

AQUATICS

YOUTH DEVELOPMENT

**REGISTRATION GOING ON FOR
SWIM LESSONS AT KEEFE TECH &
CLEARBROOK.**

Stay tuned for construction updates
and when the Framingham branch pool
will be open.

YMCA SWIM LESSONS @ CLEARBROOK

September 7-28, 2019 4 Week Session
\$40 family members / \$43 youth members/
\$85 non members

PARENT AND CHILD A & B

Saturday.....9:00-9:30am

PRESCHOOL CLASSES AGES 3-5

Preschool 1

Saturday..... 9:00-9:30 am
Saturday..... 9:35-10:05 am
Saturday.....10:10-10:40 am
Saturday..... 10:45-11:15 am
Saturday.....11:20-11:50am

Preschool 2

Saturday..... 9:00-9:30 am
Saturday..... 9:35-10:05 am
Saturday..... 10:10-10:40 am
Saturday.....10:45-11:15 am

Preschool 3

Saturday..... 9:35-10:05 am
Saturday.....11:20-11:50am

Preschool 4

Saturday.....10:45-11:15 am

YOUTH CLASSES AGES 6-11

School Age 1

Saturday..... 11:20-11:50am

School Age 2

Saturday..... 9:35-10:05 am
Saturday.....10:10-10:40 am

School Age 3

Saturday..... 10:10-10:40 am
Saturday.....10:45-11:15 am
Saturday.....11:20-11:50 am

School Age 4

Saturday..... 12:00-12:40 pm

School Age 5

Saturday..... 12:00-12:40 pm

School Age 6

Saturday..... 12:00-12:40 pm

YMCA SWIM LESSONS @ KEEFE TECH POOL

- The Y is collaborating with Keefe Tech and teaches
- swimming lessons **at the Keefe Tech Pool on Sunday**
- **afternoons.** YMCA Swim Lessons are designed to
- develop and strengthen swimming skills, build confidence
- and teach youth a valuable life lesson and encourage
- water safety. **Register online Metrowestymca.org**

Keefe Tech Aquatic class prices - 7 Weeks
Sunday September 7-October 20

\$71 family members / \$75 youth members/
\$150 non members

PRESCHOOL CLASSES AGES 3-5

Preschool 1

Sunday.....12:00..... - 12:30 pm
Sunday.....12:30..... - 1:00 pm
Sunday.....1:00..... - 1:30 pm
Sunday.....1:30..... - 2:05 pm

Preschool 2

Sunday.....12:30..... - 1:00 pm
Sunday.....1:00..... - 1:30 pm

Preschool 3

Sunday.....12:30..... - 1:00 pm
Sunday.....1:00..... - 1:30 pm

Preschool 4

Sunday.....1:00..... - 1:30 pm

YOUTH CLASSES AGES 6-11

School Age 1

Sunday.....1:00..... - 1:30 pm
Sunday.....1:30..... - 2:00 pm

School Age 2

Sunday.....12:00..... - 12:30 pm
Sunday.....1:30..... - 2:00 pm

School Age 3

Sunday.....12:00..... - 12:30 pm
Sunday.....12:30..... - 1:00 pm
Sunday.....1:30..... - 2:00 pm

School Age 4

Sunday.....12:00..... - 1:10 pm

School Age 5

Sunday.....12:40..... - 1:10 pm

School Age 6

Sunday.....1:10..... - 1:50 pm

FRAMINGHAM BRANCH POOL IS CURRENTLY UNDER CONSTRUCTION.

THE CLASSES LISTED ON PAGES 7,8 & 9 ARE THE PROPOSED SCHEDULE OF CLASSES FOR FALL 2019 AND WILL RUN AS SOON AS THE POOL IS OPEN AND READY FOR USE. WE ANTICIPATE CLASSES MIGHT BEGIN THE WEEK OF OCTOBER 14 AND RUN FOR 10 WEEKS THROUGH DECEMBER 22. PLEASE STAY CONNECTED FOR MORE UPDATES.

YMCAHEARTOFTHECOMMUNITY.ORG

INFANT TODDLER CLASSES

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

Parent & Child A (PCA)

Ages 6 to 24 months w/ parent

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.

