



SOUTH COUNTY FAMILY YMCA KIDS AQUATICS CLASSES

September 3rd-October 28th (8 weeks)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Fri	Saturday									
					<p>8:30-9:00am Water Discovery</p> <p>9:00-9:30am PSA Water Acclim PSA Water Move PSA Water Stamina</p> <p>9:00-9:40am PSA Stroke Intro</p>									
		<p>10:30-11:00am PSA Water Acclimation</p> <p>11:00-11:30 am PSA Water Movement</p> <p>11:30-12:00pm PSA Water Stamina</p>												
<p>5:00-5:30pm PSA-Water Move PSA-Water Stamina SA--Water Acclim SA--Water Move</p>	<p>5:00-5:30pm PSA Water Stamina PSA Stroke Intro--40 min SA Water Move SA Water Stamina</p>	<p>5:00-5:30pm PSA Water Movement PSA Water Stamina SA Water Acclimation SA Water Movement</p>	<p>5:00-5:30pm PSA Water Stamina PSA Stroke Intro-40 min SA Water Move SA Water Stamina</p>		<p>9:30-10:00 am SA Water Acclim SA Water Move SA Water Stamina 9:40-10:10 am SA Stroke Intro</p>									
<p>5:30-6:00pm PSA Water Acclim PSA—Water Move SA—Water Stamina SA Water Move</p>	<p>6:00-8:00pm Swim Club 5:35-6:05pm PSA Water Acclim PSA Water Stamina SA Water Move SA Water Stamina</p>	<p>5:30-6:00pm PSA-Water Acclim PSA Water Move SA Water Move SA Water Stamina</p>	<p>6:00-8:00pm Swim Club 5:35-6:05pm PSA Water Acclim PSA Water Stamina SA Water Move SA Water Stamina</p>		<p>10:30-11:00 Water Exploration</p> <p>10:00-10:30 am PSA Water Acclim PSA Water Move SA Water Acclim</p> <p>10:10-10:50 am PSA Stroke Intro</p>									
<p>6:00-6:30pm Water Discovery</p> <p>6:05-6:45pm SA Stroke Intro SA Stroke Dev SA Stroke Mechanics</p>	<p>6:10-6:40pm PSA Water Acclim PSA Water Stamina SA Water Acclim SA Water Move</p>	<p>6:00-6:30pm Water Exploration</p> <p>6:05-6:45pm SA Stroke Intro SA Stroke Dev SA Stroke Mechanics</p>	<p>6:10-6:40pm PSA Water Acclim PSA Water Stamina SA Water Acclim SA Water Move</p>		<p>10:50-11:20 am PSA Water Stamina</p> <p>11:20-11:50 am Water Discovery</p>									
<p>6:30-7:00pm Water Exploration</p>		<p>6:30-7:00pm Water Discovery</p>												
<p>7:00- 7:40pm PSA Stroke Intro SA--Stroke Intro SA--Stroke Dev SA--Stroke Mechanic</p>	<p>6:45-7:15 pm PSA Water Move PSA Water Stamina SA-Water Acclim SA--Water Move</p>	<p>7:00-7:40 pm PSA Stroke Intro SA--Stroke Intro SA--Stroke Dev SA--Stroke Mechanic</p>	<p>6:45-7:15 pm PSA Water Move PSA Water Stamina SA--Water Acclim SA—Water Move</p>		<p>11:20-12:00pm SA--Stroke Intro SA--Stroke Dev SA--Stroke Mech</p>									
<p>7:40-8:20pm Teen Stroke Intro</p>	<p>7:20--7:50pm Teen Water Move</p>	<p>7:40-8:20pm Teen Stroke Develop</p>	<p>7:20-7:50pm Teen Water Move</p>											
<p style="text-align: center;">Contact Lindsey at 314.849.9622 ext. 272 lindsey.richardson@gwymca.org for more information regarding Swim Club.</p>			<p style="text-align: center;">Kids Aquatics Classes Prices</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Y Member</th> <th style="text-align: center;">Non-Y Member</th> </tr> </thead> <tbody> <tr> <td>30-minute class</td> <td style="text-align: center;">\$40</td> <td style="text-align: center;">\$80</td> </tr> <tr> <td>40-minute class</td> <td style="text-align: center;">\$46</td> <td style="text-align: center;">\$92</td> </tr> </tbody> </table>				Y Member	Non-Y Member	30-minute class	\$40	\$80	40-minute class	\$46	\$92
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<p style="text-align: center;">There must be 3 members/nonmembers registered in a Swim lesson for the lesson to run. If there are 4 waiting, a class will be opened.</p> <p style="text-align: center;">PSA—Preschool Age SA—School Age</p>			<p>If you are new to our swim program we require a PHONE CONSULTATION with our Aquatics Director, Lindsey (314) 849-9622, Ext 272 BEFORE you register to ensure that your child is placed in the appropriate class and level. Classes fill up fast so please register early. If class is full, please ask to be placed on a waiting list.</p>											

Class	Description
Stage A Water Discovery (6months-3 years)	(30 min) This parent/child class introduces infants and toddlers to the aquatic environment. Introduction class where children participate WITH their parent. Includes safe exploration, songs, games and basic water skills. As class progresses, children add more water exploration and begin using arms and legs in class upon cue from parents and learn to move more independently through the water.
Stage B Water Exploration (6 months-3 years)	(30 min) This parent/child class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills
Stage 1 Water Acclimation (3-5 years)	(30 min) Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance
Stage 2 Water Movement (3-5 years)	(30 min) Encourages forward movement in water and basic self-rescue skills performed independently
Stage 3 Water Stamina (3-5 years)	(30 min) Develops intermediate self-rescue skills performed at longer distances than in previous stages
Stage 4 Stroke Introduction (3-5 years)	(40 min) Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke
Stage 1 Water Acclimation (5-12 years)	(30 min) Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance
Stage 2 Water Movement (5-12 years)	(30 min) Encourages forward movement in water and basic self-rescue skills performed independently
Stage 3 Water Stamina (5-12 years)	(30 min) Develops intermediate self-rescue skills performed at longer distances than in previous stages
Stage 4 Stroke Introduction (5-12 years)	(40 min) Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke
Stage 5 Stroke Development (5-12 years)	(40 min) Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke
Stage 6 Stroke Mechanics (5-12 years)	(40 min) Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.
Teen Water Movement (12-15 years)	(30 min) Encourages forward movement in water and basic self-rescue skills performed independently.
Teen Stroke Intro (12-15 years)	(40 min) Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.
Teen Stroke Development (12-15 years)	(40 min) Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke
Adult Stroke Intro (15+ years)	(40 min) Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke
Adult Stroke Development (15+ years)	(40 min) Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke
Swim Club (5-21 years)	Designed to prepare swimmers for competitive swim teams. Personal achievement, racing stroke development, and endurance are stressed. Swimmer must have COMPLETED Stroke Development and be approved by a coach. Contact Lindsey@ lindsey.richardson@gwrymca.org for more details Y-members: \$50 Non-members: \$100
Private Swim Lessons (Ages 3-adult)	(30-minute) Contact 314.849.9622 to get on the waiting list to arrange for special needs or private swim lessons. You will be asked when the best times are for your schedule and what level participant is at Y-members: \$112 Non-members: \$196