



# Bayside Family 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.

**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**

Thursday 5:25 – 5:55 pm

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.

Sunday 8:00 – 8:30 am

Monday 11:00 – 11:30 am

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 – 4:00 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 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 9:40 – 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 Bayside Family YMCA Swim Team offers children and teens ages 5–18 an opportunity to work with coaches to improve swimming skills, endurance, build confidence, team-spirit, and promote a healthy lifestyle.



Scan to for team levels,  
practice schedule, &  
program cost

## Teen Swim

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

**Teen Beginner: 13–17 years**

TBD

**Teen Intermediate: 13–17 years**

TBD

## Adult Swim

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

**Adult Beginner: 17+ years**

TBD

**Adult Intermediate: 17+ years**

TBD

**Masters Swim: 18+ years**

TBD

Register  
QR Code

Scan to  
Register



## Bayside Family YMCA

# PROGRAMS & ACTIVITIES

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

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

## Preschool

### Mini Kickers

Give your child the step up they need to soar ahead of their peers in youth soccer. Small class sizes with a knowledgeable and enthusiastic instructor will make soccer fun and instructive.

Ages 3 –6

Tuesdays · 10:00 – 10:45 am

\$80 members · \$100 non members

### Beginner Basketball

Intended as a space for both beginners and budding fanatics. An experience instructor will teach your child the basics and grow their love of the game of basketball.

Ages 3 –6

Wednesdays · 5:00 – 5:45 pm

\$80 members · \$100 non members

### Tumbling Tots

Teach your preschooler the basics of gymnastics. Constantly engaged while developing their fine motor skills, and cognitive ability in a small group setting with their peers. Balance beams, cart wheels, and somersaults are only the start of what your young child will learn in this fun engaging class.

Ages 3 –6

Wednesdays · 10:00 – 10:45 am

\$80 members · \$100 non members

### Sports Mania

All of our best games rolled into one amazing class. Each week we will be staying active and having fun while learning skills like teamwork and sportsmanship. Whether it is playing with the parachute or sharks and minnows, we will challenge the little ones to develop important skills for school and life

Ages 3 –6

Fridays · 11:15 am – 12:00 pm

\$80 members · \$100 non members

## Youth

### Youth Volleyball

Learn the basics of Digging, Passing, and Setting in a fun class. Try out this fun sport in a short 45 minute class that will keep your child engaged and wanting more.

Mondays · 5:00 – 5:45 pm

\$80 members · \$100 non members

### Unified Basketball

Experience the game of Basketball taught for kids of all abilities. Pairing kids to develop their skills and work together to insure this class is a fun experience for all.

Tuesdays · 5:00 – 5:45 pm

\$80 members · \$100 non members

### Archery

A certified instructor will teach the fundamentals of archery. Safe and fun in a controlled setting. Participants will have the opportunity to hone their skills and progress through the different levels of archery.

Fridays · 5:00 – 5:45 pm

\$80 members · \$100 non members

### Dungeons & Dragons

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?

Mondays · 5:45 – 7:15 pm

\$120 members · \$150 non members

### Nerf Dart Tag

The classic game played in our gym with obstacles and different objectives each week to give the game a new and interesting twist. Learn the skills required to shoot, hide, and dodge in this fun game every child loves.

Thursdays · 5:00 – 5:45 pm

\$80 members · \$100 non members

### Youth Basketball League

Developmental league, set-up to challenge the basketball fanatic, as well as teach beginners the amazing game of basketball.

Saturdays

\$170 members · \$225 non members



Register  
QR Code

Youth Classes are FREE with a Family  
or Individual Plus Membership!