



AQUATICS

FALL 1 PROGRAM SESSION:

September 7 – October 25, 2026

No classes on Monday, September 7, 2026 Labor Day, Monday classes will be prorated.

STAFF CONTACTS

APY - Leah Leonard Aquatics Director P 954-7640 E leonard@ymcafoxcities.org
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Please note registration policies:

Due to high volume demand for Aquatic programs, we ask that you carefully review your cart for days/times and locations at checkout as changes due to errors can only be made if there are existing openings. Please note the following new policies below.

Aquatic Program Registration Policies:

Prior to the first day of the session: If you withdraw from a program prior to the start of the first day of the session, the YMCA will issue a **credit voucher** for the class. The session generally begins on a Monday; all cancellations must be requested via email prior to Monday to receive credit. Credit vouchers expire one year from the issuing date. Refunds will only be issued for medical reasons, and a doctor's note must be provided to the programs director.

After the start of the first day of the session: If you withdraw from a program after the session has begun, **no credit or refund will be given.** The session generally begins on a Monday; all cancellations must be requested via email prior to Monday. Refunds will only be issued for medical reasons, and a doctor's note must be provided to the program director.

Waitlists: If an opening is available in a waitlisted program, the Aquatic Director will notify you via email and will require a 24-hour time limit for response. If you do not respond within 24 hours, the Department will contact the next person on the waitlist for the opening. Please make sure that your email in your account is accurate.

Swim Level Evaluations: Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmer at an appropriate level.

PARENT AND CHILD AQUATIC ORIENTATION - Free WATER FOUNDATIONS (4 months-3 years with an adult)

Water Foundations is a one-time orientation that gives parents and young children a positive and welcoming introduction to the water and our swim lesson program. Through guided water exploration, begin building comfort and confidence while learning practical tips and simple strategies to support your child's aquatic readiness. **Prerequisites:** Children must be at least 4 months old, and one adult is required to be in the water with each child.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent and Child Water Foundations - August 19	HVY	4 months – 3 years	W	5:45 PM	6:15 PM	FREE	FREE
Parent and Child Water Foundations – October 2	HVY	4 months – 3 years	F	5:30 PM	6:00 PM	FREE	FREE

PARENT AND CHILD SWIM CLASSES

PARENT AND CHILD STAGE A – WATER DISCOVERY (6 months-1 year with an adult)

Prerequisites: be at least 6 months old by the first day of class. At least one adult must accompany each child. **Skills learned in this stage:** blow bubbles, front and back tow with assistance, water entry and exit, front, and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together, and skills are determined by age and developmental abilities.

PARENT AND CHILD STAGE B – WATER EXPLORATION (1-2 years with an adult)

Prerequisites: be at least 1 year old by the first day of class. At least one adult must accompany each child. **Skills learned in this stage:** blow bubbles, front and back tow with assistance, water entry and exit, front, and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together, and skills are determined by age and developmental abilities.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 years	M	5:25 PM	5:55 PM	\$37	\$73
Parent and Child Stage A Water Discovery Stage B Water Exploration	APY	6 months – 2 years	W	6:00 PM	6:30 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	T	5:10 PM	5:40 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	FWY	6 months – 2 years	TH	5:45 PM	6:15 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	T	5:10 PM	5:40 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	W	5:10 PM	5:40 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	9:35 AM	10:05 AM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	TH	5:45 PM	6:15 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	HVY	6 months – 2 years	SAT	9:40 AM	10:10 AM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	T	3:55 PM	4:25 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	T	5:05 PM	5:35 PM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	10:10 AM	10:40 AM	\$44	\$85
Parent and Child Stage A Water Discovery Stage B Water Exploration	NMY	6 months – 2 years	W	5:40 PM	6:10 PM	\$44	\$85

PARENT AND CHILD STAGE C – WATER INDEPENDENCE (2-3 years with an adult)

Prerequisites: Completion of Stage B, Water Exploration prior to Stage C is recommended. At least one adult must accompany each child and child must be able to stand in the shallow end of the pool at 2'6".

