

PROGRAM GUIDE

May - August 2018

Richard E. Lindner YMCA



STARTERS

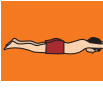


A: WATER DISCOVERY
Stage A introduces infants and toddlers to the aquatic environment.

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.

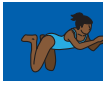


3: WATER STAMINA
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

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
July-August

SWIM LESSONS

April 29- June 24 and June 25 - August 18

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

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

2 Water Movement	Sun.	2:30 pm
	Tues.	5:00 pm

3 Water Stamina	Wed.	5:00 pm
	Sat.	11:10 am

School Age: 5 - 12 years	Days	Time
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2 Water Movement	Sun.	3:05 pm
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3 Water Stamina	Mon.	6:20 pm
	Sat.	11:45 am

4 Stroke Introduction (40 mins)	Mon.	5:35 pm
	Tues.	5:35 pm

REGISTER



ONLINE
myY.org/register



IN PERSON
at the Welcome Center

Beginning April 10 for Y- members, April 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

May 7 - June 30 and July 2 - August 25

8 classes over 2 months

	Days	Session Time
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Toddler Play ages 1-3	Fri.	10:00 am - 10:45 am
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Tumble Tots ages 1½-2½	Mon.	5:00 pm - 5:30 pm
	Sat.	10:30 am - 11:00 am

Tumblers ages 2½-3	Thurs.	5:45 pm - 6:15 pm
	Sat.	9:00 am - 9:30 am

Bounders ages 4-5	Mon.	6:30 pm - 7:15 pm
	Thurs.	5:00 pm - 5:45 pm
	Sat.	9:35 am - 10:20 am

Bounders ages 4-5	Thurs.	5:00 pm - 5:45 pm
	Sat.	9:35 am - 10:20 am

Progression 1	Mon.	5:30 pm - 6:30 pm
	Thurs.	6:15 pm - 7:15 pm
	Sat.	9:00 am - 10:00 am

Progression 2	Tues. Thurs.	5:00 pm - 6:00 pm
	Sat.	10:05 am - 11:05 am

Progression 3	Tues. Thurs.	6:00 pm - 7:15 pm
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Pre-Team	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