Monday	9:30 - 10:00 am
Tuesday	10:00 - 10:30 am
Saturday	8:30 - 9:00 am
Saturday	9:40 - 10:10 am



Parent & Child B (PCB)

Ages 2 to 3 years w/ parent

Encourages children to explore their own skills. Basic aquatic and boating safety are practiced. Children are prepared for the transition to preschool level aquatics.

Wednesday	9:30 - 10:00 am
Thursday	10:00 - 10:30 am
Saturday	9:05 - 9:35 am
Saturday	10:15 - 10:45 am

PRESCHOOL, AGES 3-5

Preschool 1 (PS 1)

Has no swimming experience or is uncomfortable in the water. This level teaches front and back glide to wall, going underwater independently, breath control, roll assisted front to back, front and back float, jumping in assisted and exiting independently, and Swim, float, Swim.

Monday	2:00 - 2:30 pm
Monday	5:05 - 5:36 pm
Monday	6:30 - 7:00 pm
Tuesday	9:00 - 9:30 am
Tuesday	9:30 - 10:00 am
Tuesday	1:00 - 1:30 pm
Tuesday	4:00 - 4:30 pm
Tuesday	4:35 - 5:05 pm
Tuesday	5:10 - 5:40 pm
Tuesday	5:45 - 6:15 pm
Wednesday	9:30 - 10:00 am
Wednesday	1:30 - 2:00 pm
Wednesday	4:00 - 4:30 pm
Wednesday	4:35 - 5:05 pm
Wednesday	5:10 - 5:40 pm
Wednesday	5:45 - 6:15 pm
Thursday	9:00 - 9:30 am
Thursday	9:30 - 10:00 am
Thursday	4:00 - 4:30 pm
Thursday	4:35 - 5:05 pm
Friday	4:35 - 5:05 pm
Saturday	8:30 - 9:00 am
Saturday	9:05 - 9:35 am
Saturday	9:40 - 10:10 am
Saturday	10:15 - 10:45 am
Saturday	10:50 - 11:20 am
Saturday	11:25 - 11:55 am
Saturday	12:00 - 12:30 pm



Preschool 2 (PS 2)

Must have successfully completed Level 1 - or be able to glide off wall front and back, going under water independently, roll from front to back, exit water independently, float with assistance and recover.

Monday	9:30 - 10:00 am
Monday	1:30 - 2:00 pm
Monday	5:05 - 5:35 pm
Monday	6:30 - 7:00 pm
Tuesday	9:30 - 10:00 am
Tuesday	1:30 - 2:00 pm
Tuesday	4:00 - 4:30 pm
Tuesday	5:10 - 5:40 pm
Wednesday	1:30 - 2:00 pm
Wednesday	4:35 - 5:05 pm
Wednesday	5:45 - 6:15 pm
Thursday	9:00 - 9:30 am
Thursday	10:00 - 10:30 am
Thursday	4:00 - 4:30 pm
Thursday	5:10 - 5:40 pm
Friday	9:30 - 10:00 am
Friday	4:00 - 4:30 pm
Friday	4:35 - 5:05 pm
Saturday	8:30 - 9:00 am
Saturday	9:05 - 9:35 am
Saturday	9:40 - 10:10 am
Saturday	10:15 - 10:45 pm
Saturday	10:50 - 11:20 am
Saturday	11:25 - 11:55 am



Preschool 3 (PS 3)

Must have successfully completed Level 2- or be able to submerge and blow bubbles, float 10 seconds, glide front and back 5 feet, treading water 10 seconds and swim, float swim independently with face in the water 5 yards.

Monday	10:00 - 10:30 am
Monday	7:05 - 7:35 pm
Tuesday	10:00 - 10:30 am
Tuesday	1:30 - 2:00 pm
Tuesday	5:45 - 6:15 pm
Wednesday	4:00 - 4:30 pm
Wednesday	5:45 - 6:15 pm
Thursday	9:30 - 10:00 am
Thursday	4:00 - 4:30 pm
Thursday	5:10 - 5:40 pm
Friday	10:10 - 10:40 am
Friday	4:00 - 4:30 pm
Saturday	9:40 - 10:10 am
Saturday	10:50 - 11:20 am



Preschool 4 (Ps 4)

Must have successfully completed Level 3 - or can swim 15 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 10 yards independently, tread water 30 seconds, jump in independently and swim to wall.

