

# Swim Lessons:

Youth Development: Positive fun activities that build physical and social skills that encourage a lifetime appreciation for active living.

**Spring** April 10-May 28      Registration: Y Members- March 20      Program Members- March 27      7 week session

**Swim lesson registration will close at 11:59 p.m. the day before class starts. M= Y Members PM= Program Members**

No classes April 3-9 or May 29-June 4		Price		Ratio/ instructor	Pool	Monday	Tuesday	Wednesday	Thursday	Saturday
Class	Ages	M	PM							
<b>Double-up Discount:</b> Your child can take swim lessons two days a week for \$10.00 off.										
<b>Group Swim Lessons</b>										
Stage A	6 mths-3 yrs w/ caregiver	\$28	\$59	3-12 children	WW		10:30-11:00 a.m. 6:15-6:45 p.m.		5:00-5:30 p.m.	10:15-10:45 a.m.
Stage B	6 mths-3 yrs w/ caregiver	\$28	\$59	3-12 children	WW		11:00-11:30 a.m. 6:45-7:15 p.m.		5:40-6:10 p.m.	10:45-11:15 a.m.
Stage 1	All ages 3 and up	\$28	\$59	3-5 children	WW	5:00-5:30 p.m.(2) 5:35-6:05 p.m.(2)	12:30-1:00 p.m.	6:10-6:40 p.m. (2) 6:45-7:15 p.m. (2)	11:35-12:05 p.m. 12:10-12:40 p.m.	9:00-9:30 a.m. (2) 9:35-10:05 a.m. (2)
Stage 2	All ages 3 and up	\$28	\$59	3-5 children	WW	5:00-5:30 p.m. (2) 5:35-6:05 p.m. (2)	12:30-1:00 p.m.	6:10-6:40 p.m. (2) 6:45-7:15 p.m. (2)	11:35-12:05 p.m. 12:10-12:40 p.m.	9:00-9:30 a.m. (2) 9:35-10:05 a.m. (2)
Stage 3	Recommended 5-12 years	\$33	\$69	3-6 children	Lap	6:15-7:00 p.m. (2) 7:05-7:50 p.m. (2)	12:30-1:00 p.m.	5:15-6:00 p.m. (2) 6:05-6:50 p.m. (2)	7:00-7:45 p.m. (2)	10:15-11:00 a.m. (2) 11:05-11:50 a.m. (2)
Stage 4	Recommended 5-12 years	\$33	\$69	3-8 children	Lap	6:15-7:00 p.m. 7:05-7:50 p.m.		5:15-6:00 p.m. 7:00-7:45 p.m.		10:15-11:00 a.m. 11:05-11:50 a.m.
Stage 5	Recommended 5-12 years	\$33	\$69	3-8 children	Lap	6:15-7:00 p.m. 7:05-7:50 p.m.		5:15-6:00 p.m. 7:00-7:45 p.m.		10:15-11:00 a.m. 11:05-11:50 a.m.
<b>Adaptive Swim Lessons</b>										
Age 3-5	3-5 years	\$33	\$69	3-5	WW		5:00-6:00 p.m.			
Age 6-10	6-10 years	\$33	\$69	3-8	WW		5:00-6:00 p.m.			
<b>Homeschool Group Swim Lessons</b>										
Age 3-6	3-6 years	\$15	\$19.50	3-5	WW		1:10-1:40 p.m.			
Age 7+	7+ years	\$18.50	\$23	3-8	WW/L		1:45-2:30 p.m.			
<b>Teen and Adult Swim Lessons</b>										
Beginner	13 years +	\$33	\$69	3-5	Lap			6:05 p.m.		
Intermediate	13 years +	\$33	\$69	3-8	Lap					8:45-9:30 a.m.
Advanced	13 years +	\$33	\$69	3-16	Lap					7:45-8:30 a.m.

\*The number of participants in each class is determined by registration for the class but will fall inside the ratio range. When a new instructor is training, more than one instructor might be present for the lesson. Classes with under 3 participants will be cancelled and those participants will be moved to another class or receive a refund. (2) indicates that 2 classes of the same level will be held at that time. Registration will take place as one class, and children will be divided to their assigned instructor by age.

## Youth Development: Swim Descriptions Spring 2017

**Stage A: Water Discovery** Caregivers accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**Stage B: Water Exploration** In this stage, caregivers work with the children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

**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. This class is intended for those with little to no lesson experience other than parent child classes and those with little comfort in the water.

