

SUMMER 7-WEEK SESSION June 11-August 3	A	B	P1	P2	P3	P4	Y1	Y2	Y3	Y4	Y5	Y6
Tues 5:00-5:30 pm			*									
Tues 5:00-5:40 pm							*	*				
Tues 5:30-6:10 pm											*	*
Tues 5:40-6:10 pm					*	*						
Tues 6:10-6:40 pm			*	*								
Tues 6:10-6:50 pm									*			
Tues 6:40-7:20 pm								*				
Tues 6:50-7:30 am							*	*				
Thur 4:15-4:45 pm			*	*								
Thur 4:15-4:55 pm										*		
Thur 4:45-5:25 pm							*	*				
Thur 4:55-5:25 pm			*									
Thur 5:25-5:55 pm					*	*						
Thur 5:25-6:05 pm									*			
Thur 5:55-6:25 pm	*	*										
Thur 6:05-6:35 pm			*	*								
Thur 6:25-6:55 pm				*								
Thur 6:35-7:15 pm								*				
Thur 6:55-7:35 pm										*	*	
Sat 9:00-9:30 am	*	*										
Sat 9:00-9:40 am									*			
Sat 9:30-10:10 am					*	*						
Sat 9:40-10:10 am				*								
Sat 10:10-10:50 am									*	*		
Sat 10:10-10:50 am							*	*				
Sat 10:50-11:20 am			*									
Sat 10:50-11:20 am					*	*						

SUMMER 1 WEEK Stroke/Skill Camp Monday –Friday A: June 3-June 7 E: August 12-August 16	A	B	P1	P2	P3	P4	Y1	Y2	Y3	Y4	Y5	Y6
M-T-W-TH-F 8:15-8:45am			*	*								
M-T-W-TH-F 8:15-8:55am							*	*				
M-T-W-TH-F 8:45-9:20am										*		
M-T-W-TH-F 8:55-9:25am					*	*						
M-T-W-TH-F 9:20-9:50am	*	*										
M-T-W-TH-F 9:25-10:05am									*			
M-T-W-TH-F 9:50-10:30am											*	*
M-T-W-TH-F 10:05-10:35am			*	*								

Preschool Levels:

Classes are 30 min in length

Member: \$35/ Non-Facility Member: \$45/ Program Participants: \$55

Youth Levels:

Classes are 40 min in length

Member: \$45/ Non-Facility Member: \$55/ Program Participants:

SUMMER 3 WEEK AM SESSION Monday & Wednesday B: June 10-June 26 C: July 1-July 17 D: July 22-Aug. 7	A	B	P1	P2	P3	P4	Y1	Y2	Y3	Y4	Y5	Y6
Mon & Wed 8:15-8:45am			*	*								
Mon & Wed 8:15-8:55am							*	*				
Mon & Wed 8:45-9:20am										*		
Mon & Wed 8:55-9:25am					*	*						
Mon & Wed 9:20-9:50am	*	*										
Mon & Wed 9:25-10:05am									*			
Mon & Wed 9:50-10:30am											*	*
Mon & Wed 10:05-10:35am			*	*								

Preschool Levels:

Classes are 30 min in length

Member: \$40/ Non-Facility Member: \$50/ Program Participants: \$60

Youth Levels:

Classes are 40 min in length

Member: \$50/ Non-Facility Member: \$60/ Program Participants:

SUMMER 3 WEEK PM EXPRESS Tues. & Thurs. August 6-August 22	P1	P2	P3	P4	Y1	Y2	Y3	Y4	Y5	Y6	Preschool Levels: Ratio 1:3/4 Classes are 30 min in length Member: \$40 Non-Facility Member: \$50 Program Participants: \$60
T & TH 5:00-5:30 pm		*									Youth Levels: Ratio 1:6/8 Classes are 40 min in length Member: \$50 Non-Facility Member: \$60 Program Participants: \$70
T & TH 5:00-5:40 pm					*		*				
T & TH 5:30-6:10 pm										*	
T & TH 5:40-6:10 pm	*			*							
T & TH 6:10-6:40 pm			*								
T & TH 6:10-6:50 pm						*		*			
T & TH 6:40-7:20 pm									*		
T & TH 6:50-7:20 pm	*	*									
T & TH 7:20-8:00 pm						*	*	*			

Swim Starters A & B:

Ratio 1:10

Classes are 20 min in length

Member: \$35

Non-Facility Member: \$45

Preschool Levels:

Ratio 1:3/4

Classes are 30 min in length

Member: \$45

Non-Facility Member: \$55

Youth Levels:

Ratio 1:6/8

Classes are 40 min in length

Member: \$55

Non-Facility Member: \$65

Program Participants: \$75

Questions or Concerns?

Contact:

Tia Scaletta-Hauschildt,
Aquatics Director

At the Y, we know swimming is a life skill as much as it is great exercise and a challenging sport. In Y classes, you not only learn to swim, but also build self-confidence, learn water safety & rescue skills, have fun, and make new friends. We offer lessons for anyone from 6-months and older, family swim time, and adaptive programs to ensure everyone can swim at the Y.

If low enrollment, classes may be combined, canceled, or changed to premium level. No proration or makeups unless a signed doctors note is in hand.

Swim Starters:
6 MON. - 3 YRS.

A: Water Discovery

Parents accompany children. Introduces infants and toddlers to the aquatic environment through exploration and encourages them to

B: Water Exploration

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Preschool 1 & Youth 1

Water Acclimation

Beginner swimmer with no experience. Will Learn basic skills of blowing bubbles with face in the water, floats, and push offs to instructor.

Preschool 2 & Youth 2

Water Movement

Students should be able to/swim:

- COMFORTABLY PUT FACE IN WATER.
- Front glide 5 feet assisted
- Back glide 5 feet assisted
- Front float 10 seconds assisted
- Back float 10 seconds assisted

Will Learn:

Preschool 3 & Youth 3

Water Stamina

Students should be able to/swim:

- Bob up and down under water
- Front glide 10 feet
- Back glide 10 feet
- Front float 20 seconds
- Back float 20 seconds
- Jump into water
- Treading water

Preschool 4 & Youth 4

Stroke Introduction

Students should be able to/swim:

- Retrieve object down 3.5 feet
- 40 feet on front
- 40 feet on back
- Front float
- Back float
- Jump into water
- Treading water

Youth 5

Stroke Development

Students should be able to/swim:

- 40 feet of Front crawl
- 40 Feet of Breaststroke kick
- 40 feet of Butterfly kick
- 40 feet of Backstroke
- 40 feet of Elementary backstroke
- Sitting dive
- Treading water

Will Learn:

Youth 6

Stroke Mechanics

Students should be able to/swim:

- 25 meters of Front crawl
- 25 meters of Breaststroke
- 25 meters of Butterfly
- 25 meters of Backstroke
- 25 meters of Elementary back stroke
- Kneeling dive
- Treading water

Will Learn:

Preschool: 3-5yrs & Youth 6-12yrs



MAKING A



Summer Registration Dates:

Members & Non-Facility Members:
5/13 through class start date

Program Participants:
5/20 through class start date