

# Aquatics Programs

WINTER 2010 SESSION  
Jan 4-Feb 14



*Swimming – a healthy way to stay fit.* All ages benefit from aquatic fitness — from young children learning their first stroke to adults improving their overall body strength. Add aquatics into your fitness schedule! *If you have a question about placement in a swim lesson, then please contact the Aquatics Director at 508-879-4420 x35.*

**Classes \$41 members / \$81 non members**

## INFANT/TODDLER

Each child under the age of 3 must be accompanied by an adult in the water. **No diapers allowed in the pool.** Children must wear tight fitting rubber pants or swim diapers under swim suits.

### *Water Babies* Ages 6 to 24 months w/ parent

Introduces the child and parent to the YMCA Aquatic program and pool environment; including basic water skills such as kicking, breath control and body control. Also encourages movements in response to visual and verbal cues. Aquatic safety is emphasized and water fun is encouraged, while using toys and floatation devices.

Monday	9:30	-	10:00 am	02201-11
Tuesday	10:00	-	10:30 am	02201-21
Wednesday	9:00	-	9:30 am	02202-31
Friday	9:30	-	10:00 am	02202-51
Saturday	10:15	-	10:45 am	02202-61

### *Perch* Ages 2 to 3 years w/ parent

(19 to 24 months if swimming independently with floatation device). Encourages children to explore their own skills. Basic aquatic and boating safety are practiced. Children are prepared for the transition to preschool level aquatics.

Monday	9:00	-	9:30 am	02203-11
Wednesday	9:30	-	10:00 am	02203-31
Thursday	10:00	-	10:30 am	02203-41
Saturday	8:30	-	9:00 am	02203-61

### *Dad or Mom 'N' Me*

Spend quality one-on-one time with your child in the water and enjoy "self-directed" interactive play time. The intent of this class is introductory water-orientation for toddlers and very young children. **(\$27 per one parent and one child).**

Sunday	11:00	-	11:30 am	02209-71
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### *Pike 'N' Parent*

This class is for 3 year olds who are not ready for **PIKE A** or for 2 year olds who have completed the **PERCH** class and can swim independently with a floatation device.

Friday	9:00	-	9:30 am	02204-51
Saturday	9:40	-	10:10 am	02204-61

## PRESCHOOL AGES 3-5

### *Pike A - Without Parent*

- Has no swimming experience or is uncomfortable in the water.
- Teaches kicking, blowing bubbles and beginner stroke with floatation device.

Monday	9:00	-	9:30 am	02205-11
Monday	9:30	-	10:00 am	02205-12
Monday	3:30	-	4:00 pm	02205-14
Tuesday	9:00	-	9:30 am	02205-21
Tuesday	9:30	-	10:00 am	02205-22
Tuesday	1:00	-	1:30 pm	02205-23
Tuesday	2:00	-	2:30 pm	02205-24
Wednesday	9:30	-	10:00 am	02205-31
Wednesday	1:00	-	1:30 pm	02205-32
Wednesday	1:30	-	2:00 pm	02205-33
Thursday	9:00	-	9:30 am	02205-41
Thursday	1:00	-	1:30 pm	02205-42
Thursday	1:30	-	2:00 pm	02205-43
Thursday	2:00	-	2:30 pm	02205-44
Friday	9:00	-	9:30 am	02205-51
Friday	10:00	-	10:30 am	02205-52
Friday	1:00	-	1:30 pm	02205-53
Friday	3:30	-	4:00 pm	02205-54
Saturday	8:30	-	9:00 am	02205-61
Saturday	9:05	-	9:35 am	02205-62
Saturday	10:50	-	11:20 am	02205-63
Saturday	11:25	-	11:55 am	02205-64

### *Pike B - Without Parent*

- Must have successfully completed **PIKE A** or be able to swim one pool length (25 yards) with floatation leaning forward.
- Must be able to kick on back with barbel and able to blow bubbles with half of their face in the water

