

YOUR GUIDE TO FUN



MEMBERS
SAVE
on programs and
YMCA Camp Ernst



MAY-AUGUST 2017 | PROGRAM GUIDE CLERMONT FAMILY YMCA

PROGRAM MAKE UP POLICY: In the event that we have to cancel a group swim lesson due to pool closures, or programs due to unforeseen issues, the make up policy will be: We guarantee 7 out of 8 classes. If more than 1 class is canceled, a class credit will be issued.

In the event that a participant is unable to attend a class for any reason, we cannot guarantee a makeup class or class credits. Credits will be issued to the participant's YMCA account at the end of each session.

**TWO WAYS
TO REGISTER**



ONLINE
myY.org/register



IN PERSON
Registration forms and packets
available at the Welcome Center

YMCA OF GREATER CINCINNATI

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A: WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment.



B: WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1: WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.



2: WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.



3: WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKE

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4: STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.



5: STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.



6: STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

SWIM LESSONS

CLERMONT FAMILY YMCA

	Twice a week	Once a week
Find the class that fits your schedule	<ul style="list-style-type: none"> May \$40/\$80 June \$40/\$80 July \$40/\$80 August \$40/\$80 	<ul style="list-style-type: none"> May \$20/\$40 June-July \$40/\$80 August \$20/\$40
Pricing Y-Member/Regular		

Parent Child: 6mo. - 3 years	Days	Session Time	Segment
A Water Discovery	Sat.	1:00 pm - 1:30 am	Red Green Purple
B Water Exploration	Sat.	1:40 pm - 2:10 pm	Red Green Purple

Preschool: 3 - 5 years	Days	Session Time	Segment
1 Water Acclimation	Mon. Wed.	6:10 pm - 6:40 pm	Red Blue Yellow
	Sat.	11:00 am - 11:40 am	Red Green Purple
2 Water Movement	Mon. Wed.	6:50 pm - 7:20 pm	Red Blue Yellow
3 Water Stamina	Thurs.	6:40 pm - 7:10 pm	Red Green Purple
4 Stroke Introduction	Sat.	12:35 pm - 1:05 pm	Red Green Purple

Progressive: 6 - 12 years	Days	Session Time	Segment
1 Water Acclimation	Tues.	5:30 pm - 6:10 pm	Red Green Purple
2 Water Movement	Tues.	6:15 pm - 6:55 pm	Red Green Purple
3 Water Stamina	Sun.	2:00 pm - 2:40 pm	Red Green Purple
4 Stroke Introduction	Sun.	2:50 pm - 3:30 pm	Red Green Purple
5 Stroke Development	Sun.	1:00 pm - 1:40 pm	Red Green Purple
6 Stroke Mechanics			

YOUTH SPORTS

T-BALL

Ages 3-4 and 5-6

Participants will learn the basics of t-ball in this great introductory sport.

Participants will learn how to catch, throw, and bat off a hitting tee in a fun team atmosphere. The focus of the league is to have fun in a non-competitive environment.

Registration online myY.org/register
beginning: Members: April 10 | Non-members: April 20

