

# AQUATICS



## Fall River YMCA

Spring 2 Session • April 22 – June 16, 2019

### AQUATIC PROGRAMS

#### AQUATIC CONDITIONING

This Program is designed for those students who have graduated from stage 4 preschool and stage 6 youth, who express interest in swim team or progressing their stroke. There will be strong focus on the technical component of swim strokes and building the swimmers stamina for competition.

##### Preschool (ages 3-5):

**Mondays:** 6:30-7:00pm

**Saturdays:** 9:00-9:30am

##### Youth (ages 6-12):

**Tuesdays:** 6:00-6:45pm

**Thursdays:** 5:15-6:00pm

**Members:** \$50 | **Program Participants:** \$96

#### MASTERS SWIM

This class is for advanced swimmers who like to improve technique, follow a routine or just get a good workout. Each class will be guided by an instructor who can make adjustments to the routine to fit your skill level. They will also be available to review stroke mechanics and help improve stamina.

**Adults (aged 19+): Mondays:** 5:45-6:45am

**Members:** \$58 | **Program Participants:** \$112

#### SAFETY AROUND THE WATER

This Program introduces children to techniques used to stay safe around open water. They will learn how to help themselves, as well as other if faced with a water emergency. The basic swimming skills will be introduced, as well as safe practices in and out of the water. Those students who take part in safety around the water may continue with the swim program if desired.

##### BEGINNER: Preschool (ages 3-5)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Saturdays:** 10:20-10:50am

**Members:** \$50 | **Program Participants:** \$96

##### INTERMEDIATE: Preschool (ages 3-5)

Encourages forward movement in water and basic self-rescue skills performed independently.

**Tuesdays:** 5:00-5:30pm

**Members:** \$50 | **Program Participants:** \$96

##### ADVANCED: Preschool (ages 3-5)

Develops self-rescue skills performed at longer distances than in previous stages.

**Thursdays:** 5:30-6:00pm

**Members:** \$50 | **Program Participants:** \$96



#### SPRING SWIM TEAM

**10 and Under:** Monday & Wednesday, 6:00 – 7:00pm  
Friday, 5:00 – 6:00pm

**11 and Over:** Monday & Wednesday, 7:00 – 8:00pm  
Friday, 6:00 – 7:00pm

**Members:** \$144 | **Program Participants:** \$192



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### SWIM SCHEDULE AT A GLANCE

	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THUR	FRI	SAT	SUN
PRESCHOOL	Stage A - Infant/Toddler Water Discovery	6 mos-36 mos	M: \$50 PM: \$96	30 min		10:00 am	5:30pm	4:00 pm	10:00 am	9:40 am	
	Stage B - Infant/Toddler Water Exploration	6 mos-36 mos	M: \$50 PM: \$96	30 min		5:30 pm		10:30 am	4:30 pm	10:20 am	
	Preschool 1 - Water Acclimation	3-5yrs	M: \$50 PM: \$96	30 min	6:00 pm	11:00 am	4:30 pm	5:00 pm	5:00pm	9:00 am	10:00 am
	Preschool 2 - Water Movement	3-5yrs	M: \$50 PM: \$96	30 min	5:00 pm	10:30 am & 6:30 pm	6:00 pm	4:30 pm	4:00 pm	11:00 am	10:30 am
	Preschool 3 - Water Stamina	3-5yrs	M: \$50 PM: \$96	30 min	5:30 pm	7:00 pm	6:30pm	10:00 am		9:40 am	10:00 am
	Preschool 4 - Stroke Introduction	3-5yrs	M: \$50 PM: \$96	30 min		6:00 pm	5:00 pm	11:00 am	5:30 pm	11:00 am	10:30 am
YOUTH	School Age 1 - Water Acclimation	6+	M: \$58 PM: \$112	45 min	5:30 pm	6:45 pm		6:00 pm	5:30 pm	9:00 am	11:00 am
	School Age 2 - Water Movement	6+	M: \$58 PM: \$112	45 min	4:45 pm		5:30 pm		4:00 pm	10:00 am	9:00 am
	School Age 3 - Water Stamina	6+	M: \$58 PM: \$112	45 min	4:00 pm	4:00pm	6:15 pm	4:30 pm	4:45 pm	11:00 am	9:00 am
	School Age 4 - Stroke Introduction	6+	M: \$58 PM: \$112	45 min	6:15 pm		4:00 pm	6:45 pm		9:00 am	11:00 am
	School Age 5 - Stroke Development	6+	M: \$58 PM: \$112	45 min	4:00 pm		7:00 pm	6:00 pm	6:15 pm	10:00 am	
	School Age 6 - Stroke Mechanics	6+	M: \$58 PM: \$112	45 min	7:00 pm	5:15 pm	4:45 pm		6:15 pm	11:00 am	
ADULT	Teen 1	13-18	M: \$58 PM: \$112	45 min							
	Teen 2	13-18	M: \$58 PM: \$112	45 min			6:45 pm				
	Adult 1	18+	M: \$58 PM: \$112	45 min	6:45 pm						
	Adult 2	18+	M: \$58 PM: \$112	45 min				6:45 pm			