Monday	9:30	-	10:00 am	02206-12
Monday	1:00	-	1:30 pm	02206-13
Monday	3:30	-	4:00 pm	02206-14
Monday	4:30	-	5:00 pm	02206-15
Tuesday	9:00	-	9:30 am	02206-21
Tuesday	1:00	-	1:30 pm	02206-22
Tuesday	1:30	-	2:00 pm	02206-23
Wednesday	9:00	-	9:30 am	02206-31
Wednesday	1:30	-	2:00 pm	02206-32
Wednesday	6:00	-	6:30 pm	02206-33
Thursday	9:00	-	9:30 am	02206-41
Thursday	9:30	-	10:00 am	02206-42
Thursday	10:00	-	10:30 am	02206-43
Thursday	1:00	-	1:30 pm	02206-44
Thursday	1:30	-	2:00 pm	02206-45
Thursday	2:00	-	2:30 pm	02206-46
Friday	9:30	-	10:00 am	02206-51
Friday	3:30	-	4:00 pm	02206-52
Friday	4:00	-	4:30 pm	02206-53
Saturday	8:30	-	9:00 am	02206-61
Saturday	9:05	-	9:35 am	02206-62
Saturday	10:15	-	10:45 am	02206-63
Saturday	10:50	-	11:20 am	02206-64
Saturday	11:25	-	11:55 am	02206-65

## PRESCHOOL AGES 3-5

Classes \$41 members /\$81 non members

### Eels

- Must have successfully completed PIKE B or can swim one pool length with face in water (25 yards) and beginner stroke with a half floatation device (2 slices).
- Able to float comfortably on their back.
- Teaches to start swimming without a bubble.

Monday	10:00	-	10:30 am	02207-11
Monday	1:30	-	2:00 pm	02207-12
Monday	4:00	-	4:30 pm	02207-14
Monday	6:30	-	7:00 pm	02207-15
Monday	7:00	-	7:30 pm	02207-16
Tuesday	10:00	-	10:30 am	02207-21
Tuesday	1:30	-	2:00 pm	02207-22
Wednesday	1:00	-	1:30 pm	02207-31
Wednesday	6:30	-	7:00 pm	02207-33
Thursday	9:30	-	10:00 am	02207-41
Friday	4:00	-	4:30 pm	02207-52
Saturday	9:05	-	9:35 am	02207-62
Saturday	10:50	-	11:20 am	02207-63

### Rays

- Must have successfully completed EELS or can swim one pool length (25 yards) without floatation.
- Able to swim 25 yards rotary breathing with kickboard
- Teaches improved form and endurance.

Monday	4:00	-	4:30 pm	02208-11
Monday	6:00	-	6:30 pm	02208-12
Monday	7:00	-	7:30 pm	02208-13
Friday	1:30	-	2:00 pm	02208-51
Friday	4:30	-	5:00 pm	02208-52
Saturday	9:05	-	9:35 am	02208-61

## AGES 5-7

### Star Fish

- Must have successfully completed RAYS or can swim one pool length (25 yards) without floatation and overarm recovery.
- Teaches rotary breathing, stroke improvement and endurance.

Monday	4:30	-	5:00 pm	02218-11
Friday	4:30	-	5:00 pm	02218-51
Saturday	10:50	-	11:20 am	02218-61

## HOME SCHOOL SWIM LESSONS

### School Age Children

Must have successfully completed POLLIWOG A level. Ages 6-12 years old. This is a multi level swim class. Class will work on endurance, rotary breathing and stroke improvement.

Monday (Adv)	2:00-2:30 pm	02210-13
Tuesday (Beg)	2:00-2:30 pm	02210-22

**\*\*Homeschool Gymnastics, Tuesdays at 2:45pm, see page 17**

### Unsure which class to sign up for? Have a Swim Evaluation done.

Tuesdays: 7:00-7:30pm  
Wednesdays: 11:30-12:00pm and 5:00-5:30pm  
Free to members. Please sign up at the Member Service Desk



## SWIM BUBBLES AVAILABLE!

All swim lesson participants must wear a foam bubble approved by the YMCA Aquatics Department. Swim Bubbles are \$10, Goggles are \$10, and Swim Caps are \$7. All are available at the Member Service Desk.



USA Top Ten Swimmers from the MetroWest YMCA's  
Stingray Swim Team with coach Sabrina.



USA Top Ten Swimmers from the MetroWest YMCA's  
Stingray Swim Team.  
Congratulations Stingray's!

# PROGRESSIVE AGES 6-11

Classes \$41 members /\$81 non members

## Polliwog A

- Designed for beginners with little or no swimming skills (for children who use bubbles).
- Teaches water adjustment, floating and paddle stroke.