**Stage 2: Water Movement** In this stage, 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. This class is intended for those completing **Stage 1** or having completed at least 2 years of organized lessons other than parent child classes and with a visible level of comfort in the water while being assisted.

**Stage 3: Water Stamina** In this stage, 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. This class is intended for those completing **Stage 2** or having completed at least 3 years of organized lessons other than parent child classes and with a visible level of comfort in the water unassisted.

**Stage 4: Stroke Introduction** Students in this stage 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. This class is intended for those completing **Stage 3** or having full independence in any depth of water unassisted and with proper freestyle stroke technique.

**Stage 5: Stroke Development** Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. This class is intended for those completing **Stage 4**.

**Adaptive Swim Lessons:** Designed for children with special needs, these small group swim lessons are for children who may not be able to participate in a traditional swim class because of learning disabilities, physical limitations, developmental delays, or sensory issues. With the needs of each individual in mind, the goal of these lessons is to provide basic water instruction and water safety skills to help children become the best swimmers they can be. An Adaptive Swim Lesson Information sheet can be picked up at the Welcome Center and must be filled out and returned at least 3 days before the class begins.

**Home School Swim Lessons** For swimmers of all ages who are currently homeschooled. These groups will be broken up by ability to work through a series of skill levels to individually strengthen both skills and confidence in the water.

**Beginner Teen and Adult:** Participants in this stage learn basic swim and safety skills to create comfort in and around water while introducing swimming as a fun activity.  
**Intermediate Teen and Adult:** Participants in this stage develop stroke technique in front crawl and back crawl and discover how to incorporate swimming into a healthy lifestyle.

**Advanced Teen and Adult:** In this stage, participants refine stroke technique on all major competitive strokes and discover how to incorporate swimming into a healthy lifestyle.

The YMCA's Youth Swim Program is designed so that the average student will spend approximately 12 months at each level. Coming in and working on a consistent basis is essential to developing swimming skills. We ask that you reinforce the skills learned in classes at our open swim hours two to three times a week.

**Private or Semi-Private Swim Lessons** are available for ages 3 to adult. This is the opportunity for you or your child to receive extra attention and practice. You can learn how to swim, perfect your technique or just get a little extra help. Private is for one person. Semi-Private is up to 3 people. Pricing is per person.

4 Private Swim Lessons: M- \$75 PM- \$110 4 Semi-Private Lessons for 2: \$56.25/M or \$82.50/PM 4 Semi-Private Lessons for 3: \$37.50/M or \$55/PM

7 Private Swim Lessons: M- \$130 PM- \$190 7 Semi-Private Lessons for 2: \$98/M or \$143/PM 7 Semi-Private Lessons for 3: \$65.25/M or \$95.25/PM

Private lessons are also available for those with special needs. Request a private lesson at the Welcome Center.

# Gymnastics Lessons:

Youth Development: Positive, fun activities that build physical and social skills that encourage a lifetime appreciation for active living.

**Spring** April 10-May 28      Registration: Y Members- March 20      Program Members- March 27      7 week session

No classes April 3-9 or May 29-June 4	Price		Monday	Tuesday	Wednesday	Thursday
	M	PM	M= Y Members PM= Program Members			
<b>Gymnastics</b>						
<b>Preschool- Held in Gym 2</b>						
Baby Bears Walking - 3 years old	\$23	\$49		5:15-5:45 p.m.		10:00-10:30 a.m. 6:00-6:30 p.m.
Little Bears 1 3 & 4 year olds	\$28	\$59		5:45-6:30 p.m.		10:30-11:15 a.m. 4:30-5:15 p.m.
Little Bears 2 3-5 years old	\$28	\$59		6:30-7:15 p.m.		11:15-12:00 p.m. 5:15-6:00 p.m.
Super Bears 4 & 5 year olds	\$28	\$59		4:30-5:15 p.m.	4:30-5:15 p.m.	9:15-10:00 a.m. 6:30-7:15 p.m.
<b>Boys Gymnastics- Held in Gym 2</b>						
Boys 4-5 years old	\$28	\$59		4:30-5:15 p.m.		
Boys 6-10 years old	\$28	\$59		5:15-6:00 p.m.		
<b>Youth - Ages 6 years and up *Classes meet at 220 Parker Street/ Wednesday classes meet at Parkview Warsaw YMCA Gym 2</b>						
Level 1	\$33	\$69	5:30-6:30 p.m.*		4:30-5:30 p.m. 5:30-6:30 p.m.	5:30-6:30 p.m.*
Level 1A	\$33	\$69	4:30-5:30 p.m.*		5:30-6:30 p.m. 6:30-7:30 p.m.	5:30-6:30 p.m.*
Level 2	\$33	\$69	4:30-5:30 p.m.*	4:30-5:30 p.m.*	5:30-6:30 p.m.	
Level 2A	\$33	\$69	4:30-5:30 p.m.*		6:30-7:30 p.m.	
<b>Tumbling *Classes meet at 220 Parker Street</b>						
Beginner	\$28	\$59		6:00-6:45 p.m.*		
Intermediate	\$28	\$59		5:15-6:00 p.m.*		
Advanced	\$28	\$59		4:30-5:15 p.m.*		

