



# East Side/Mt Hope YMCA

## AQUATICS PROGRAMS

October 31<sup>st</sup> – December 23, 2022

Registration: Members: 10/17/2022 · Non-Members: 10/24/22

### 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. Parent/guardian must be at least 18 years of age.

#### Stage A/Water Discovery: 6–18 mos

Saturday 9:35 – 10:05 am

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

Saturday 9:35 – 10:05 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.

Tuesday 4:05 – 4:35 pm  
Thursday 5:15 – 5:45 pm  
Saturday 10:10 – 10:40 am 11:20 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.

Tuesday 4:40 – 5:10 pm  
Thursday 4:05 – 4:35 pm  
Saturday 10:45 – 11:15 am 11:55 am – 12:25 pm

#### 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.

Thursday 4:40 – 5:10 pm  
Saturday 11:55 am 12:35 pm

### 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.

Tuesday 5:15 – 5:45 pm  
Thursday 4:40 – 5:10 pm  
Saturday 10:10 – 10:40 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.

Tuesday 5:15 – 5:45 pm  
Saturday 11:20 – 11:50 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.

Tuesday 4:40 – 5:10 pm  
Saturday 10:45 – 11:15 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.

Thursday 5:15 – 5:45 pm  
Saturday 11:20 – 11:50 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.

Tuesday 5:50 – 6:30 pm  
Thursday 5:50 – 6:30 pm  
Saturday 12:30 – 1:10 pm



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### Teen Swim

Stage Rates: M \$72 NM \$144

**Teen Beginner: 13-17 years**

Tuesday 5:50 – 6:30 pm  
 Thursday 5:50 – 6:30 pm  
 Saturday 12:30 – 1:10 pm

**Teen Intermediate: 13-17 years**

Tuesday 5:50 – 6:30 pm  
 Thursday 5:50 – 6:30 pm  
 Saturday 12:30 – 1:10 pm

### Adult Swim

Stage Rates: M \$72 NM \$144

**Adult Beginner: 17+ years**

Tuesday 5:50 – 6:30 pm  
 Thursday 5:50 – 6:30 pm  
 Saturday 12:30 – 1:10 pm

**Adult Intermediate: 17+ years**

Tuesday 5:50 – 6:30 pm  
 Thursday 5:50 – 6:30 pm  
 Saturday 12:30 – 1:10 pm



### Private/Semi Private Swim

A great option for those who can't find a lesson time to fit their schedule, and want to personalize a swim class for their child and a group of friends.

#### Private Rates

One session M \$35 NM \$70  
 Two sessions M \$120 NM \$240  
 Sunday no specified time

#### Semi Private Rates

One session M \$25 NM \$50  
 Two sessions M \$80 NM \$160  
 S M T W R F S no specified time

### Sea Lions Swim Club

The East Side/Mt. Hope YMCA Sea Lions Swim Club 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. Practices are 5:00 – 6:00 pm twice per week for five months. Swim meets are scheduled throughout the season. To try out contact Aquatics Coordinator, Hamilton Watson-Scott at [hwatson-scott@gpymca.org](mailto:hwatson-scott@gpymca.org).

#### Ping Pong Club

Mornings 2 days a week  
 Free

#### Organized Pick-up Basketball Games

12 pm – 2 pm 2 days a week  
 Free

If interested contact the front desk



### Swim with the Pumpkins

Friday October 28, 2022 · Free to all

4:00 – 4:30 pm · 4:40 – 5:10 pm · 5:20 – 5:50 pm · 6:00 – 6:30 pm

Refreshments & raffle for real pumpkins

6 & under must be accompanied by parent in the water (youngest 3 yrs)