

# Swim Lessons:

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

**Winter 1** January 8-February 18      Registration: Y Members- December 11      Program Members- December 18      6 week session

**Winter 2** February 19-April 1      Registration: Y Members- February 5      Program Members- February 12      6 week session

M= Y Members PM= Program Members		Price		Ratio/ instructor	Pool	Monday	Tuesday	Wednesday	Thursday	Saturday
Class	Ages	M	PM							

**No classes April 2-8** Swim lesson registration will close at 11:59 p.m. the day before class starts.

**Group Swim Lessons**      **Double-up Discount:** Your child can take swim lessons two days a week for \$10.00 off.

Stage A	6 mths-3 yrs w/ caregiver	\$24	\$55	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	\$24	\$55	3-12 children	WW		11:00-11:30 a.m. 6:45-7:15 p.m.		5:35-6:05 p.m.	10:45-11:15 a.m.
Stage 1	All ages 3 and up	\$24	\$55	3-5 children	WW	5:00-5:30 p.m. 5:35-6:05 p.m. (2) 6:15-6:45 p.m.	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. 6:15-6:45 p.m.	9:00-9:30 a.m. 9:35-10:05 a.m. (2)
Stage 2	All ages 3 and up	\$24	\$55	3-5 children	WW	5:00-5:30 p.m. 5:35-6:05 p.m. (2) 6:15-6:45 p.m.	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. 6:15-6:45 p.m.	9:00-9:30 a.m. (2) 9:35-10:05 a.m. (2)
Stage 3 Warm Water	3-6 years	\$24	\$55	3-5 children	WW	5:00-5:30 p.m. (2) 6:15-6:45 p.m.	12:30-1:00 p.m.		11:35-12:05 p.m. 12:10-12:40 p.m.	9:00-9:30 a.m.
Stage 3 Lap Pool	7-12 years	\$28.25	\$64.25	3-6 children	Lap	6:15-7:00 p.m. 7:05-7:50 p.m.		5:15-6:00 p.m. (2) 6:05-6:50 p.m.	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	\$28.25	\$64.25	3-8 children	Lap	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	\$28.25	\$64.25	3-8 children	Lap	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 6	Recommended 5-12 years	\$28.25	\$64.25	3-8 children	Lap	7:05-7:50 p.m.				8:45-9:30 a.m.

## Home School Group Swim Lessons

Stage 1, 2, 3	All ages 3 and up	\$12.75	\$17.25	3-5 children	WW		1:10-1:40 p.m.			
Stage 3, 4, 5, 6	Recommended 5-12 years	\$15.75	\$20.75	3-8 children	Lap		1:45-2:30 p.m.			

## Teen and Adult Swim Lessons

Beginner	13 years +	\$28.25	\$64.25	3-5	Lap			6:05-6:50 p.m.		
Intermediate	13 years +	\$28.25	\$64.25	3-8	Lap					8:45-9:30 a.m.
Advanced	13 years +	\$28.25	\$64.25	3-16	Lap					7:45-8:30 a.m.

## Youth Development: Swim Descriptions Winter 2018

**Stage A: Water Discovery** Caregivers accompany children in this parent child class, 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 parent child class, 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**.

**Stage 6: Stroke Mechanics** Students in this class work on endurance of all four strokes, and discover how to incorporate swimming into a healthy lifestyle.

\*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.

**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.

**Winter 1** January 8-February 18      Registration: Y Members- December 11      Program Members- December 18      6 week session

**Winter 2** February 19-April 1      Registration: Y Members- February 5      Program Members- February 12      6 week session

