



East Side/Mt Hope YMCA AQUATICS PROGRAMS

January 3rd – February 20, 2023

Registration: Members: 12/13/2022 · Non-Members: 12/20/22

Rates

Family Member \$65.63 Member \$91.88 Non-member \$153.13

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 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 11:55 am – 12:25 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.

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 10:10 – 10:40 am 11:55 am – 12:25 pm

School Age

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

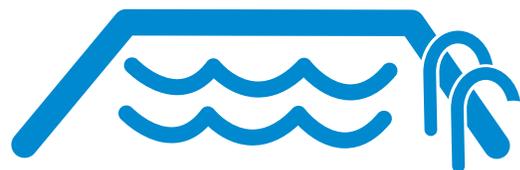
Stage 5/Stroke Development

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

Rates: Member \$100.63 Non-member \$161.88

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

Rates: Member \$100.63 Non-member \$161.88

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 Members Only

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

Four session Family Member: \$140 Member: \$200

Six sessions Family Member: \$180 Member: \$270

Sunday no specified time

Semi Private Rates

Four session Family Member: \$80 Member: \$140

Six sessions Family Member: \$95 Member: \$185

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.



Fridays 6 – 8:30 pm December 30, 2022 · January 20, 2023 · February 17, 2023

Ages 3-10. *Must be potty trained*

Children will partake in Arts & Crafts, Pizza, Movie & Swimming

\$20 per child Member Rate · \$30 per child Non-member Rate