

Swim Lessons Continued

Program	Description	Day	Time	Member Fee	Program Member Fee
Adult Beginner Swim (Ages 16 + Years old)	You will learn basic swimming skills such as the crawl stroke, breathing techniques, and floating to help you gain confidence in the water. Our trained instructors will individualize the class to meet your personal needs	Wednesday	7:00-7:45 PM	Summer A \$32	Summer A \$64
		Saturday	8:00-8:45 AM	Summer B \$30	Summer B \$60
Adult Intermediate Swim (Ages 16 + Years old)	Adults with some swimming skills will learn the proper technique of front crawl and backstroke while increasing swimming endurance.	Saturday	8:00-8:45 AM	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
Adult Advance Swim (Ages 16 + Years old)	This class will focus on stroke technique and endurance swimming.	Sunday	4:30-5:15 PM	Summer A \$32 Summer B \$30	Summer A \$64 Summer B \$60
Private Swim Lessons	Private swim lessons are available for all ages. Students will work on a one-on-one basis with an instructor. For additional information, contact Aquatics Director Joe Costello at 943-0444 x 108, or jcostello@gpymca.org		Preschool, Youth + Adult		
Boy Scout Programs	The YMCA in conjunction with the R.I. Narragansett Council of Boy Scouts of America is proud to offer special programs for cub scouts and boy scouts. The class will include lecture and pool/fitness time. For more details, please contact Aquatics Director Joe Costello at 943-0444 x 108, or jcostello@gpymca.org				
Trainings					
First Aid	Students will learn to recognize and cope with life-threatening emergencies. First Aid is a two-year certification, awarded upon successful completion of the course.	July 18th from	10:00-2:00 PM	Summer A \$62 Summer B \$62	Summer A \$88 Summer B \$88
CPR	The American Safety & Health Institute CPR Program for the Professional Rescuer is designed to teach CPR skills for victims of all ages. Skills include ventilation with barrier and bag-mask devices, use of an automated external defibrillator (AED), and relief of foreign body airway obstruction. This class is intended for participants who provide healthcare to potential victims in a variety of settings. Proficiency in skills will be required for certification.	August 1st from	10:00-3:00 PM	Summer A \$62 Summer B \$62	Summer A \$88 Summer B \$88
Emergency Oxygen	Emergency Oxygen Administration is a critical step in treating a severe or life-threatening illness or injury. This program focuses on administering emergency oxygen, rescue breathing and oxygen delivery devices.	July 25th from	10:00-12:00 PM	Summer A \$62 Summer B \$62	Summer A \$88 Summer B \$88
Babysitting/First Aid Certification Classes Ages 11-17	In each set of classes, teens will be trained in dealing with real-life situations and behavior of children. They will also be able to get hands-on experience working in the baby-sitting room at the YMCA with supervision	2 Saturdays June 20-27 July 18-25		Summer A \$20 Summer B \$20	Summer A \$20 Summer B \$20
Swim Team					
Stroke Clinic	Continue your progress throughout the summer! A stroke development clinic, meant for swim team level swimmers or children who have advanced through the Shark level.	Tuesday Thursday	4:10-5:10PM 4:10-5:10PM	Summer A \$35 Summer B \$35	Summer A \$70 Summer B \$70
Summer Swim Team	For our current swim team members who are looking to continue their progress or for new swimmers looking for a fun atmosphere to receive the best training around. Led by U.S. Olympics trials qualifier Louis Arruda, our staff will design a program that will maximize your potential.	Monday Wednesday Friday	6:00-7:00PM 6:00-7:00PM 6:00-7:00PM	Summer A TBA Summer B TBA	Summer A TBA Summer B TBA

Financial assistance is available.