No classes April 2-8	Price		Monday	Tuesday	Wednesday	Thursday
<b>Gymnastics</b>	M	PM	M= Y Members PM= Program Members			
<b>Preschool- Held in Gym 2</b>						
Baby Bears Walking - 3 years old	\$19.75	\$45.75		10:00-10:30 a.m. 5:15-5:45 p.m.	6:15-6:45 p.m.	
Little Bears 1 3 & 4 year olds	\$24	\$55		10:30-11:15 a.m. 5:45-6:30 p.m.	5:30-6:15 p.m.	
Little Bears 2 3-5 years old	\$24	\$55		11:15 a.m.-noon 6:30-7:15 p.m.	4:45-5:30 p.m.	
Super Bears 4 & 5 year olds	\$24	\$55		4:30-5:15 p.m.	4:30-5:15 p.m.	
Beginner Level 1 5 & 6 year olds or Kindergarten	\$24	\$55		7:15-8:00 p.m.		
<b>Boys Gymnastics- Held in Gym 2</b>						
Boys 4-5 years old	\$24	\$55		4:30-5:15 p.m.		
Boys 6-10 years old	\$24	\$55		5:15-6:00 p.m.		
<b>Youth - Kindergarten and up *Classes meet at 220 Parker Street/ Wednesday classes meet at Parkview Warsaw YMCA Gym 2</b>						
Level 1	\$28.25	\$64.25	5:30-6:30 p.m.*		4:30-5:30 p.m. at YMCA 5:30-6:30 p.m. at YMCA	5:30-6:30 p.m.*
Level 1A	\$28.25	\$64.25	5:30-6:30 p.m.*		5:30-6:30 p.m. at YMCA 6:30-7:30 p.m. at YMCA	5:30-6:30 p.m.*
Level 2	\$28.25	\$64.25	4:30-5:30 p.m.*	4:30-5:30 p.m.*	6:30-7:30 p.m. at YMCA	
Level 2A	\$28.25	\$64.25	4:30-5:30 p.m.*		5:30-6:30 p.m. at YMCA 6:30-7:30 p.m. at YMCA	
<b>Tumbling *Classes meet at 220 Parker Street</b>						
Beginner	\$24	\$55		6:00-6:45 p.m.* Meet at Y on January 9, 23, Feb. 13		
Intermediate/Advanced	\$28.25	\$64.25		5:00-6:00 p.m.* Meet at Y on January 9, 23, Feb. 13		

## Youth Development: Gymnastics Program Descriptions Winter 2018

### **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.

**Beginner Level 1** (Ages 5 & 6) Prerequisite: Super Bears or current Kindergartener. Preparing for Level 1 Youth Class. Continue to master skills that are in Level 1.

### **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 Kindergarten 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 -\$35/M \$45/PM    2 people -\$25/M \$35/PM    3 people -\$20/M \$30/PM

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

1 person -\$115/M \$155/PM    2 people -\$75/M \$115/PM    3 people -\$55/M \$95/PM

**Contact Tonya Douglass at [twelsh@kcymca.org](mailto:twelsh@kcymca.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.

**Winter 1** January 8-February 18      Registration: Y Members- December 11      Program Members- December 18      6 week session

**Winter 2** February 19-April 1      Registration: Y Members- February 5      Program Members- February 12      6 week session

M= Y Members PM= Program Members	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Youth Fitness</b>	M	PM	<b>No classes</b> April 2-8					
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.
Little Ninjas	\$19.75	\$45.75	10:30-11:00 a.m.		4:15-4:45 p.m.			
Fit for Kids	\$28.25	\$64.25			5:00-6:00 p.m.			
Home School Fit for Kids	\$18.75	\$23.25	9:15-10:15 a.m.					
<b>Inclusive Programs</b>								
Sensory Open Swim	Free	\$2/visit						11:30 a.m.-12:30 p.m.
Pop Up Sensory Room	Free	Free		4:15-5:15 p.m.	9:45-10:45 a.m.			
Music and Movement	Free	Free	10:15-11:00 a.m.		10:15-11:00 a.m.			
Adaptive Swim Lessons Ages 3-5	\$28.25	\$64.25		5:00-6:00 p.m.				
Adaptive Swim Lessons Ages 6-10	\$28.25	\$64.25		5:00-6:00 p.m.				
Adaptive Sports Clinic Ages 3-7	\$19.75	\$45.75				4:30-5:00 p.m.		
Adaptive Sport Clinic Ages 8-12	\$19.75	\$45.75				5:00-5:30 p.m.		
Chair Volleyball	Free			10:15-11:15 a.m.		10:15-11:15 a.m.		
Cardio Dance Off !	Free	Free				10:30-11:15 a.m.		
Adaptive Performing Arts	\$6	\$11			5:30-7:00 p.m.			
Muscle Up	\$28.25	\$64.25		1:00 or 6:00 p.m.		1:00 or 6:00 p.m.		
Water Motion Class	Free	\$2/visit		9:30-10:30 a.m.		9:30-10:30 a.m.		
Yoga and Sensory Experience	Free	\$2/visit		9:15-10:15 a.m.				
Social Skills Cafe	\$6	\$11	6:00-7:00 p.m.					
<b>Youth Sports</b>								
Youth Basketball	\$47	\$73	2nd-6th grade. Registration: October 23-January 2. Games on Saturdays, January 13 to February 17.					
Youth Indoor Soccer	\$37	\$63	3 yrs.-3rd grade. Registration: January 13-March 4. Games on Saturdays, March 10 to April 21. No games March 31.					
Volleyball Clinic 2nd-6th grade	\$28.25	\$64.25	5:30-6:30 p.m.	Winter 2 only				

