



Kent County YMCA PROGRAMS & ACTIVITIES

October 31st – December 23, 2022

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

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 – 1:45 pm

Sunday 9:00 am – 1:45 pm

Kids Night Out · 5:00 – 8:00 pm

Friday, December 2, 2022 · potty trained – 12years

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





Kent County YMCA

AQUATICS PROGRAMS

September 6th – 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

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.

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 9:30am

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



Kent County YMCA

AQUATICS PROGRAMS

September 6th – October 30, 2022

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

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.

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.

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

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