Monday	4:15 - 4:55 pm	02210-11
Monday	7:00 - 7:40 pm	02210-12
Wednesday	3:30 - 4:10 pm	02210-31
Saturday	12:00 pm - 12:30 pm	02210-61

## Polliwog B

- Must have successfully completed POLLIWOG A level.
- Teaches floating, treading, swimming one pool length (25 yards) and endurance.
- Able to swim 25 yards with half a flotation.
- Able to flutter kick 25 yards on front and back

Monday	3:30 - 4:10 pm	02211-12
Monday	7:00 - 7:40 pm	02211-13
Wednesday	3:30 - 4:10 pm	02211-31
Wednesday	4:15 - 4:55 pm	02211-32
Friday	3:30 - 4:10 pm	02211-51
Saturday	11:25 - 11:55 am	02211-61
Saturday	12:00 - 12:30 pm	02211-62

## Guppy

- Must have successfully completed POLLIWOG B level or swim one pool length (25 yards) without a bubble with face in water blowing bubbles.
- Able to float on their back and be comfortable in the water.
- Teaches rotary breathing, stroke improvement, treading water and endurance.

Monday	3:30 - 4:10 pm	02212-12
Monday	7:40 - 8:20 pm	02212-14
Wednesday	3:30 - 4:10 pm	02212-31
Friday	3:30 - 4:10 pm	02212-51
Saturday	9:40 - 10:10 am	02212-61
Saturday	11:25 - 11:55 am	02212-62
Saturday	12:00 - 12:30 pm	02212-63

## Minnow

- Must have successfully completed GUPPY level or swim one pool length (25 yards) with rotary breathing.
- Able to float on back and tread in deep water.
- Able to swim 25 yards backstroke
- Teaches perfecting front and back crawl, diving and endurance.

Monday	4:15 - 4:55 pm	02213-11
Monday	7:40 - 8:20 pm	02213-12
Wednesday	3:30 - 4:10 pm	02213-31
Friday	4:15 - 4:55 pm	02213-51
Saturday	12:00 - 12:30 pm	02213-62

## Fish

- Must have successfully completed MINNOW level or swim two pool lengths (50 yards) of both the front and back crawl.
- Teaches breaststroke, dolphin kick, elementary backstroke and endurance.
- Able to swim 150 yards non stop

Monday	7:40 - 8:20 pm	02214-11
Wednesday	4:15 - 4:55 pm	02214-31
Friday	4:15 - 4:55 pm	02214-51

## Flying Fish

- Must have successfully completed FISH level or swim four pool lengths (100 yards) continuously – 50 yards of the front crawl and 50 yards of the back crawl.
- Able to do the elementary backstroke, breaststroke and dolphin kicks.
- Teaches breaststroke, butterfly stroke, turns, and endurance.
- Able to swim 300 yards non stop

Monday	7:40 - 8:20 pm	02215-11
Wednesday	4:15 - 4:55 pm	02215-31

## Shark

- Must have successfully completed FLYING FISH level or swim eight pool lengths (200 yards) continuously – butterfly, backstroke, breaststroke and front crawl – continuously.
- Teaches improved strokes and endurance; learn flip turns and life-saving strokes.

Wednesday	4:15 - 4:55 pm	02216-31
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## MASTERS SWIM TEAM

- Open to adults 19 years old and up. Program features coached workouts and drills. Team members are eligible to compete in meets. **\$41 Members / \$81 Non-members 02904-12**
- **For more information call the Aquatics Director, 508-879-4420 x35.**

## SAFETY EDUCATION COURSES

- **Emergency Oxygen Administration Training** Designed for **LIFEGUARDS, HEALTHCARE PROVIDERS and FIRST RESPONDERS** who are required to have this certification for employment. **Cost: \$32**

Tuesday, January 12, Winter	6:00-7:30pm	02304-11
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### CPR Pro for the Professional Rescuer

- Designed for **HEALTHCARE PROVIDERS and FIRST RESPONDERS**. This program teaches participants to: recognize signs of sudden cardiac arrest, heart attack and stroke; relieve foreign-body airway obstruction; perform cardiopulmonary resuscitation; and use an automated external defibrillator. **\$62 CPR Masks available for \$10 each**

Tuesday, February 9, Winter	6:00-10:30 pm	02303-11
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### Basic First Aid Adult, Infant and child first aid. Cost: \$52

Monday, January 25, Winter	6:00-10:30 pm	02307-11
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- **CPR, AED for the Community - Chokesaver** This program is for people who want or are required to have CPR and AED knowledge and skills, including emergency response teams in the workplace, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters. Participants learn to: recognize the signs of sudden cardiac arrest, heart attack and stroke; relieve foreign-body airway obstruction; perform cardiopulmonary resuscitation; and use an automated external defibrillator. Meets OSHA Chokesaver requirements for restaurants and food service personnel. **Cost: \$62 - CPR Masks available (\$10 each)**

Wednesday, Dec 2, Fall 2	6:00-10:30pm	02306-62
Tuesday, Feb 2, Winter	6:00 -10:30pm	02306-11

## ADULT SWIM LESSONS

Classes \$41 members /\$81 non members

### Beginner A

For adults who have no swimming experience or are unable to put their face in the water and have a fear of the water.

