



# South County YMCA AQUATICS PROGRAMS

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

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

## 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.

Thursday 5:05 – 5:35 pm  
Friday 3:30 – 4:00 pm  
Saturday 9:00 – 9:30 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.

Friday 4:05 – 4:35 pm  
Saturday 9:35 – 10:05 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.

Friday 4:40 – 5:10 pm  
Saturday 10:10 – 10:40 am

## 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 Rates: M \$72 NM \$144

### Stage A/Water Discovery: 6–18 mos

Saturday 11:20 – 11:50 am

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

Saturday 8:15 – 8:45 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.

## 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.

Wednesday 5:05 – 5:35 pm  
Saturday 10:45 – 11:15 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.

Wednesday 5:05 – 5:35 pm  
Saturday 10:45 – 11:15 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.

Wednesday 5:40 – 6:10 pm  
Saturday 11:20 – 11:50 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.

Wednesday 6:15 – 6:45 pm

## Adult Beginner

Rates: M \$72 NM \$144

Saturday 8:25 – 8:55 am



Scan to Register



# BRIGHT BEGINNINGS START HERE

## South County YMCA Child Care Center

We have over a decade of experience in providing safe, enriching early education for youngsters. Now more than ever, your family needs the peace of mind that the Y can provide. At the South County YMCA Preschool and Toddler Program, children use their curiosity and imagination to become creative thinkers. Our comprehensive curriculum prepares children to become independent learners and develop self-confidence for sharing in a classroom setting. We focus on areas of pre-reading, math and science skill development. Our program helps develop kids socially, emotionally, and academically. Our curriculum includes developmentally appropriate activities and learning experiences that foster the spirit of inclusion.

We enroll children ages 18 months to 5 years and accept CCAP and offer our own YMCA Financial Assistance!

Swim instruction is included.



South County YMCA Child Care Center is licensed by the State of Rhode Island and designed to meet the developmental need of young children in a caring, structured environment. We provide experiences that enhance each child's cognitive, language, social, emotional, physical, and creative development.

Your child will participate in a variety of activities such as music, arts and crafts, dramatic play, outdoor play, and educational basics. At the South County YMCA Child Care Center, your child will be given all of the tools needed to grow, learn, and be proud of their individual successes. Our preschool staff works diligently to provide activities conducive to early learning in an environment that helps promote independence, self-esteem, and, most importantly, fun while learning! Every child also receives swim lessons twice per week.

## Contact Us



Steven Stratton 401.783.3900  
sstratton@gpymca.org

Kathryn Gresens · Interim Executive Director  
401.783.3900  
kgresens@gpymca.org



To learn more about our child care program scan the QR code or visit <https://bit.ly/3qTEPCL>