Skills learned in this stage: submerge independently, front, and back float with assistance, front and back glide with assistance, roll assisted, jump in with assistance.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent and Child Stage C Water Independence	APY	2 - 3 years	M	6:00 PM	6:30 PM	\$37	\$73
Parent and Child Stage C Water Independence	APY	2 - 3 years	W	5:25 PM	5:55 PM	\$44	\$85
Parent and Child Stage C Water Independence	FWY	2 - 3 years	T	5:45 PM	6:15 PM	\$44	\$85
Parent and Child Stage C Water Independence	FWY	2 - 3 years	TH	6:20 PM	6:50 PM	\$44	\$85
Parent and Child Stage C Water Independence	HVY	2 - 3 years	T	5:45 PM	6:15 PM	\$44	\$85
Parent and Child Stage C Water Independence	HVY	2 - 3 years	W	5:45 PM	6:15 PM	\$44	\$85
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	9:00 AM	9:30 AM	\$44	\$85
Parent and Child Stage C Water Independence	HVY	2 - 3 years	TH	6:20 PM	6:50 PM	\$44	\$85
Parent and Child Stage C Water Independence	HVY	2 - 3 years	SAT	10:15 AM	10:45 AM	\$44	\$85
Parent and Child Stage C Water Independence	NMY	2 - 3 years	T	9:00 AM	9:30 AM	\$44	\$85
Parent and Child Stage C Water Independence	NMY	2 - 3 years	T	5:40 PM	6:10 PM	\$44	\$85
Parent and Child Stage C Water Independence	NMY	2 - 3 years	W	4:30 PM	5:00 PM	\$44	\$85
Parent and Child Stage C Water Independence	NMY	2 - 3 years	W	6:15 PM	6:45 PM	\$44	\$85

PRESCHOOL SWIM PROGRAM

AGES 3 -5 YEAR OLDS

Swim Level Evaluations: Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmers at an appropriate level.

PRESCHOOL STAGE 1 – WATER ACCLIMATION (3-5 years)

Prerequisites: Completion of Stage C prior to Stage 1 is recommended. Child must be at least 3 years old and able to stand in the shallow end of the pool at 2'6".

Skills learned in this stage: submerge independently, front float independently for 5 seconds, back float with flotation 5 seconds, front, and back glide with flotation 5 feet, roll assisted, jump in the pool with assistance.

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	M	9:30 AM	10:00 AM	\$37	\$73
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	M	10:40 AM	11:10 AM	\$56	\$105
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	M	4:15 PM	4:45 PM	\$37	\$73
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	M	4:50 PM	5:20 PM	\$37	\$73
Preschool Stage 1 Water Acclimation	APY	3 - 5 years	T	4:50 PM	5:20 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	W	4:15 PM	4:45 PM	\$65	\$123

Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	TH	4:50 PM	5:20 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	APY	3 - 5 years	TH	6:00 PM	6:30 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Small Group Lesson	APY	3 - 5 years	SAT	9:00 AM	9:30 AM	\$65	\$123
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	M	5:10 PM	5:40 PM	\$37	\$73
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	4:35 PM	5:05 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	T	6:20 PM	6:50 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	5:10 PM	5:40 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	W	6:20 PM	6:50 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	9:00 AM	9:30 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	10:10 AM	10:40 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	TH	4:35 PM	5:05 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	FWY	3 - 5 years	SUN	12:00 PM	12:30 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	4:35 PM	5:05 PM	\$37	\$73
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	M	6:20 PM	6:50 PM	\$37	\$73
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	4:35 PM	5:05 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	T	5:10 PM	5:40 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	4:00 PM	4:30 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	W	6:20 PM	6:50 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	10:10 AM	10:40 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	4:00 PM	4:30 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	TH	5:45 PM	6:15 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	9:05 AM	9:35 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	9:40 AM	10:10 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	HVY	3 - 5 years	SAT	10:50 AM	11:20 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	M	5:05 PM	5:35 PM	\$37	\$73
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	T	9:35 AM	10:05 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	T	4:30 PM	5:00 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	T	6:15 PM	6:45 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	9:00 AM	9:30 AM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	3:55 PM	4:25 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	W	5:05 PM	5:35 PM	\$44	\$85
Preschool Stage 1 Water Acclimation Group Lesson	NMY	3 - 5 years	TH	4:30 PM	5:00 PM	\$44	\$85

PRESCHOOL STAGE 2 – WATER MOVEMENT (3-5 years)

Prerequisites: submerge independently, front float independently for 5 seconds, back float with flotation 5 seconds, front, and back glide with flotation 5 feet, roll assisted, jump in the pool with assistance.