## Youth Development: Gymnastics Program Descriptions Spring 2017

### **CONFIDENCE BALANCE COORDINATION Parent Child Class Baby Bears** (boys and girls walking to 3 years)

You and your child will be involved in a quality bonding experience while your child is introduced to a structured social environment. They will also develop self-confidence while working on motor skills, coordination and balance.

### **BUILDING LIFELONG ATTRIBUTES Preschool Gymnastics** (boys and girls ages 3-5)

Build self confidence, life and motor skills while learning age appropriate gymnastics skills through a safe and secure environment.

**Little Bears 1** (Ages 3 & 4) Beginner level. Success, security and fun will be gained at this level. Kids will learn basic tumbling and explore new skills on the equipment.

**Little Bears 2** (Ages 3-5) Prerequisite: Little Bears 1 or 4 to 5 years old. Intermediate level. Building on basic skills learned in previous level.

**Super Bears** (Ages 4 & 5) Prerequisite: Little Bears 1 or 2 or 5 years old. Advanced level. Provides a foundation of basic tumbling skills, apparatus work and starting to learn more advanced skills.

### **STRENGTH FLEXIBILITY COORDINATION Boys Gymnastics** (boys ages 4 to 5 and boys ages 6 to 10)

Your child will develop strength, flexibility and coordination, which are the building blocks needed for all sports, through this fun, energetic class. Participants will learn basic tumbling and explore different skills on the vault and uneven bars.

### **SOARING TO NEW HEIGHTS Youth Gymnastics** (boys and girls age 6 and up)

Every child will reach their full potential, both physically and mentally. Gymnastics classes can be the key foundation in developing strength, flexibility and coordination, the basics needed for all sports. Gymnasts will learn gymnastics skills in a safe and secure environment, developing self-confidence and self-discipline while having fun! Due to the progressive style of these classes, multiple sessions at any given level should be expected and instructor pre-approval is required for advancement.

**Level 1:** Introduction to the cartwheel, handstand and basic roll. Beginner skills are introduced on the vault, uneven bars and balance beam.

**Level 1A:** Gymnast can correctly execute a cartwheel, handstand and basic rolls. Can walk across and execute skills on the beam with confidence.

**Level 2:** More challenging skills will be learned in all events. There will be increased emphasis on dance skills, flexibility and strength.

**Level 2A:** Gymnast can correctly execute a round-off, handstand, forward roll, split leap and split jump on floor. Has mastered all beam skills in Level 2 such as lever, tuck jump, coupe hold and arabesque scale. Has mastered all uneven bar skills in Level 2.

### **FLIPPING INTO SUCCESS Tumbling** (boys and girls age 6 and up, 5 year olds with approval)

Tumblers will learn floor skills in a safe and secure environment, developing self-confidence and self-discipline while having fun! Classes designed to help cheerleaders and/or gymnasts of all skill levels refine and upgrade their tumbling skills.

**Beginner:** Little to no tumbling experience, working on cartwheels, round-offs, handstands and introduced to back tumbling.

