

Youth Development: Swim, Sports & Play

Winter I Session: January 3-February 19 Registration: Y Members-December 5 Program Members-December 12

Winter II Session: February 20-April 1 Registration: Y Members-February 6 Program Members-February 13

M= Y Members PM= Program Members

	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Lessons	M	PM	Double-up Option: Your child can take swim lessons two days a week per session for \$10.00 off.					
Parent & Child								
Shrimp (6-18 months)	\$27	\$57		6:00-6:30 p.m.		6:00-6:30 p.m.		10:00-10:30 a.m.
Perch (19-36 months)	\$27	\$57		6:45-7:15 p.m.		6:45-7:15 p.m.		10:30-11:00 a.m.
Preschool								
Pike Beginner	\$27	\$57	9:15-9:45 a.m. 1:30-2:00 p.m. 6:15-6:45 p.m.		5:45-6:15 p.m.			9:00-9:30 a.m.
Pike Advanced	\$27	\$57	10:00-10:30 a.m. 2:15-2:45 p.m. 6:15-6:45 p.m.		6:45-7:15 p.m.			9:00-9:30 a.m.
Eel	\$27	\$57	5:30-6:00 p.m.		1:30-2:00 p.m.			9:45-10:15 a.m.
Ray	\$27	\$57	5:30-6:00 p.m.		2:15-2:45 p.m.			10:00-10:30 a.m.
Youth								
Polliwog	\$32	\$67	6:15-7:00 p.m.	5:00-5:45 p.m.	6:30-7:15 p.m.			9:00-9:45 a.m.
Guppy	\$32	\$67	6:15-7:00 p.m.			5:00-5:45 p.m.		9:00-9:45 a.m.
Minnow	\$32	\$67			5:45-6:30 p.m.			9:45-10:15 a.m.
Fish	\$32	\$67			5:45-6:30 p.m.			9:45-10:15 a.m.
Home School	\$32	\$67	2:00-3:00 p.m.					
Dance	Classes will be held at the Winona Lake Senior Center at 1590 Park Ave. Winona Lake, IN							
Preschool —Session dates for Dance are January 9-April 1. Participants will demonstrate what they've learned on the last day of class.								
Beginner Dance (3 yrs)	\$42	\$90		4:30-5:00 p.m.				
Beginner Ballet (4-5 yrs)	\$42	\$90		5:00-5:30 p.m.				
Beginner Jazz (4-5 yrs)	\$42	\$90		5:30-6:00 p.m.				
Youth —6 years and up. Session dates for Dance January 9-April 1. Participants will demonstrate what they've learned on the last day of class.								
Beginner Ballet	\$52	\$110		6:00-6:45 p.m.				
Beginner Jazz	\$52	\$110		6:45-7:30 p.m.				

Youth Development: Swim and Dance Program Descriptions Winter 2012

TOGETHER WE'LL GROW Parent/Child Swim Classes Shrimp and Perch (ages 6-36 months)

Together, you and your little one will grow more comfortable in the water. In a safe environment, they will be led through activities based on their developmental abilities. As you swim together, you will be equipped with the knowledge to positively and creatively encourage water skills through instruction and play. As children get older, more independent exploration in the water will occur. Children must be accompanied by a parent or an adult. A swim diaper is required.

LEARN SWIM GROW Preschool Swim Lessons (ages 3-6)

As your little swimmer grows both physically and mentally in the water, they will also learn to follow directions and wait their turn. As we move through each progressive level, children will develop their swim skills and increase their swimming distance, endurance, and knowledge of water safety, while building confidence in the water. All children in these classes must be able to sit safely on the side of pool and follow instructions. The prerequisite for each class is the class level before it.

Pike Beginner This class is for the child with little or no formal instruction. Child must be toilet trained.

Pike Advanced This class is for the child that has become comfortable in swim lessons, but is still working on skills to pass to the Eel level.

Eel Child can float on their front and back unassisted, is willing to put his/her face in the water and is able to swim 3-5 feet unassisted on their front and back.

Ray Child must be able to jump away from pool side, paddle to surface, swim back to the wall with face in the water without a flotation device and swim 25 yards on front and back.

STRENGTHEN AND EQUIP Youth Swim Lessons (ages 6-13)

Your child will strengthen their stroke abilities, while being equipped with knowledge for their own personal safety as well as the safety of others. As we move through each progressive level, all children will become more independent in the water as they increase swimming distance, endurance, and ability.

Pollivog (Beginner) This class is for a child with little or no formal instruction.

Guppy (Advanced Beginner) Child must be able to float on front and back unassisted and swim half the length of the pool on both front and back. Deep water work begins.

Minnnow (Intermediate) Child must be able to tread water for 20-30 seconds in deep water without a flotation device, swim 25 yards of front crawl with rotary breathing, back crawl, elementary backstroke, and have the basic knowledge of sidestroke. Breaststroke is introduced at this level.

