

# AQUATICS

## Gleason Family YMCA

\* PLEASE NOTE \*  
No classes on Labor Day,  
Monday 9.2.19. Prices pro-rated.



Fall 1 Session • September 4 - October 27, 2019

	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	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			
YOUTH	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	11:00 am 12:00 pm	
	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 7:00 pm		6:15 pm 7:00 pm			1:00 pm	
	Stage 2 - Water Movement	15+	M: \$58 PM: \$112	45 min		6:15 pm 7:00 pm		6:15 pm 7:00 pm			1:00 pm	
	Stage 3 - Water Stamina	15+	M: \$58 PM: \$112	45 min		6:15 pm 7:00 pm		6:15 pm 7:00 pm			1:00 pm	
	Stage 4 - Stroke Introduction	15+	M: \$58 PM: \$112	45 min		6:15 pm 7:00 pm		6:15 pm 7:00 pm			1:00 pm	
	Stage 5 - Stroke Development	15+	M: \$58 PM: \$112	45 min		6:15 pm 7:00 pm		6:15 pm 7:00 pm			1:00 pm	
	Stage 6 - Stroke Mechanics	15+	M: \$58 PM: \$112	45 min		6:15 pm 7:00 pm		6:15 pm 7:00 pm			1:00 pm	
	Master's Style Swim Conditioning 1	15+	M: \$77 PM: \$131	60 min	5:30 pm		5:30 pm				1:00 pm	
	Master's Style Swim Conditioning 2	15+	M: \$80 PM: \$137	90 min		5:30 pm		5:30 pm				

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## SWIM LESSON SELECTOR

**STAGE A WATER DISCOVERY**  
Parents work with infants and toddlers to introduce them to the aquatic environment.

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

For questions on the Riptides Swim Team or Aquatic Programming, contact: Mel Dyer, Senior Program Director at 508.295.9622 x27 or [mdyer@ymcasc.org](mailto:mdyer@ymcasc.org)

**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.

### JR LIFEGUARDING/YASA Ages 12+

This course is designed to train and certify individuals in the knowledge and skills necessary to help prevent and recognize aquatic risks, to assist and alert a lifeguard in an emergency and to build communication & decision making skills while increasing participant's emotional maturity. It will be broken into two courses: one focusing on water rescue skills, the other on safety care skills – CPR for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration. YASA certification is only available to successful participants of 14+ years in both courses; participants of 12-13 years will be able to take the course, but will be unable to receive a YASA certification. Offered in 8 week sessions only.



<b>Safety Skills:</b> Mondays: 5:30-6:30pm	<b>Members:</b> \$78	<b>Program Participants:</b> \$150
<b>Water Skills:</b> Wednesdays: 5:30-6:30pm	<b>Members:</b> \$78	<b>Program Participants:</b> \$150
<b>Combined:</b> Mondays/Wednesdays: 5:30-6:30pm	<b>Members:</b> \$115	<b>Program Participants:</b> \$200



## RIPTIDES SWIM TEAM

### EVALUATION DATES

**Monday, 9/9 | Tuesday, 9/10 | Wednesday, 9/11 | Thursday, 9/12 | Friday, 9/13**

6-8 Year Old Swimmers: 5:30 - 6:00pm | 9-12 Year Old Swimmers: 6:00 - 6:30pm | 13+ Year Old Swimmers: 6:30-7:00pm

**Season Begins Monday, 9/16/19 and runs through the Championship Meet on Sunday, 3/1/2020**

**\*Swim Team Participant must be a member of YMCA SOUTHCOAST  
Fee for Seasonal Swim Team is \$475**

FALL GROUP 1 (6-8 years) • M/W/F - 5:30pm & TU/THR - 4:45pm • (45 minutes)

FALL GROUP 2 (9-12 years) • M/W/F - 6:15pm (75 minutes) & TU/THR - 5:30pm (90 minutes)

FALL GROUP 3 (13+ years) • M/W/F - 7:30PM (75 minutes) & TU/THR - 7:00pm (105 minutes)

# AQUATIC CLASSES

## Gleason Family YMCA



### ADVANCED WATER SPORTS

#### Ages 6+

For swimmers at Youth Stage 5 or higher skills looking for an alternative to traditional swim lessons. The focus will be on other aquatic pursuits including Wetball/Water Polo, Diving, Relays, Snorkling, Synchronized Swimming and classic pool games to build strength, endurance, teamwork and a life-long love of the water.

### AQUATIC EXERCISE CLASSES

These classes are included with your Y membership and may include Aqua Pump, Water Aerobics, Stretch & Flex, Water Yoga, Water Meditation and more. Please see the pool schedule for descriptions of each class and the days/times offered.

### COMPETITIVE SWIM

#### Ages 6+

For swimmers at Youth Stage 5 or higher who are unable to make the commitment for seasonal/conditioning swim team(s), but have the desire to learn more competitive strokes and techniques.

### CREATE YOUR OWN SWIM CLASS

#### Ages 3+

Do you have 3-6 children of similar ages and abilities and are unable to make regular lesson times? Please contact Mel Dyer or Danielle Gilmore at 508.295.9622 to arrange a swim lesson class time that best suits your schedule.

