

Winter I Session Based Programs

Dates: January 9–February 11, 2023

Registration Begins: December 6, 2022 | **Registration Ends:** January 6, 2023



AQUATICS

Parent/Child: Lessons provide the opportunity for parents to share in the joy as their children learn to swim. Classes offered for children 6 months to 3 years and their parents.

Pre-School Stage 1: For children who cannot swim by themselves, have never had lessons before or are fearful of the water. **Main Skills Taught:** bubble blowing, supported front and back glide, kicking movements and introduction to arm movements, as well as how to climb in and out of a pool.

Pre-School Stage 2: For children who have are comfortable in the water and working on becoming more independent swimmers. Has passed Stage 1, or has been assessed by an authorized staff. **Main Skills Taught:** Unsupported front and back floating, front and back gliding, rolling onto the back and stomach, and bobbing with a full introduction to over-arm front crawl, kicking on back and back crawl.

Pre-School Stage 3

For children who are semi-independent swimmers who have been introduced to rotary breathing and are strong in front and back crawl. **Main Skills Taught:** Introduction to rotary breathing, introduction to breaststroke, swimming farther distances independently, and treading water for up to one minute.

Pre-School Stage 4

For children with a basic knowledge of the front and back crawl, but are not able to swim full lengths of the pool. Has passed Stage 3, or has been assessed by an authorized staff. **Main Skills Taught:** Over-arm front crawl with rotary breathing and back crawl for one length of the pool. Jumping into deep water and swimming to other side of pool. As well as an introduction to the breaststroke and butterfly stroke.

Youth Stage 3

For children who have not had any swimming lessons, or who may be fearful of the water. These swimmers cannot swim independently on their back. **Main Skills Taught:** Working on comfort with the face in the water, being submerged, front and back float, kicking movements, introduction to treading water, and introduction to front and back-crawl.

Youth Stage 4

For children with a basic knowledge of the front and back crawl, but are not able to swim full lengths of the pool. Has passed Stage 3, or has been assessed by an authorized staff. **Main Skills Taught:** Over-arm front crawl with rotary breathing and back crawl for one length of the pool. Jumping into deep water and swimming to other side of pool. As well as an introduction to the breaststroke and butterfly stroke.

Youth Stage 5

For children who have a solid grasp on all four swim strokes, but are still working on technique. Must have passed Stage 4, or assessed by authorized staff. **Main Skills Taught:** Over-arm front crawl with rotary breathing and back crawl. Jumping into deep water and swimming to other side of pool. Continued development of the breaststroke and butterfly stroke.

Sea Lion Swim Team

In Sea Lion Swim Team, students refine stroke techniques on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. Practice is held Monday through Thursday from 5 pm to 6 pm. A swim assessment must be done prior to registration.

Junior Guard Training

Designed to build strength and endurance for participants to pass the Jr. Guard swim test at your local beach. With a focus on conditioning and speed, this is not your standard swim lesson! In addition, we will be using both shallow water and deep water to help develop multiple skills!

Adult Swim Lesson

Our adult swim lessons provide a place for swimmers to learn how to swim in a friendly small-group setting. Students come from all walks of life—from young parents to high school students to retirees. In your swim lesson you will learn: how to tread and float in the water, proper breathing techniques, key swimming strokes (front crawl, backstroke, etc.), proper conditioning and personal fitness habits.

Private Swim Lessons

Our private swim instructors have the knowledge to teach all levels, abilities, and ages. They are able to teach from the beginning basics to swim team level. Upon request, we can provide a private swim instructor that also has experience teaching children and adults with special needs. Participants are expected to be punctual and understand that the instructor may have appointments immediately preceding or following their appointment.

Semi-Private Swim Lessons

Our semi-private swim instructors have the knowledge to teach all levels, abilities, and ages. They are able to teach from the beginning basics to swim team level. Upon request, we can provide a private swim instructors that also has experience teaching children and adults with special needs. We do not pair up semi-private participants. The registering person must register both participants at the same time.

SPORTS

Fundamentals of Soccer: Preschool & Youth Levels

Classes will focus on the development of fundamental soccer skills and the growth of your child in our 4 core values; caring, honesty, respect, and responsibility. Participants will learn the basic building blocks for success in a fun environment.

*Recommended for beginners, those seeking to develop soccer skills, and as a preparation for our soccer league.

Soccer League: Lower Division & Upper Division

Our leagues offer a recreational and competitive program where participants will be included on teams and play games against one another. Our leagues provide the chance for every player to develop their skills, discipline, sportsmanship, strength, and endurance.

February Ski Week Winter Camp:

YMCA Winter Break camp will include daily arts and crafts, sports and play, science, and activities. Children must be potty trained to attend camp.

KIDZONE

Date Nights (3rd Friday of January & February)

Date Night offers parents some needed time to themselves while kids have a party of their own in the YMCA KidZone. Date Nights are provided monthly and include a different theme each month. Date Night includes Dinner, snacks, activities, crafts, and a movie. Children must be 3 years old and potty trained.

Play and Learn

This program supports children in a collaborative way. Working together to focus on your child's natural curiosity. In Play and Learn we take everyday activities such as reading, art, music/movement, and pretend play and focus on communication, problem-solving, and learning to play with others. We take these opportunities to teach children how to understand and express their emotions. Great program to prepare for the preschool & kindergarten environments. Ages 3-5.

Youth Art

Give your child the gift of creativity. Children will use mixed mediums to create drawings, paintings, collages, mini projects, and more!

YOUTH & ADULT FITNESS

Gymnastics

Students will gain strength and flexibility as they learn the basics of gymnastics. They will develop the skills of tumbling including rolls, handstands, back bridges/bends, and cartwheels | Ages 4-7

Women with Weights

Small group training for women. Get comfortable working out with free weights and strength equipment with the help of a personal trainer.

Women with Weights 2.0

Small group training for women. Get comfortable working out with free weights and strength equipment with the help of a personal trainer along with learning how to put together your own personal workout plan and help setting goals.

*Recommended to have completed Women With Weights prior to taking this course.