Fish (Advanced Intermediate) Child must be able to tread water for one minute using a variety of different kicks, swim 50 yards of the front crawl with rotary breathing, back crawl, elementary backstroke, breaststroke and have a basic knowledge of sidestroke. Butterfly is introduced at this level.

Home School (ages 4-16) For children who are comfortable in the water. Focus will be on the four competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly.

*The YMCA 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 4 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.

4 Private Swim Lessons M- \$75.00 PM- \$110.00 4 Semi-Private M-\$112.50 PM-\$165 for up to 3 people

7 Private Swim Lessons M- \$130.00 PM- \$190.00 7 Semi-Private M-\$196 PM-\$286 for up to 3 people

LEAPING TO SUCCESS Dance (ages 3-6 and 6 & up)

The Y dance program develops the basic building blocks of dance in a fun and exciting atmosphere. This is a great opportunity for participants to be active to music while learning basic ballet and jazz skills. Success, security and fun will be gained as kids learn basic dances and correct feet and hand positions. Self expression, flexibility and coordination will also be developed.

Youth Development: Swim, Sports & Play	Price		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gymnastics	M	PM		M= Y Members PM= Program Members				
Preschool								
Baby Bears Walking - 2 years old	\$22	\$47	10:00-10:30 a.m.			6:00-6:30 p.m.		9:30-10:00 a.m.
Baby Bears 2-3 years old	\$22	\$47	6:00-6:30 p.m.			9:30-10:00 a.m.		
Little Bears 1 3 & 4 year olds	\$27	\$57	10:30-11:15 a.m. 5:15-6:00 p.m.			10:00-10:45 a.m.		10:00-10:45 a.m. <i>Little Bears 1 & 2</i>
Little Bears 2 3-5 years old	\$27	\$57	11:15 a.m.-Noon <i>Little Bears 2 and Super Bears</i>			4:30-5:15 p.m.		10:45-11:30 a.m. <i>Little Bears 2 and Super Bears</i>
Super Bears 4 & 5 year olds	\$27	\$57	4:30-5:15 p.m.			5:15-6:00 p.m.		
Boys Gymnastics								
Boys 4-5 years old	\$27	\$57			4:30-5:15 p.m.			
Boys 6-10 years old	\$27	\$57			5:15-6:00 p.m.			
Youth -Ages 6 years and up								
Level 1	\$32	\$67	4:30-5:30 p.m.		6:00-7:00 p.m.	4:30-5:30 p.m.		9:30-10:30 a.m.
Level 1A	\$32	\$67	4:30-5:30 p.m.		6:00-7:00 p.m.			9:30-10:30 a.m.
Level 2	\$32	\$67		4:30-5:30 p.m.		5:30-6:30 p.m.		10:30-11:30 a.m.
Level 2A	\$32	\$67		4:30-5:30 p.m.		5:30-6:30 p.m.		
Level 3	\$32	\$67				5:30-6:30 p.m.		
Open Gym	\$3	\$5	Pay per visit. Limit 20		7:00-8:30 p.m.			
Tumbling								
Beginner	\$27	\$57			5:15-6:00 p.m.			
Intermediate	\$27	\$57			4:30-5:15 p.m.			
Intermediate/Advanced	\$27	\$57			5:15-6:00 p.m.			
Private Gymnastics/Tumbling Lessons for 1 hour: 1 person -\$30/M \$40/PM 2 people -\$20/M \$30/PM 3 people -\$15/M \$25/PM 4 people-\$10/M \$20/PM Private Gymnastics/Tumbling Lessons for four 1 hour sessions: 1 person -\$100/M \$140/PM 2 people -\$60/M \$100/PM 3 people-\$40/M \$80/PM 4 people- \$20/M \$60/PM								

Youth Development: Gymnastics Program Descriptions Winter 2012

CONFIDENCE BALANCE COORDINATION Parent Child Class Baby Bears (walking to 2 years)(ages 2-3)

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 (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 (ages 4 to 5) (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 (ages 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 abrasque scale. Has mastered all uneven bar skills in Level 2.

Level 3: Skills and combinations learned in this class are equivalent to those used at the team level. This level will help prepare gymnasts for participation on the competitive team.

Open Gym: During this time students are allowed to travel to different equipment at any time and practice gymnastics skills. On the floor the students will be able to work freely on skills that they have mastered on their own. The students will be supervised by YMCA gymnastics instructors.

FLIPPING INTO SUCCESS Tumbling (ages 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 and Intermediate/Advanced: Has basic tumbling skills mastered, working on back handsprings and back tucks with no spot.