Wednesday 8:00 - 8:40 pm 02220-31

### Beginner B

This adult class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.

Wednesday 8:40 - 9:20 pm 02220-32

### Intermediate Swim Lesson

Must have successfully completed BEGINNER B or swim one pool length (25 yards) with over arm recovery. Teaches rotary breathing, backstroke, and endurance.

Tuesday 8:45 - 9:30 pm 02220-21

## ADULT COACHED ADVANCED TUNE UP

Swim more.... EFFICIENTLY EFFECTIVELY FASTER

Thursday 8:30-9:30 pm 02904-41

## LIFEGUARD COURSE

- Must be 16 years old by the end of the class. 100% attendance is required outside classroom homework, practical guarding assignment, and workout swims required. CPR Pro, AED, Oxygen administration and First Aid certification fees included in Lifeguard fee. These Safety Education classes are to be taken outside of the lifeguard class times.

**\$220 members / \$300 non members**

• Candidates for certification must pass the following swim test:

- Perform a shallow dive
- Swim 500 yards non stop,
- Tread Water and Surface Dive

### February

- One Week Class Feb 15-20 9am-6pm Spr 2 02301-12
- Lifeguard Practical Exam will be on February 20th



## SCUBA DIVING LESSONS

### Ages 12 to 100!

Must be able to swim 8 pool lengths and tread water for 10 minutes. PADI Open Water Course taught by Mass Diving. Program consists of home study, classroom time, pool skills development and four ocean training evaluation dives. All equipment provided, except mask, snorkel and fins, for pool sessions only.

For more information or to register, contact Mass Diving at 508-651-0698 or visit them on the web at [www.massdiving.com](http://www.massdiving.com)

## ADULT AQUATICS FITNESS

### **NEW** Deep Water Aerobics

Non weight bearing aggressive aerobic workout. Focus on endurance and toning with some fitness station work. Must be able to swim in deep water.

**\$28 members/\$50 non-members**

Tue 10:30am - 11:15 am 02102-21

### Ai Chi

**Non-swimmers welcome.**

Ai Chi is a water exercise and relaxation program created to help participants enjoy the water in a flowing, yet powerful progression. It consists of a progression of slow, broad movements of the arms and legs, breathing, upper extremities, trunk stability, lower extremity movements, and coordinated total body movements. Ai Chi is used for pain management, back pain, arthritis, fibromyalgia, orthopedic problems, prenatal, stroke rehab and asthma.

**\$28members/\$50 non-members**

Thursday 10:30 - 11:15 am 02103-42

### Aqua Fit

Low impact shallow water workout focusing on core and back strengthening, low impact, stretching, toning, cardio exercises paired with ballet, jazz, kickboxing, samba dance steps. Excellent for arthritis and muscle pain. All levels welcome.

**\$28 members/\$50 non-members**

Tuesday 10:30 - 11:15 am 02103-21

### Low Impact

Shallow water program designed to strengthen, stretch, and increase mobility of the entire body. Movements are gentle and can be used for participants who have arthritis, fibromyalgia, and orthopedic problems. Non-swimmers welcome

**3 day option: \$39 members/\$82 non-members**

**2-day option: \$33 members/\$65 non-members**

Mon/Wed/Fri 10:45 - 11:30 am 02104-11

2 Days (out of the three days above) 02104-21

### Water Aerobics

Aerobic water workout focuses on coordination, flexibility, endurance and toning. Adaptable from beginners to experienced participants. Non-swimmers welcome!

**\$39 members/\$75 non-members**

**AM Unlimited** M/W/F 10:00 - 10:40 am 02102-11

**PM Unlimited** Monday 8:25 - 9:05 pm 02102-12

Tues/Thurs 7:30 - 8:10 pm

### Water Walking

Total body workout with less impact on joints and more resistance than land walking. One half hour of water walking is equal to 2 hours on land.

**3 day option: \$17 members/\$65 non-members**

**2-day option: \$17 members/\$50 non-members**

Mon/Wed/Fri 11:30 am - 12:00 pm 02101-11

Tues/Thurs 11:30 am - 12:00 pm 02101-21

Tues/Thurs 7:00 pm - 7:30pm 02101-22