



# Kent County YMCA PROGRAMS & ACTIVITIES

September 6<sup>th</sup> – October 30, 2022

Registration: Members: 8/15/2022 · Non-Members: 8/22/22

## Kids Care

The Kids Care program is specifically designed to have your children, ages 2 to 12 years, engaged while you participate in programs/classes at the Kent County YMCA. Kids Care staff are certified in First Aid, CPR and Child Abuse Prevention.

Kids Care is available to Family Membership holders at no cost. Members can utilize up to 1.5 hours of care per visit.

Monday – Friday 8:30 – 11:00 am

Monday – Friday 4:30 – 7:30 pm

Saturday 8:30 am – 12:00 pm

## Active Family Center

Monday – Friday 11:00 am – 4:30 pm

Saturday 12:00 – 2:00 pm

Sunday 9:00 am – 2:00 pm

## Birthday Parties

M: \$250 NM: \$300

### Active Family Center Parties

Recommended for ages 2+

Saturdays 12:30 pm – 2:30 pm.

This area features a bounce house, rock wall, shuffle board and other fun activities.

### Pool Parties\*

Recommended for ages 5+

Sundays 11 am – 1 pm

### Spray Park Parties\*

Recommended for all ages

Saturdays & Sundays

11:30 am – 1:30 pm

(June – August)

### Other Party Options

Art class • Sports Medley • Basketball

Nerf Wars • Zumba dance class



## Family Fun Night

Friday, August 19, 2022 · 5:00 – 7:00 pm

Your all access, all inclusive staycation will offer fun, interactive activities for the whole family, a stamped passport of all toured sites, souvenirs to take home and a lifetime of memories! This staycation will make the whole family feel they are living their best lives at the KCY! The best part is that it won't cost you a thing! We will be offering participation in our spray park, a nature scavenger hunt, sidewalk chalk art, an obstacle course, an interactive art museum, the Active Family Center and a leisurely dip in our pool.

**Free for all. Registration not required.**



## Magic Potions

Ages 6–12 M: \$80 NM: \$100

August 30<sup>th</sup> – October 18, 2022

This rudimentary science program allows your child to discover chemistry through fun, messy experiments using everyday, household ingredients. Each session will incorporate fun, hands-on activities where they will have an opportunity to combine various ingredients and observe chemical transformations. Please dress your child in appropriate clothing as experiments can be messy.

Tuesdays 5:30 – 6:15 pm

## Dungeons & Dragons Club

Ages 8–12 M: \$120 NM: \$150

August 30<sup>th</sup> – October 18, 2022

Explore a world of imagination in this exciting tabletop gaming club. Whether you are brand new to the game or have braved dungeons before, this program is here for you. Defeat monsters, solve puzzles, find riches and become a great hero alongside your friends. Do you have what it takes to save the world? Sign up and find out!

Tuesdays 5:30 – 7:00 pm

## Mixed Media 3 Arts

Ages 6–12 M: \$80 NM: \$100

August 30<sup>th</sup> – October 18, 2022

This is a continuation of our youth art class that introduces a different visual art media each week. Prior attendance to Mixed Media Youth Arts 1 or 2 is NOT a prerequisite to register for Part 3. Our youth art class is designed to expose various media in the vast world of visual arts.

Thursdays 5:30 – 6:30pm

## Introductory Conversational Spanish

Ages 6–12 M: \$80 NM: \$100

August 30<sup>th</sup> – October 18, 2022

This introductory class to speaking Spanish will introduce your child to basic vocabulary needed for conversation. Teaching methods will incorporate games, songs, themed vocabulary and cultural awareness.

Wednesdays 5:30 – 6:30pm



# Kent County YMCA

# AQUATICS PROGRAMS

September 6<sup>th</sup> – October 30, 2022

Registration Members: 8/15/2022 · Non-members: 8/22/22

## Parent/Child Swim

Accompanied by a parent\*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Water diapers must be worn if not potty trained.

**Stage Rates: M \$72 NM \$144**

**Stage A/Water Discovery: 6–18 mos**

Sunday 8:00 – 8:30 am  
Monday 11:00 – 11:30 am  
Saturday 8:00 – 8:30 am

**Stage B/Water Exploration: 18 mos–3yrs**

Sunday 8:35 – 9:05 am  
Wednesday 11:00 – 11:30 am  
Saturday 8:35 – 9:05 am

\* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

## Preschool

**Stage Rates: M \$72 NM \$144**

### Stage 1/Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Sunday 8:00 – 8:30 am  
Monday 11:30 am – 12:00 pm  
Saturday 8:00 – 8:30 am 10:30 – 11:00 am

### Stage 2/Water Movement

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Sunday 8:35 – 9:05 am  
Monday 12:00 – 12:30 pm  
Wednesday 11:30 am – 12:00 pm  
Saturday 8:00 – 8:30 am 11:05 – 11:35 am

### Stage 3/Water Stamina

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Sunday 9:05 – 9:35 am  
Wednesday 12:00 – 12:30 pm  
Saturday 8:35 – 9:05 am 9:45 – 10:15 am

### Stage 4/Stroke Introduction

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Sunday 10:15 – 10:45 am  
Wednesday 12:30 – 1:00 pm  
Saturday 9:45 – 10:15 am

## School Age

**Stage Rates: M \$72 NM \$144**

### Stage 1/Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Sunday 9:05 – 9:35 am  
Thursday 3:30 – 4: pm  
Saturday 8:35 – 9:05 am 9:10 – 9:40 am

### Stage 2/Water Movement

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Sunday 9:40 – 10:10 am  
Thursday 4:00 – 4:30 pm  
Saturday 9:10 – 9:40 am

### Stage 3/Water Stamina

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Sunday 9:40 – 10:10 am  
Thursday 4:30 – 5:00 pm  
Saturday 9:10 – 9:40 am

### Stage 4/Stroke Introduction

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Sunday 10:15 – 10:45 am  
Tuesday 3:10 – 3:40 pm  
Saturday 9:45 – 10:15 am

### Stage 5/Stroke Development

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Sunday 11:00 – 11:40 am  
Tuesday 3:40 – 4:20 pm  
Saturday 9:45 – 10:15 am 11:15 – 11:55 am

### Stage 6/Stroke Mechanics

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Sunday 11:00 – 11:40 am  
Tuesday 4:20 – 5:00 pm  
Saturday 10:30 – 11:10 am 11:15 – 11:55 am

## Swim Team

The Kent County YMCA Swim Team offers children and teens ages 7–16 an opportunity to work with coaches to improve swimming skills, endurance, build confidence, team-spirit, and promote a healthy lifestyle. We are building our team up one swimmer at a time. Swim meets are scheduled throughout the season. Please call for additional information or to schedule an evaluation.

## Teen Swim

**Stage Rates: M \$72 NM \$144**

**Teen Beginner: 13–17 years**

TBD

**Teen Intermediate: 13–17 years**

TBD

## Adult Swim

An interest roster has been started. Please call to be added.



Scan to Register

For information on Swim Team, Teen & Adult lessons, contact Brittnee Toro at [btoro@gpymca.org](mailto:btoro@gpymca.org)