

# 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](http://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"> <li>May \$40/\$80</li> <li>June \$40/\$80</li> <li>July \$40/\$80</li> <li>August \$40/\$80</li> </ul>	<ul style="list-style-type: none"> <li>May \$20/\$40</li> <li>June-July \$40/\$80</li> <li>August \$20/\$40</li> </ul>
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](http://myY.org/register)  
beginning: Members: April 10 | Non-members: April 20

