

# PROGRAM GUIDE

## January - April 2018

### Richard E. Lindner YMCA



#### STARTERS



**A: WATER DISCOVERY**  
Stage A introduces infants and toddlers to the aquatic environment.

#### SWIM BASICS



**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



**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.



**ADULT LESSONS**  
From introduction to water to developing swim strokes, all skill levels are welcome.  
**Sundays**  
1:45-2:25 p.m.

## SWIM LESSONS

January 10 - March 3 and March 5 - April 28

Pricing: Y-members | \$40  
Non-member | \$80  
8 classes over 2 months

Adult / Child: 6mo. - 3 years	Days	Time (30 mins)
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<b>A</b> Water Discovery	Sat.	10:00 am
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Preschool: 3 - 5 years	Days	Time (30 mins)
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<b>1</b> Water Acclimation	Sun.	2:30 pm
	Mon.	5:00 pm
	Sat.	10:35 am

<b>2</b> Water Movement	Mon.	5:35 pm
	Tues.	6:20 pm
	Wed.	5:00 pm
	Sat.	11:10 am

<b>3</b> Water Stamina	Tues.	5:00 pm
	Wed.	5:35 pm

School Age: 5 - 12 years	Days	Time
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<b>2</b> Water Movement	Sun.	3:05 - 3:35 pm
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<b>3</b> Water Stamina	Mon.	6:10 - 6:40 pm
	Sat.	11:45 - 12:15 pm

<b>4</b> Stroke Introduction	Tues.	5:35 - 6:15 pm
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<b>5</b> Stroke Development	Wed.	6:10 - 6:50 pm
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## REGISTER



ONLINE  
myY.org/register



IN PERSON  
at the Welcome Center

Beginning December 10 for Y- members, December 20 for non-members

## Preschool | Ages 18 mo. - 5 years

**TODDLER PLAY** (Member: \$4, Regular: \$6 per class) Open gym for toddlers and parents to explore a variety of gym stations. Instructors aid with motor development and guide children through skills.

**TUMBLE TOTS** (Member: \$30, Regular: \$60)

A structured parent/child class combining gymnastics equipment and creative movement activities to develop gross motor skills and coordination.

**TUMBLERS** (Member: \$30, Regular: \$60)

Class is designed to give your child basic gymnastics knowledge and further gross motor skills.

**BOUNDERS** (Member: \$40, Regular: \$80)

Longer version of Tumblers, emphasis is on movement and form education.

## Progressive | Ages 5-12

**PROGRESSION 1** (Member: \$60, Regular: \$120)

For the beginning gymnast who has little or no experience. Basic skill development on events, along with building strength to help learn more advanced skill development.

**PROGRESSION 2** (Member: \$60, Regular: \$120 or bi-weekly \$80/\$160)

Intermediate class. Must have completed Progression 1 or equivalent and be able to do forward and backward rolls, backbend, handstand on floor, jump to front support and chin hang on bars. Approval required.

**PROGRESSION 3** (Member: \$90, Regular: \$180)

Advanced class. Must have completed Progression 2 or equivalent and be able to do round offs, pullover on bars, and forward roll on beam. Approval required.

**PRE-TEAM \$120/\$240**

Designed for the skilled gymnast as a stepping stone to our competitive team, or a good class for the serious gymnast. Approval required.

\*Rates are reduced due to holidays and home meets

**PROGRAM MAKE UP POLICY:** We will do everything possible to ensure that all classes are held when scheduled. If more than one class must be canceled, due to unforeseen circumstances, 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 make up class or class credit. Credits will be issued to the participant's YMCA account at the end of each session.

## GYMNASTICS

January 7 - March 3 and March 5 - April 28

8 classes over 2 months

	Days	Session Time
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<b>Toddler Play ages 1-3</b>	Fri.	10:00 am - 10:45 am
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<b>Tumble Tots ages 1½-2½</b>	Mon.	5:00 pm - 5:30 pm
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	Sat.	10:30 pm - 11:00 pm
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<b>Tumblers ages 2½-3</b>	Thurs.	5:45 pm - 6:15 pm
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	Sat.	9:00 am - 9:30 am
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<b>Bounders ages 4-5</b>	Mon.	6:30 pm - 7:15 pm
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	Thurs.	5:00 pm - 5:45 pm
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	Sat.	9:35 am - 10:20 am
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	Days	Session Time
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<b>Progression 1</b>	Mon.	5:30 pm - 6:30 pm
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	Thurs.	6:15 pm - 7:15 pm
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	Sat.	9:00 am - 10:00 am
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<b>Progression 2</b>	Sat.	10:05 am - 11:05 am
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	Tues. Thurs.	5:00 pm - 6:00 pm
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<b>Progression 3</b>	Tues. Thurs.	6:00 pm - 7:15 pm
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<b>Pre-Team</b>	Mon. Wed.	5:00 pm - 7:00 pm
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### Private Gymnastics Lessons

Per class | Y-Member: \$20 Non-members: \$30  
8-Class Package | Y-Member: \$120 Non-members: \$200

For children who want extra time to get the skills they need. Set up through gymnastics coordinator