Skills learned in this stage: submerge and look at object, front, and back float independently for 5-10 seconds, front and back glides with kicks for 5 feet, front crawl for 5 coordinated arm strokes, finning and kicking on back for 5 feet, jump in pool independently, roll from front to back and back to front without help, introduction to treading water, swim 15 feet using the swim-float-swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	10:05 AM	10:35 AM	\$37	\$73
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	11:20 AM	11:50 AM	\$56	\$105
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	M	4:15 PM	4:45 PM	\$37	\$73
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	4:50 PM	5:20 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	T	6:00 PM	6:30 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	W	4:15 PM	4:45 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	TH	4:15 PM	4:45 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	APY	3 - 5 years	TH	5:25 PM	5:55 PM	\$44	\$85
Preschool Stage 2 Water Movement Small Group Lesson	APY	3 - 5 years	SAT	9:35 AM	10:05 AM	\$65	\$123
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	4:35 PM	5:05 PM	\$37	\$73
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	M	5:45 PM	6:15 PM	\$37	\$73
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	4:35 PM	5:05 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	W	5:45 PM	6:15 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	TH	9:35 AM	10:05 AM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	TH	5:10 PM	5:40 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	FWY	3 - 5 years	SUN	12:35 PM	1:05 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	M	4:00 PM	4:30 PM	\$37	\$73
Preschool Stage 2 Water movement Group Lesson	HVY	3 - 5 years	M	5:10 PM	5:40 PM	\$37	\$73
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	T	4:00 PM	4:30 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	T	6:20 PM	6:50 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	W	5:10 PM	5:40 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	10:45 AM	11:15 AM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	TH	4:35 PM	5:05 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	HVY	3 - 5 years	SAT	8:30 AM	9:00 AM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	M	4:30 PM	5:00 PM	\$37	\$73
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	T	10:10 AM	10:40 AM	\$44	\$85

Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	W	9:35 AM	10:05 AM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	TH	5:05 PM	5:35 PM	\$44	\$85
Preschool Stage 2 Water Movement Group Lesson	NMY	3 - 5 years	TH	6:15 PM	6:45 PM	\$44	\$85

PRESCHOOL STAGE 3 – WATER STAMINA (3–5 years)

Prerequisites: submerge and look at object, front, and back float independently for 5-10 seconds, front and back glides with kicks for 5 feet, front crawl for 5 coordinated arm strokes, finning and kicking on back for 5 feet, jump in pool independently, roll from front to back and back to front without help, introduction to treading water, swim 15 feet using the swim-float-swim sequence.

Skills learned in this stage: retrieve object from chest-deep water, front glide for 5 yards, rotary breathing with flotation for 10 yards, front crawl with rhythmic breathing for 10 yards with overarm stroke, back glide for 5 yards, back crawl for 10 yards, jump in deep water independently, tread water for 30 seconds, swim 15 yards using the swim-float-swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	M	4:50 PM	5:20 PM	\$37	\$73
Preschool Stage 3 Water Stamina Small Group Lesson	APY	3 - 5 years	T	4:15 PM	4:45 PM	\$65	\$123
Preschool Stage 3 Water Stamina Small Group Lesson	APY	3 - 5 years	W	4:50 PM	5:20 PM	\$65	\$123
Preschool Stage 3 Water Stamina Group Lesson	APY	3 - 5 years	TH	5:25 PM	5:55 PM	\$44	\$85
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	M	6:20 PM	6:50 PM	\$37	\$73
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	W	6:20 PM	6:50 PM	\$44	\$85
Preschool Stage 3 Water Stamina Group Lesson	FWY	3 - 5 years	TH	5:10 PM	5:40 PM	\$44	\$85
Preschool Stage 3 Water Stamina Group Lesson	HVY	3 - 5 years	M	5:45 PM	6:15 PM	\$37	\$73
Preschool Stage 3 Water Stamina Group Lessons	HVY	3 - 5 years	W	4:35 PM	5:05 PM	\$44	\$85
Preschool Stage 3 Water Stamina Group Lessons	HVY	3 - 5 years	TH	5:10 PM	5:40 PM	\$44	\$85
Preschool Stage 3 Water Stamina Group Lesson	NMY	3 - 5 years	M	6:15 PM	6:45 PM	\$37	\$73
Preschool Stage 3 Water Stamina Group Lesson	NMY	3- 5 years	TH	5:40 PM	6:10 PM	\$44	\$85