### Fall River YMCA

199 N Main St. • Fall River, MA 02720 • 508.675.7841 • ymcase.org

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### SWIM LESSON SELECTOR

#### STAGE A- WATER DISCOVERY

Your infant or toddler will be introduced to the aquatic environment. This is an introduction to water class.

\*FOR AGES 6 MONTHS-3 YEARS  
\*PARENT /CHILD CLASS'

#### STAGE B- WATER EXPLORATION

Your child will now begin to explore body positions in the water, blowing bubbles, and begin to learn fundamental safety and aquatic skills.

\*FOR AGES 6MONTHS-3 YEARS  
\*PARENT /CHILD CLASS

#### STAGE 1- WATER ACCLIMATION

Your child will learn to be comfortable with underwater exploration and will be taught basic water safety skills performed with assistance from the instructor.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

#### STAGE2- WATER MOVEMENT

Your child will learn how to make forward movement in the water and continue to master water safety skills independently.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

#### STAGE 3 - WATER STAMINA

Your child will continue to master their self-rescue and water safety skills independently. They will be able to perform these skills for longer distances, improving their endurance.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

#### STAGE4- STROKE INTRODUCTION

Your child will be introduced to basic stroke technique in front crawl and back crawl. They will also reinforce their water safety skills by learning treading water and elementary backstroke.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS  
THIS IS THE HIGHEST STAGE FOR PRESCHOOL AGE

#### STAGE 5- STROKE DEVELOPMENT

Your child will be introduced to breast stroke and butterfly, as well as reviewing and continuing to master front crawl and back crawl. They will reinforce their water safety skills by learning sidestroke and continuing to practice treading water.

THIS IS A 45 MINUTE CLASS ONLY

#### STAGE 6- STROKE MECHANICS

You child will refine their stroke technique on all major competitive strokes and will be encouraged to include swimming as a part of a healthy lifestyle.

#### LIFEGUARD CERTIFICATION

Designed to train individuals to become certified lifeguards. Instruction for equipment rescue, preventative safety, water assists, defenses, escapes and emergency procedures. Training in CPR PRO, AED, Oxygen and First Aid included. Must be 16. Please call 508.675.7841 x121 for information.

Certification Fee: \$350.00  
Recertification for Y lifeguards: \$35  
Crossover from Red Cross, etc: \$150

#### PRIVATE & SPECIAL NEEDS SWIM LESSONS

Thirty minute one-on-one lessons with an instructor available upon request. Please call 508.675.7841 x121 to set up a time.

#### PRIVATE CLASSES:

Per Class: Members | \$30 Program Members \$50  
Sold in books of 5 (5 lessons for the price of 4)  
Members \$120 | Program Participants \$200

#### SEMI-PRIVATE CLASSES:

Per Class: Members | \$45 Program Members \$70  
Sold in books of 5 (5 lessons for the price of 4)  
Members \$180 | Program Participants \$280

