
Ratio 1:6

10:30 - 11:00 am
11:30 am - 12:00 pm
4:30 - 5:00 pm
5:30 - 6:00 pm

Advanced • Ages 4-5
Ratio 1:5

10:00 - 10:30 am
11:00 - 11:30 am
4:00 - 4:30 pm
5:00 - 5:30 pm

Advanced • Ages 6+
Ratio 1:8

10:00 - 10:30 am
11:00 - 11:30 am
4:00 - 4:30 pm
5:00 - 5:30 pm

Members: \$32 | Program Participants: \$60