PRESCHOOL STAGE 4 – STROKE INTRODUCTION (3-5 years)

Prerequisites: retrieve object from chest-deep water, front glide for 5 yards, rotary breathing with flotation for 10 yards, front crawl with rhythmic breathing for 10 yards with overarm stroke, back glide for 5 yards, back crawl for 10 yards, jump in deep water independently, tread water for 30 seconds, swim 15 yards using the swim-float-swim sequence.

Skills learned in this stage: front glide for 15 yards, rotary breathing with flotation for 25 yards, front crawl with rotary breathing for 15 yards, back glide for 15 yards, back crawl for 15 yards, elementary backstroke for 15 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 25 yards, sitting dive (APY/NMY only).

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Preschool Stage 4 Stroke Introduction Group Lesson	APY	3 – 5 years	T	5:25 PM	5:55 PM	\$44	\$85
Preschool Stage 4 Stroke Introduction Group Lesson	APY	3 – 5 years	TH	4:15 PM	4:45 PM	\$44	\$85
Preschool Stage 4 Stroke Introduction Group Lesson	FWY	3 – 5 years	TH	4:35 PM	5:05 PM	\$44	\$85

Preschool Stage 4 Stroke Introduction Group Lesson	NMY	3 – 5 years	M	5:40 PM	6:10 PM	\$37	\$73
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SCHOOL AGE SWIM PROGRAM

AGES 6–12 YEAR OLDS

Swim Level Evaluations: Please note that other swim programs throughout the community might have comparable names but the levels do not contain the same skills. Please call the branch Aquatic Director to assist in placing swimmer at an appropriate level.

SCHOOL AGE STAGE 1 – WATER ACCLIMATION (6-12 years)

Prerequisites: child must be at least 6 years old.

Skills learned in this stage: submerge independently, front, and back float independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, introduction to treading water for 10 seconds.

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	M	4:15 PM	4:45 PM	\$37	\$73
School Age Stage 1 Water Acclimation Small Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$65	\$123
School Age Stage 1 Water Acclimation Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	APY	6 – 12 years	TH	6:00 PM	6:30 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	FWY	6 - 12 years	T	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	FWY	6-12 years	W	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	FWY	6-12 years	TH	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	M	5:10 PM	5:40 PM	\$37	\$73
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	4:00 PM	4:30 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	W	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	TH	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	SAT	9:05 AM	9:35 AM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	HVY	6 - 12 years	SAT	10:15 AM	10:45 AM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	M	5:05 PM	5:35 PM	\$37	\$73
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	T	4:30 PM	5:00 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	W	5:05 PM	5:35 PM	\$44	\$85
School Age Stage 1 Water Acclimation Group Lesson	NMY	6 - 12 years	TH	5:40 PM	6:10 PM	\$44	\$85

SCHOOL AGE STAGE 2 – WATER MOVEMENT (6-12 years)

Prerequisites: submerge independently, front, and back float independently for 10 seconds, front and back glide with flotation for 5 feet, roll assisted, jump in the pool independently, swim 10 feet using the swim-float-swim sequence, introduction to treading water for 10 seconds.