## Youth Development: Fitness Program Descriptions Winter 2018

### **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.

**Little Ninjas** (Ages 3-5) Your preschooler will be introduced to exercises, games and fun activities that will keep them active and moving just like little ninjas! Program Room 4.

**Fit for Kids** (Ages 6-12) Be a part of a positive learning environment for kids. Any child ages 6-12 will be introduced to the basics of stretching, cardio and strength training using a wide variety of exercises, equipment and games in a group setting. Program Room 4.

**Home School Fit for Kids** (Ages 6-12) Have fun and exercise at the same time! Stretch, exercise, and play games in a class setting that introduces fitness fundamentals. Gym.

### **A PLACE FOR EVERYONE Inclusive Youth Programs**

**Sensory Open Swim** (All ages) Use this time in the Warm Water pool to enjoy the pool with fewer distractions, lower noise and a less crowded environment. Includes a caregiver if needed.

**Pop Up Sensory Room** (For ages 3 and up) Drop in to experience tactical toys, dark tents, a sensory swing, weighted products and more. This is a time for those that need/desire a sensory environment to come in and experience. This space will be staffed by an Inclusive Instructor to facilitate the sensory experience. Program Room 4.

**Music and Movement** (For ages 3 and up) Join us as we dance, sing, move and explore different instruments. Using the universal language of music we will explore emotions, body awareness, communication and creative expression through both group and individual movement and music. Designed for those with special needs to explore and grow, but open to anyone. For ages 3 and up. Multi-Purpose Room 1.

**Adaptive Swim Lessons** (Ages 3-5 and 6-10) 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.

**Adaptive Sports Clinic** (Ages 3-7 and 8-12) Winter 1- Basketball /Winter 2- Soccer. This weekly sports clinic will focus on learning the components, rules and skills needed for the game. Each week a new skill will be introduced as participants build on previous skills learned. Come learn, practice and have fun. Gym 1.

**Cardio Dance Off!** (Ages 8-15 with a parent, age 16 and up) Join us for a fun upbeat and easy to follow cardio dance class! In this class you will get that heart rate pumping while learning fun dance moves in an easy to follow and laid back format. Easy Beginner Fitness Level. Program Room 2.

**Chair Volleyball** Great for upper body mobility and joint flexibility. Enhances muscle tone, reflexes, hand-to-eye coordination and endurance. Played with a beach ball and a five ft. high net

**Adaptive Performing Arts** (Age 13 and up) Do you like to perform, dance, make music, move, create, express yourself and have fun? Join us as Allison Ballard, Director of The Jesters, and Diane Gaby come to us as artists in residence this winter. They will help us explore the creation of our own original pieces of work. We will also practice performing arts skills. This program is for anyone with a disability. If you're interested in volunteering to help with this program, please contact Anne Petre at [apetre@kcymca.org](mailto:apetre@kcymca.org) for more details today. Multi-Purpose Room 1.

**Muscle Up** (Ages 13 and up) Looking for a way to meet people, learn about health and get in a workout? This adaptive health and fitness class is designed for individuals with special needs. Build strength, increase flexibility and tone your muscles! This program will offer an introduction to cardio and strength machines, personalized coaching, individualized assistance, and group accountability. Meet at the Wellness Desk.

**Water Motion Class** (Age 13 and up) Using the freedom water can provide, a trained instructor will lead participants in a variety of activities to get those with any disability in motion. Includes a caregiver if needed. Warm Water Pool.

**Yoga and Sensory Experience** (Age 13 and up) This class will start with some focused yoga and stretching in a simple easy to follow format. Then it will transition into a time of sensory exploration using items from our Pop Up Sensory Room. Program Room 4

**Social Skills Cafe** (Age 13 and up) A time to participate in a variety of different activities- games, arts & crafts, sports, cooking, etc.- with the purpose of building social skills and communication while doing something fun. Open to anyone with or without a disability. Multi-Purpose Room 1.

**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/>