Youth Development: Swim, Sports & Play	Price		Monday	Tuesday	Wednesday	Thursday	Saturday
Preschool Classes	M	PM	M= Y Members PM= Program Members				
Parent & Me Play Group	Free	\$5	Pay per visit		10:00-11:00 a.m.		
Sports of All Sorts	\$27	\$57		1:30-2:15 p.m.		1:30-2:15 p.m.	
Youth Tennis							
Tennis Classes take place at the YMCA Racquet Center- 3919 North State Road 15 Warsaw, IN 574-268-9622							
Preschool Tennis							
Pee Wee	\$63	\$83	1:15-2:00 p.m. 4:30-5:15 p.m.			4:30-5:15 p.m.	
Youth Tennis							
Elementary	\$84	\$104	5:30-6:30 p.m.			5:30-6:30 p.m.	
Elementary Advanced	\$84	\$104		6:00-7:00 p.m.		6:30-7:30 p.m.	
Middle School	\$84	\$104	4:30-5:30pm				
Middle School Advanced	\$84	\$104		5:00-6:00 p.m.		5:00-6:00 p.m.	
High School/Junior Varsity	\$84	\$104		4:00-5:00 p.m.		4:00-5:00 p.m.	
Varsity Tour. Pro-approval.	\$126	\$146		5:30-7:00 p.m.		5:30-7:00 p.m.	
Youth Tennis Leagues							
Elementary Competition	\$12/week						12:30-1:30 p.m.
Middle/High School League	\$15/week						2:00-4:00 p.m.
Youth Fitness							
Youth Conditioning	Free			4:00-5:30 p.m.		4:00-5:30 p.m.	9:30-11:00 a.m.
Youth Conditioning at North Webster	Free						9:30-11:00 a.m.
Youth Sports							
Youth Basketball	\$65	\$75	Ages 2nd to 4th grade Registration: Nov. 1-Jan. 10 Late Fee \$10 after Dec. 31 Season Dates: One weekday practice and games on Saturdays, Jan. 14-Feb. 25				
Indoor Soccer League	\$40	\$65	Ages 3 years to 1st grade Registration: January 16-March 21. Late Fee \$10 after March 9 Season Dates: Saturdays, March 24-May 5				
Flag Football	\$40	\$65	Ages 6 to 11. Registration: March 5-May 9 Late Fee \$10 after April 30 Season Dates: Saturdays, May 12-June 23				

Youth Development: Preschool Classes, Tennis and Youth Fitness Program Descriptions Winter 2012

A LIFETIME OF HEALTHY PLAY Preschool Classes

Before kids get to school, our preschool classes give them a chance to interact with other kids while improving skills, making new friends and being active.

Parent and Me Play Group (infant to kindergarten) A great opportunity for moms/dads to interact with their child and for children to socialize with each other. Parents can enjoy the company of other moms/dads while watching their child grow. This program is held in the Youth Gym.

Sports of All Sorts (ages 3-6) A fun, non-competitive atmosphere for preschoolers to learn about a new sport each week.

A GAME FOR LIFE Youth Tennis Lessons

Pee Wee Tennis (ages 4-6) This level is for establishing movement skills, hand-eye coordination, and games with a focus on motor skills. Here an understanding of strokes, scoring and the tennis court are developed.

Elementary No previous training or formal tennis experience. Class will focus on stroke fundamentals using a combination of drills and games with an emphasis on tennis being a positive and fun experience for the student.

Elementary Advanced Intermediate and above. For students who have been exposed to stroke fundamentals. This is a skill level class subject to the instructor's judgment.

Middle School No or little previous training. Class will focus on stroke fundamentals; forehand, backhand, volleys and serve.

Middle School Advanced This class is a skill level class subject to the instructor's judgment. All students must have a basic understanding of the tennis strokes and the ability to keep the ball in play. Emphasis will be on improving stroke and game play.

High School/JV This class has a strong emphasis on the fundamental skills of the game; strokes, movement skills, hand-eye coordination and motor skills. Serve, return of serve, and use of Continental grip are high priorities and will be used as determining factors of the student's progression. This class will stress development of the student toward High School Team play.

Varsity Tour (requires pro-approval) This is a skill level class subject to instructor's permission. Class format is intense drill and play, focusing on all strokes as well as singles and doubles tactics and play.

GAME SET MATCH Tennis Leagues

Elementary Competition - The first half of this class will be a review and training of the various tennis strokes followed by a time of competition. Class is for elementary age participants and will use age appropriate equipment and courts. Sign up weekly.

Middle School and High School League - This is a competition program designed to allow players the opportunity to compete in the off season. Participants will play matches each week based upon the results of previous matches. Sign up weekly.

STARTING OFF STRONG Youth Fitness

Youth Conditioning This 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. Ages 8-14 will attend two consecutive classes the same day each week, and pass a short quiz to then use the facility. Please pre-register. Ages 8-11 may use the fitness center and mezzanine with a parent after completing the class with a parent. Ages 12-14 may use the fitness center and mezzanine without a parent after completing the class. If a youth under 12 takes the class, they will need to retake the class as a refresher when they turn 12.

ITS 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 stressed over winning. Parents are encouraged to become volunteer coaches and take an active role in the youth program.