Skills learned in this stage: submerge and look at object, front, and back float independently 10 seconds, front, and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water 10 seconds, swim 15 feet using the swim-float-swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 2 Water Movement Small Group Lesson	APY	6 - 12 years	M	5:25 PM	5:55 PM	\$56	\$105
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	W	4:15 PM	4:45 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	TH	6:00 PM	6:30 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	APY	6 - 12 years	SAT	10:05 AM	10:35 AM	\$44	\$85
School Age Stage 2 Water Movement Group Lessons	FWY	6 - 12 years	M	4:35 PM	5:05 PM	\$37	\$73
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	M	5:45 PM	6:15 PM	\$37	\$73
School Age Stage 2 Water Movement Group Lesson	FWY	6 - 12 years	T	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	FWY	6-12 years	W	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	FWY	6-12 years	TH	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	4:35 PM	5:05 PM	\$37	\$73
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$37	\$73
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	W	4:00 PM	4:30 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lessons	HVY	6 - 12 years	W	5:10 PM	5:40 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	TH	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	SAT	8:30 AM	9:00 AM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	HVY	6 - 12 years	SAT	10:15 AM	10:45 AM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	M	5:40 PM	6:10 PM	\$37	\$73
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	T	5:05 PM	5:35 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	W	4:30 PM	5:00 PM	\$44	\$85
School Age Stage 2 Water Movement Group Lesson	NMY	6 - 12 years	TH	6:15 PM	6:45 PM	\$44	\$85

SCHOOL AGE STAGE 3 – WATER STAMINA (6-12 years)

Prerequisites: submerge and look at object, front, and back float independently for 10 seconds, front and back glide for 15 feet, coordinated front crawl for 15 feet, finning and kicking on back for 15 feet, jump in pool independently, roll from front to back and back to front without help, tread water 10 seconds, swim 15 feet using the swim-float-swim sequence.

Skills learned in this stage: retrieve object from chest-deep water, rotary breathing with flotation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for 1 minutes, jump in deep water and swim 25 yards using the swim-float-swim sequence.

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	M	4:50 PM	5:20 PM	\$37	\$73
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$44	\$85
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	T	4:50 PM	5:20 PM	\$65	\$123
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	T	6:00 PM	6:30 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12years	W	5:25 PM	5:55 PM	\$44	\$85
School Age Stage 3 Water Stamina Small Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$65	\$123
School Age Stage 3 Water Stamina Group Lesson	APY	6 - 12 years	SAT	10:45 AM	11:15 AM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	M	5:10 PM	5:40 PM	\$37	\$73
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$37	\$73
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	T	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	T	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	W	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	TH	5:10 PM	5:40 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	FWY	6 - 12 years	SUN	1:10 PM	1:40 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	M	5:10 PM	5:40 PM	\$37	\$73
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	T	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	TH	4:00 PM	4:30 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	TH	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	SAT	9:40 AM	10:10 AM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	HVY	6 - 12 years	SAT	10:50 AM	11:20 AM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	M	4:30 PM	5:00 PM	\$37	\$73
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	W	6:15 PM	6:45 PM	\$44	\$85
School Age Stage 3 Water Stamina Group Lesson	NMY	6 - 12 years	TH	5:05 PM	5:35 PM	\$44	\$85

SCHOOL AGE STAGE 4 – STROKE INTRODUCTION (6-12 years)

Prerequisites: retrieve object from chest-deep water, rotary breathing with flotation for 25 yards, front crawl with rhythmic breathing for 15 yards with overarm stroke, back crawl for 15 yards, tread water for 1 minutes, jump in deep water and swim 25 yards using the swim-float-swim sequence.

Skills learned in this stage: front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives (APY/NMY only)

Small Group Lesson – Max enrollment 4 children

Group Lesson – Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	M	6:00 PM	6:30 PM	\$37	\$73
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	T	5:25 PM	5:55 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	W	5:25 PM	5:55 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	W	6:00 PM	6:30 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	APY	6 - 12 years	TH	5:25 PM	5:55 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	M	5:45 PM	6:15 PM	\$37	\$73
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	W	5:10 PM	5:40 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	TH	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	FWY	6 - 12 years	SUN	1:45 PM	2:15 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	4:00 PM	4:30 PM	\$37	\$73
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	M	6:20 PM	6:50 PM	\$37	\$73
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	T	5:10 PM	5:40 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	W	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	W	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	TH	5:10 PM	5:40 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	HVY	6 - 12 years	SAT	9:05 AM	9:35 AM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	M	6:15 PM	6:45 PM	\$37	\$73
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	W	5:40 PM	6:10 PM	\$44	\$85
School Age Stage 4 Stroke Introduction Group Lesson	NMY	6 - 12 years	TH	4:30 PM	5:00 PM	\$44	\$85