**Intermediate:** Has basic tumbling skills mastered, working on back handsprings.

**Advanced:** Mastered the back handspring, working on running tumbling, back tucks and layouts.

#### **Private Gymnastics/Tumbling Lessons** for 1 hour, pricing per child:

1 person -\$30/M \$40/PM    2 people -\$20/M \$30/PM    3 people -\$15/M \$25/PM

#### **Private Gymnastics/Tumbling Lessons** for four 1 hour sessions, pricing per child:

1 person -\$100/M \$140/PM    2 people -\$60/M \$100/PM    3 people -\$40/M \$80/PM

**Contact Tonya Douglass at [twelsh@kcyymca.org](mailto:twelsh@kcyymca.org) for more information about Private Gymnastics Lessons**

\*A spacious area in the Whitman Group building has been transformed into a high quality gymnastics training facility for our use. To make your visits easy and enjoyable, detailed information will be given upon class registration.

# Youth Fitness:

Youth Development: Positive, fun activities that build physical and social skills that encourage a lifetime appreciation for active living.

**Spring** April 10-May 28      Registration: Y Members- March 20      Program Members- March 27      7 week session

<b>No classes</b> April 3-9 or May 29-June 4	<b>Price</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Youth Fitness</b>	M	PM	M= Y Members PM= Program Members					
Youth Conditioning	Free			5:00-6:00 p.m.		5:00-6:00 p.m.		9:30-10:30 a.m.
Youth Conditioning North Webster	Free	Please call ahead						9:30-10:30 a.m.
Volleyball Clinic 2nd-6th grade	\$28.25	\$64.25	5:30-6:30 p.m.	ends May 15				
Inclusive Yoga Movement ages 4-7	\$15	\$19.50				5:00-5:30 p.m.		
Inclusive Yoga Movement ages 8-12	\$15	\$19.50				5:30-6:00 p.m.		

## STARTING OFF STRONG Youth Fitness

**Youth Conditioning** The Youth Conditioning Course was created as a benefit of membership to help children learn and understand the benefits of exercise and how to properly use the exercise equipment at our Y. Youth ages 8-14 will attend one class and pass a short quiz to use the facility. Youth ages 8-11 may use the Wellness Center and strength equipment **with a parent** after completing the class. **A parent must be present at the Youth Conditioning class.** If the child has taken the class and is 12-14 they may use the Wellness Center and strength equipment without a parent after meeting with a Wellness Center staff member to ensure that the child remembers proper form on the equipment. If the child is taking the class for the first time and is 12-14 they must take the class and pass the quiz. Please pre-register for a time at the Wellness Desk. All youth under the age of 15 will need to have a proper Youth Conditioning Certification Card on a lanyard at all times while in the Wellness Center. Participants that are 15 years old or older can have access to the weights in the free weight area in addition to using the Wellness Center.

**Volleyball Clinic** for any skill level, grades 2-6. Participants will work on passing, hitting, and serving. Kids will learn the rules and gain a basic understanding of volleyball. This clinic is great for those who want to improve their skills or learn more about volleyball. Gym 1

**Inclusive Yoga Movement** (Ages 4-7 and 8-12) For those with any ability, an introduction to yoga and movement. Program Room 2

**Youth Sports** Be sure to purchase your re-usable, reversible jersey that you can wear for all Youth Sports at the Welcome Center.

T-ball	\$37	\$63	3 yrs.-1st grade. Registration: March 13-April 30. Games on Saturdays, May 6 to June 17. No games May 27.					
Outdoor Soccer	\$37-42	\$63-68	3 yrs.-6th grade. Registration: May 8-August 11. Games on Saturdays, August 19 to Sept. 30. No games Sept. 2.					

**IT'S MORE THAN A GAME Youth Sports** At the Y, as part of our focus on Youth Development, the Youth Sports program provides positive, fun activities that build athletic, social and interpersonal skills. Participation, fitness, skill development, teamwork, sportsmanship and having fun will be emphasized over winning. Parents are encouraged to become volunteer coaches and take an active role in the youth program. <http://kcymcasports.org>

**Private Sports (Basketball, Soccer and Volleyball) Lessons** for 1 hour, pricing per child:

1 person -\$25/M \$35/PM    2 people -\$20/M \$30/PM    3 people -\$15/M \$25/PM

**Private Sports (Basketball, Soccer and Volleyball) Lessons** for four 1 hour sessions, pricing per child:

1 person -\$80/M \$120/PM    2 people -\$60/M \$100/PM    3 people -\$40/M \$80/PM

**Contact Zane Gard at [zgard@kcymca.org](mailto:zgard@kcymca.org) for more information about Private Sports Lessons**

**Register for soccer, basketball, gymnastics, fitness, volleyball and golf summer camps starting April 1st**