**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 – 1:45 pm
Sunday 9:00 am – 1:45 pm

**Kids Night Out · 5:00 – 8:00 pm**
Friday, December 2, 2022 · potty trained – 12 years
5:00 – 5:45 pm = Swim
6:00 – 8:00 pm = Pizza & Movie
$20 per child

**Family Fun Night**
Friday, October 21, 2022 · 5:00 – 8:00 pm
Trunk or Treat · 5 – 6:30 pm *Registration for cars required
Swim with the Pumpkins · members only
6:30 – 7 pm or 7:15 – 7:45 pm
*Children under the age of 7 must be accompanied with an adult in the pool.
Free for all. Registration is required for both.

**Families Helping Families**
Friday, November 18, 2022, 5pm – 7pm

**Winter Wonderland**
Friday, December 9, 2022 · 5:00 – 7:00 pm
Registration is required.

**Music & Movement**
Ages 3 – 6 M: $80 NM: $100
November 5th – December 23, 2022
This class combines children’s natural love of music and movement in a social setting and creates opportunities each week to listen to music, play instruments, experiment with sound, along with releasing energy & tension. Engaging in this type of play helps children develop skills in problem solving, expressing emotions and being social with their peers; at the same time helping to improve balance, coordination and rhythm.
Saturdays 9:15 – 9:45 am in Studio 1

**Dungeons & Dragons Club**
Ages 8-12 M: $120 NM: $150
November 1st – December 20, 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

**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, balance beam, 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
**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
- Friday 9:00 - 9:30 am
- Saturday 8:00 - 8:30 am 10:30 - 11:00 am

**Stage B/Water Exploration:** 18 mos-3yrs
- Sunday 8:35 - 9:05 am 10:30 - 11:00 am
- Wednesday 11:00 - 11:30 am
- Saturday 8:35 - 9:05 am 10:30 - 11:00 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.

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**Preschool**

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

**Classes 30 minutes**

**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 am 8:35 am 9:40 am 10:30 am
- Monday 11:30 am
- Wednesday 12:30 pm
- Friday 9:30 am
- Saturday 8:00 am 8:35 am 9:45 am 10:30 am 11:05 am 11:45 am 12:45 pm

**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 am 11:45 am
- Monday 12:00 pm
- Wednesday 12:00 pm
- Saturday 8:00 am 8:30 am 9:45 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 8:00 am 9:40 am
- Monday 12:30 pm
- Wednesday 12:30 pm
- Saturday 8:00 am 9:45 am 12:15 pm

**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 8:00 am 10:30 am
- Saturday 9:05 am
School Age
Stage Rates: M $72       NM $144
Classes 30 minutes

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 am 10:30 am
Thursday 3:30 pm
Saturday 9:10 am 9:45 am 10:30 am 12:15 pm

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 11:45 am
Thursday 4:00 pm
Saturday 9:10 am 11:05 am 11:45 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 11:45 am
Thursday 3:00 pm
Saturday 8:35 am 9:10 am 10:30 am 11:45 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 10:30 am
Tuesday 3:10 pm
Saturday 9:10 am 12:15 pm

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 11:005 am
Tuesday 3:40 pm
Saturday 9:45 am 11:05 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 11:05 am
Tuesday 4:20 pm
Saturday 11:05 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.

For information on Swim Team, Teen & Adult lessons, contact Brittnee Toro at btoro@gpymca.org

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.

Private/Semi Private Swim
A great option for those who can't find a lesson time to 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