SCHOOL AGE STAGE 5 – STROKE DEVELOPMENT (6-12 years)

Prerequisites: front crawl with rotary breathing for 25 yards, back crawl for 25 yards, elementary backstroke for 25 yards, tread water for 2 minutes, introduction to breaststroke kick for 15 yards, endurance swim for 50 yards, sitting and kneeling dives (APY/NMY only)

Skills learned in this stage: front crawl for 50 yards, back crawl for 50 yards, breaststroke kick for 15 yards, breaststroke arm pull for 15 yards, coordinated breaststroke for 25 yards, dolphin kick for 15 yards, introduction to scissors kick, endurance swim for 100 yards, kneeling dive (APY/NMY only)

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 5 Stroke Development Small Group Lesson	APY	6 - 12 years	M	4:50 PM	5:20 PM	\$56	\$105
School Age Stage 5 Stroke Development Group Lesson	APY	6-12 years	T	6:00 PM	6:30 PM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	W	4:50 PM	5:20 PM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	APY	6 - 12 years	TH	4:50 PM	5:20 PM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$37	\$73
School Age Stage 5 Stroke Development Group Lesson	FWY	6 - 12 years	W	5:45 PM	6:15 PM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	M	5:45 PM	6:15 PM	\$37	\$73
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	T	6:20 PM	6:50 PM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	TH	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	HVY	6 - 12 years	SAT	8:30 AM	9:00 AM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	T	5:40 PM	6:10 PM	\$44	\$85
School Age Stage 5 Stroke Development Group Lesson	NMY	6 - 12 years	W	5:05 PM	5:35 PM	\$44	\$85

SCHOOL AGE STAGE 6 – STROKE MECHANICS (6-12 years)

Prerequisites: front crawl for 50 yards, back crawl for 50 yards, breaststroke kick for 15 yards, breaststroke arm pull for 15 yards, coordinated breaststroke for 25 yards, dolphin kick for 15 yards, introduction to scissors kick, endurance swim for 100 yards, kneeling dive (APY/NMY only)

Skills learned in this stage: front crawl with open turns for 100 yards, back crawl with open turns for 100 yards, breaststroke with open turns for 50 yards, butterfly arms for 15 yards, butterfly for 15 yards, individual medley 100 yards with open turns, sidestroke for 25 yards, endurance swim for 150 yards.

Small Group Lesson – Max enrollment 4 children

Group Lesson - Max enrollment 6 per instructor

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
School Age Stage 6 Stroke Mechanics Small Group Lesson	APY	6 - 12 years	M	4:15 PM	4:45 PM	\$56	\$105
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	T	4:15 PM	4:45 PM	\$44	\$85
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	W	6:00 PM	6:30 PM	\$44	\$85
School Age Stage 6 Stroke Mechanics Group Lesson	APY	6 - 12 years	TH	4:15 PM	4:45 PM	\$44	\$85
School Age Stage 6 Stroke Mechanics Group Lesson	FWY	6 - 12 years	M	6:20 PM	6:50 PM	\$37	\$73
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	T	4:35 PM	5:05 PM	\$44	\$85
School Age Stage 6 Stroke Mechanics Group Lesson	HVY	6 - 12 years	W	6:20 PM	6:50 PM	\$44	\$85

School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	T	6:15 PM	6:45 PM	\$44	\$85
School Age Stage 6 Stroke Mechanics Group Lesson	NMY	6 - 12 years	W	5:40 PM	6:10 PM	\$44	\$85

HOMESCHOOL GROUP SWIM LESSONS (AGES 6-12 YEARS) (NMY, FWY)