### GFY RIPTIDES SWIM TEAM

#### Ages 6-18

Seasonal Team (September – March)

The swim team is co-ed, competitive (scheduled meets) and geared to help build endurance and improve technique while building a child's social and physical potential. Swimmer must have good command of Freestyle (front crawl), Backstroke and Breaststroke and be a YSOCO member.

### SPRING 1 & SUMMER SWIM TEAM

(Runs in conjunction with regular Aquatic Program Sessions)

A non-competitive, off-season program designed to allow current swim team members to maintain conditioning and new swimmers to investigate competitive swim skills without actually having to compete in meets. Swimmer must be able to swim 25 yards of rudimentary Freestyle and Backstroke and be willing to learn Breaststroke and Butterfly. Evaluations for placement purposes are by appointment only.

### PARTY RENTALS

From the pool to the gym to the climbing wall, room arts & crafts to obstacle courses – the Gleason Y offers the perfect setting for your party, reunion or event. Please contact Mel Dyer at 508.295.9622 x27 or [mdyer@ymcasc.org](mailto:mdyer@ymcasc.org) for details.



### JR LIFEGUARDING/YASA

#### Ages 12+

This course is designed to train and certify individuals in the knowledge and skills necessary to help prevent and recognize aquatic risks, to assist and alert a lifeguard in an emergency and to build communication & decision making skills while increasing participant's emotional maturity. It will be broken into two courses: one focusing on water rescue skills, the other on safety care skills – CPR for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration. YASA certification is only available to successful participants of 14+ years in both courses; participants of 12-13 years will be able to take the course, but will be unable to receive a YASA certification. Offered in 8 week sessions only.

**Safety Skills:** Mondays 5:30-6:30pm

Members: \$78 | Program Participants: \$150

**Water Skills:** Wednesdays 5:30-6:30pm

Members: \$78 | Program Participants: \$150

**Combined:** Mondays & Wednesdays 5:30-6:30pm

Members: \$115 | Program Participants: \$200

### MASTER'S STYLE SWIM CONDITIONING 1

#### Ages 15+ years

Increase your endurance, strength, speed and stroke effectiveness. Focus will be on drill work to increase current swim abilities while building the swimmer's potential as an athlete. Participants must be able to swim 100 consecutive yards (2 laps/4 lengths) of Freestyle.

### MASTER'S STYLE SWIM CONDITIONING 2

#### Ages 15+ years

Class goals are the same as MSSC1, however participants must be able to swim 200 consecutive yards (4 laps/8 lengths) of Freestyle.

### PRIVATE & SEMI PRIVATE SWIM LESSONS

Thirty minute (30) lesson with a certified swim lesson instructor scheduled outside of regular group lesson times.\*

**Single Private Lesson** (1 student: 1 instructor)  
Members: \$30 | Program Participants: \$50

**5 pack bundle Private Lessons**  
Members: \$120 | Program Participants: \$200

**Single Semi Private Lesson** (2-3 students: 1 instructor)  
Members: \$45 | Program Participants: \$70

**5 pack bundle Semi Private Lessons**  
Members: \$180 | Program Participants: \$280

\*By appointment only – please contact the Aquatics Department or the WAR center for a request form.

### MASTER PRIVATE & SEMI PRIVATE SWIM LESSONS

The next level of instruction, thirty minute (30) lesson with a certified swim lesson instructor having more than 5,000 hours of coaching/teaching experience. These lessons are scheduled outside of regular group lesson times.\*

**Single Master Private Lesson** (1 student: 1 instructor)

Members: \$35 | Program Participants: \$55

**5 pack bundle Master Private Lessons:**

Members: \$140 | Program Participants: \$220

**Single Master Semi Private Lesson**

(2-3 students: 1 instructor)

Members: \$50 | Program Participants: \$75

**5 pack bundle Master Semi Private Lessons:**

Members: \$200 | Program Participants: \$300

\*By appointment only – please contact the Aquatics Department or the WAR center for a request form.

### SNAP – SPECIAL NEEDS AQUATIC PROGRAM

#### Preschool Ages 3-5

#### Youth Ages 6+

Introduces children with diverse disabilities to the water. It will focus on water orientation/acclimation, stroke development, aquatic safety, structured and free play. Children must be accompanied in the water by an adult (18+ years) during the program.

### SPECIAL NEEDS OPEN SWIM

A swim time set aside for families with special needs to enjoy quiet time with family members. At least one member of the family must have a diversability to utilize the pool at this time.

### SWIM TESTING

Need a swim test for a sailing school, to crew a boat, for a GSA/BSA badge, for Tabor Academy orientation or other reasons? Please contact our Aquatics Department to schedule an appointment. A \$5 fee will be assessed for simple tests (<15 minutes); a \$15 fee will be assessed for tests of 16-30 minutes.

### PARENT/TOT OPEN SWIM

A quieter pool time for families with children under 6 years of age. Avoid some of the noise, splashing and distractions that may happen during other open swim times and enjoy pool time with parents & young children aged 0-5 years! An adult must accompany children in the water within arm's reach at all times; no more than two children per adult for safety supervision reasons.

**NOTE:** With all group aquatic programs, a minimum of three participants is required to run the class unless otherwise noted in class description.