Tuesday	4:35 - 5:05 pm
Wednesday	5:10 - 5:40 pm
Thursday	4:35 - 5:05 pm
Thursday	5:10 - 5:40 pm
Saturday	8:30 - 9:00 am

AQUATICS

YOUTH DEVELOPMENT

OUR POOL IS CURRENTLY UNDER CONSTRUCTION



**AQUATICS FALL SESSION
DATES TO BE ANNOUNCED SOON**

SCHOOL AGE LESSONS AGES 6-13

School Age 1

Designed for beginners with little or no swimming skills or is uncomfortable in the water. This level teaches front and back glide to wall, going underwater independently, breath control, roll assisted front to back, front and back float, jumping in assisted and exiting independently, and Swim, float,

Monday	6:30	-	7:00pm
Tuesday	5:45	-	6:15 pm
Wednesday	4:35	-	5:05 pm
Wednesday	5:10	-	5:40 pm
Thursday	4:35	-	5:05 pm
Friday	4:35	-	5:05 pm
Saturday	11:25	-	11:55 am
Saturday	12:00	-	12:30 pm



School Age 2

Must have successfully completed Level 1 – or be able to glide off wall front and back, going under water independently, roll from front to back, exit water independently, float with assistance and recover.

Monday	5:05	-	5:35 pm
Monday	7:05	-	7:35 pm
Tuesday	4:00	-	4:30 pm
Tuesday	4:35	-	5:05 pm
Tuesday	5:10	-	5:40 pm
Wednesday	4:00	-	4:30 pm
Wednesday	4:35	-	5:05 pm
Thursday	4:00	-	4:30 pm
Thursday	4:35	-	5:05 pm
Friday	4:00	-	4:30 pm
Saturday	9:40	-	10:10 am
Saturday	10:15	-	10:45 am
Saturday	11:25	-	11:55 am
Saturday	12:00	-	12:30 pm



COMPETITIVE SWIM CLASS

For youth ages 9-12 who are Fish to Shark Level.

This class is designed to give interested swimmers a chance to work on their competitive swim skills in a friendly environment.

Thursday	5:50-6:20pm
Friday (ages 9-12)	5:15-5:45pm

AQUATICS - FALL SESSION Dates to be Announced

School Age 3

Must have successfully completed Level 2 - or be able to submerge and blow bubbles, float 20 seconds, glide front and back 10 feet, treading water 10 seconds and swim, float swim independently with face in the water.

Monday	5:05	-	5:35 pm
Monday	6:30	-	7:00 pm
Monday	7:05	-	7:35 pm
Tuesday	4:00	-	4:30 pm
Tuesday	4:35	-	5:05 pm
Tuesday	5:10	-	5:40 pm
Tuesday	5:45	-	6:15 pm
Wednesday	4:00	-	4:30 pm
Wednesday	5:10	-	5:40 pm
Wednesday	5:45	-	6:15 pm
Thursday	4:00	-	4:30 pm
Thursday	4:35	-	5:05 pm
Thursday	5:10	-	5:40 pm
Friday	4:00	-	4:30 pm
Friday	4:35	-	5:05 pm
Saturday	9:05	-	9:35 am
Saturday	10:15	-	10:45 am
Saturday	10:50	-	11:20 am
Saturday	11:25	-	11:55 am



School Age 4

Must have successfully completed Level 3 - or can swim 25 yards with face in the water, submerge and retrieve and object from the bottom, swim on back 15 yards independently, tread water 1 minute, jump in independently and swim to wall.

Monday	7:45	-	8:25 pm
Tuesday	6:25	-	7:15 pm
Thursday	5:50	-	6:20 pm
Friday	5:15	-	5:45 pm
Saturday	12:40	-	1:20 pm
Saturday	1:25	-	2:05 pm



School Age 5

Must have successfully completed Level 4 – or be able to swim 15 Yards rotary breathing with over arm recovery, backstroke 15 yards, breaststroke and butterfly kick 15 yards and diving

Tuesday	6:25	-	7:15 pm
Thursday	5:50	-	6:20 pm
Friday	5:15	-	5:45 pm
Saturday	12:40	-	1:20 pm

School Age 6

Must have successfully completed Level 5 or be able to swim 300 yards freestyle, 100 backstroke, 50 yards breaststroke and 25 yards butterfly.

Friday	5:00	-	5:40 pm
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