Swim lessons offered specifically for home school students to be in school age level lessons during the day.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Home School Lessons Stages 1-2	FWY	6-12 years	W	12:00 PM	12:30 PM	\$44	\$85
Home School Lessons Stages 3-4	FWY	6-12 years	W	12:35 PM	1:05 PM	\$44	\$85
Home School Lessons Stages 5-6	FWY	6-12 years	W	1:10 PM	1:40 PM	\$44	\$85
Home School Lessons Stages 1-3	NMY	6-12 years	TH	1:10 PM	1:40 PM	\$44	\$85
Home School Lessons Stages 4-6	NMY	6-12 years	TH	12:35 PM	1:05 PM	\$44	\$85

AQUATIC CONDITIONING – SWIM TEAM 101 (AGES 6–14 years) (APY)

Prerequisites: Must have completed Stage 6

Skills learned in this stage: Continue to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Aquatic Conditioning - Swim Team 101	APY	6 – 14 years	T	5:25 PM	5:55 PM	\$44	\$85

SWIM CLUB (AGES 10–15 years) (HVY)

Prerequisites: Must have completed Stage 6 and be at least 10 years old

Skills learned: Participants will engage in workouts designed to challenge their skills, improve stamina, and prepare them for lifelong swimming opportunities. Swim Club is perfect for students who love the water and want to continue progressing in a fun, supportive environment.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Swim Club	HVY	10 - 15 years	W	5:45 PM	6:15 PM	\$44	\$85

YOUTH, TEEN AND ADULT SWIM LESSONS

Classes for Youth (Ages 10-14), Teen and Adults (Ages 15-Adult) Teen/Adult Beginner-

For the beginner swimmer who wants to learn basic swim skills such as front/back float and glides, water safety skills and become comfortable in deep water. The swimmer may be a beginner or fearful beginner who is unfamiliar with water.

Teen/Adult Intermediate- Swimmer must be able to demonstrate basic swim strokes, swim 25 yds unassisted and be comfortable in deep water. The intermediate swimmer will learn stroke technique to efficiently perform swim strokes. The swimmer will also learn a variety of swim strokes and water safety techniques and skills.

Teen/Adult Advanced- For the more advanced swimmer who is able to swim 50 yds effectively. This class is for advanced swimmers who want to build endurance, swim for fitness, and perfect swim strokes.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Teen/Adult Swim Lessons Beginner	APY	15 years and older	M	5:25 PM	5:55 PM	\$43	\$76
Teen/Adult Swim Lessons Intermediate	APY	15 years and older	M	6:00 PM	6:30 PM	\$43	\$76
Teen/Adult Swim Lessons - Advanced	APY	15 years and older	M	6:35 PM	7:05 PM	\$43	\$76

Teen/Adult Swim Lessons - Beginner	FWY	13 years and older	T	6:55 PM	7:25 PM	\$50	\$90
Youth/Teen Swim Lessons	NMY	12-17 years	W	6:15 PM	6:45 PM	\$44	\$85
Adult Swim Lessons	NMY	18 years +	TH	12:00 PM	12:30 PM	\$50	\$90

PRIVATE AND SEMI-PRIVATE SWIM LESSONS (APY, FWY, NMY)

We offer private swim lessons, ages 5 and older, and all abilities. Please contact your local YMCA Aquatics Department for more information and availability.

SWIM BOOSTERS (APY, FWY, HVY, NMY)

Swim Boosters are single, one-time private swimming lessons designed to focus on a specific skill or area of need. This option is ideal for swimmers who would benefit from short, targeted, individualized instruction. Swim Boosters may be used to reinforce a skill taught in group lessons, work through a challenge, or build confidence and stamina. Please contact your local YMCA Aquatics Department for more information and availability.

SPLASH ZONE (HVY)

Splash Zone is a fun, activity-based swimming experience for children of varying ages, abilities, and comfort levels in the water. Through games, challenges, and water exploration, children build swimming skills and confidence without even realizing they're learning. Please contact the Heart of the Valley Aquatics Department for more information and availability.

SPECIALTY AQUATICS

SPRINGBOARD DIVING (AGES 7 YEARS +) (NMY)

Learn the basics of springboard diving.

Class prerequisites:

- Intro to Springboard Diving: Must be at least 7 years old and comfortable swimming in deep water and jumping off the diving board.
- Springboard Diving 1: Must have completed Intro to Springboard Diving and be 7 years old or be recommended by instructor.
- Springboard Diving 2: Must have completed Springboard Diving 1 and be recommended by instructor.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Intro to Springboard Diving	NMY	7 years +	M	5:30 PM	6:10 PM	\$37	\$73
Springboard Diving 1	NMY	7 years +	M	6:15 PM	6:55 PM	\$37	\$73
Springboard Diving 2	NMY	10 years +	M	7:00 PM	7:40 PM	\$37	\$73

YMILER CLUB (APY, FWY, HVY, NMY)

Y members keep track of the miles you swim in our pools. You will be rewarded for reaching milestones in your swimming quests.

RESCUE READY (HVY)

Learn more about the American Red Cross Lifeguarding course and see if it is the right fit for you. This program is an informational and exploratory experience for individuals who are thinking about becoming a lifeguard and want to see if the certification course is right for them. Participants will learn what lifeguarding truly involves, review basic required skills and physical expectations, experience sample activities from the course, and have time to ask questions and talk directly with lifeguard instructors. Whether you are feeling unsure, just exploring options, or ready to dive in, this session is designed to be welcoming and informative. No fee, no swim test, no pressure. Just come as you are and find out more!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Rescue Ready September 28	HVY	14 years and older	M	7:00 PM	7:30 PM	FREE	FREE
Rescue Ready October 2	HVY	14 years and older	F	6:15 PM	6:45 PM	FREE	FREE

LIFEGUARD TRAINING (15 years – Adult) (HVY)

Prerequisites: Must be 15 years of age on or before the final scheduled session day of this course.

1) Swim 150 yards continuously demonstrating breath control and rhythmic breathing using front crawl and/or breaststroke, tread water for 2 minutes using legs only, and then continue swimming an additional 50 yards for a total of 200 yards. 2) Complete a timed event within 1 minute 40 seconds (without using goggles). Starting in the water, swim 20 yards. Surface dive, feet first or headfirst to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object. Exit the water without using a ladder or steps.

Prescreening will be held by appointment before the course begins. Attendance is mandatory at all classes. For Blended Learning courses, students will be responsible for completing online coursework as assigned.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lifeguard Training Full Course Blended Learning	HVY	15 years and older	SUN 10/11, 10/18, 10/25, & 11/1	12:30 PM	6:30 PM	\$147	\$208

SWIM TEAM/MINI ORCAS

STAFF CONTACT

APY - Jose Rosales Yopez, Swim Team Director E jrosalesyopez@ymcafoxcities.org

APY - Anna Krause, Swim Team Coordinator E akrause@ymcafoxcities.org

APY - Chloe Balwinski, Swim Team Administrative Assistant P 920.930.5732 E cbalwinski@ymcafoxcities.org



Dive into fun and fitness with the FCYST Orcas at the YMCA of the Fox Cities! Our year-round swimming program welcomes swimmers of all ages and skill levels, from beginners to national competitors. With a focus on building character, fostering friendships, and cultivating a love for the sport, the FCYST team is all about creating a positive and encouraging swim community. Swimmers can practice 4-6 days a week, depending on their age and goals—whether they're here for fun or ready to compete! Come make a splash with us and see how far you can go! For more information about FCYST, practices and locations, visit our team website: www.fcyst.org.

SWIM TEAM TRYOUTS – We provide two trial opportunities prior to each season (April & September). Any swimmers looking to join the team mid-season should contact Anna Krause, Swim Team Coordinator, for more information, 920.954.7617.

SWIM TEAM TRYOUT REQUIREMENTS: Each athlete must be able to safely perform a 25 freestyle and a 25 backstroke without stopping to continue with the trial. It will be the deck coaches' discretion as to whether each athlete is able to safely continue the practice. The ability to do a standing dive is highly encouraged, but not required. For safety reasons, our age **minimum is 6 years old**. We recommend that children complete Stage 6 in our swim lesson program before giving competitive swimming a try. Please contact Anna Krause, Swim Team Coordinator, for more information, 920.954.7617 or visit our website www.fcyst.org for more information.