

AQUATICS

YOUTH DEVELOPMENT

 The MetroWest YMCA swim lessons to increase the accessibility and enjoyment of swimming to all ages and skill levels. The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers progress between levels. Through this latest approach to swim lessons, kids of all ages can progress at their own pace while building the confidence needed to become a successful swimmer.

Y Swim Lessons have been re-organized into three new categories:

- **Swim Starters** develops water enrichment and aquatic readiness in children ages 6 months to 3 years.
- **Swim Basics** develops personal water safety and basic swimming skills in students of all ages.
- **Swim Strokes** introduces and refines stroke technique in older students (school age, teens and adults).

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 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
Wednesday	9:00 - 9:30 am
Saturday	8:30 - 9:00 am
Saturday	9:40 - 10:10 am
Sunday	11:00 - 11:30 am

Parent & Child B 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.

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

Winter Session January 2-February 16, 2019

Youth Aquatic class prices

Mon-Tue Classes \$61 members / \$122 non members
Wed-Sun Classes \$71 members / \$142 non members

PRESCHOOL, AGES 3-5

Preschool 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	9:00 - 9:30 am
Monday	2:00 - 2:30 pm
Monday	4:45 - 5:15 pm
Monday	6:30 - 7:00 pm
Tuesday	9:00 - 9:30 am
Tuesday	9:30 - 10:00 am
Tuesday	3:45 - 4:15 pm
Tuesday	4:20 - 4:50 pm
Tuesday	4:55 - 5:25 pm
Tuesday	5:30 - 6:00 pm
Wednesday	9:30 - 10:00 am
Wednesday	1:30 - 2:00 pm
Wednesday	2:00 - 2:30 pm
Wednesday	3:45 - 4:15 pm
Wednesday	4:20 - 4:50 pm
Wednesday	4:55 - 5:25 pm
Wednesday	5:30 - 6:00 pm
Thursday	9:00 - 9:30 am
Thursday	9:30 - 10:00 am
Thursday	1:30 - 2:00 pm
Thursday	3:45 - 4:15 pm
Thursday	4:20 - 4:50 pm
Friday	4:20 - 4:50 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
Sunday	11:35am - 12:05 pm
Sunday	12:45 - 1:15 pm
Sunday	1:55 - 2:25 pm

Preschool 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	6:30 - 7:00 pm
Tuesday	9:30 - 10:00 am
Tuesday	1:30 - 2:00 pm
Tuesday	3:45 - 4:15 pm
Tuesday	4:55 - 5:25 pm
Wednesday	9:00 - 9:30 pm
Wednesday	1:30 - 2:00 pm
Wednesday	2:00 - 2:30 pm
Wednesday	4:20 - 4:50 pm
Wednesday	5:30 - 6:00 pm
Thursday	9:00 - 9:30 am
Thursday	10:00 - 10:30 am
Thursday	2:00 - 2:30 pm
Thursday	3:45 - 4:15 pm
Thursday	4:55 - 5:25 pm
Friday	9:30 - 10:00 am
Friday	3:45 - 4:15 pm
Friday	4:20 - 4:50 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
Sunday	11:00 - 11:30 am
Sunday	12:10 - 12:40 pm

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PROGRESSIVE-AGES 6-13

Preschool 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.

Monday	10:00	-10:30 am
Monday	7:05	- 7:35 pm
Tuesday	5:30	- 6:00 pm
Wednesday	3:45	- 4:15 pm
Wednesday	5:30	- 6:00 pm
Thursday	9:30	-10:00 am
Thursday	3:45	- 4:15 pm
Thursday	4:55	- 5:25 pm
Friday	10:10	-10:40 am
Friday	3:45	- 4:15 pm
Saturday	8:30	9:00 am
Saturday	9:05	- 9:35 am
Saturday	9:40	-10:10 am
Saturday	10:50	-11:20 am
Sunday	11:35	-12:05 pm

Preschool 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	4:20	- 4:50 pm
Wednesday	4:55	- 5:25 pm
Thursday	4:55	- 5:25 pm
Saturday	8:30	- 9:00 am
Saturday	12:00	-12:30 pm

HOME SCHOOL SWIMMING

School Age Children

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

Tuesday (Beg)	2:00	-2:30 pm
Tuesday (Adv)	2:00	-2:30 pm

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

Saturday 2:00-2:15pm
Free to all. Please sign up at the Member Service Desk

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	5:30	- 6:00 pm
Wednesday	4:20	- 4:50 pm
Wednesday	4:55	- 5:15 pm
Thursday	4:20	- 4:50 pm
Friday	4:20	- 4:50 pm
Saturday	11:25	-11:55 am
Saturday	12:00	-12:30 pm
Sunday	12:45	- 1:15 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	4:45	- 5:15 pm
Monday	7:05	- 7:35 pm
Tuesday	4:20	- 4:50 pm
Tuesday	4:55	- 5:25 pm
Wednesday	4:20	- 4:50 pm
Thursday	4:20	- 4:50 pm
Friday	3:45	- 4:15 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
Sunday	12:10	-12:40 pm
Sunday	1:20	- 1:50 pm

School Age 3



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.
 \$67 members/\$134 Non-members

Thursday	5:35-6:15pm	7812
Friday (ages 9-12)	5:00-5:40pm	7813

**Winter Session
January 2-February 16, 2019**

Youth Aquatic class prices
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PROGRESSIVE-AGES 6-13

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	4:45	-	5:15 pm
Monday	6:30	-	7:00 pm
Monday	7:05	-	7:35 pm
Tuesday	3:45	-	4:15 pm
Tuesday	4:20	-	4:50 pm
Tuesday	4:55	-	5:25 pm
Tuesday	5:30	-	6:00 pm
Wednesday	3:45	-	4:15 pm
Wednesday	4:55	-	5:25 pm
Wednesday	5:30	-	6:00 pm
Thursday	3:45	-	4:15 pm
Thursday	4:20	-	4:50 pm
Thursday	4:55	-	5:25 pm
Friday	3:45	-	4:15 pm
Friday	4:20	-	4:50 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
Sunday	1:20	-	1:50 pm
Sunday	1:55	-	2:25 pm

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	6:10	-	6:50 pm
Thursday	5:35	-	6:15 pm
Friday	5:00	-	5:40 pm
Saturday	12:40	-	1:20 pm
Saturday	1:25	-	2:05 pm
Sunday	2:30	-	3:10 pm

School Age 5

Must have successfully competed 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	6:10	-	6:50 pm
Thursday	5:35	-	6:15 pm
Thursday	6:20	-	7:00 pm
Friday	5:00	-	5:40 pm
Saturday	12:40	-	1:20 pm
Sunday	2:30	-	3:10 pm

School Age 6

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

Tuesday	7:00	-	7:40 pm
Friday	5:00	-	5:40 pm
Sunday	2:30	-	3:10 pm

YMCA SWIM LESSONS @ KEEFE TECH POOL

The Y is proud to announce that we are collaborating with Keefe Tech and will be teaching swimming lessons **at 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
6 Weeks \$61 members / \$122 non members

PRESCHOOL CLASSES

AGES 3-5

Preschool 1

Sunday	12:40	-	1:10 pm
Sunday	1:15	-	1:45 pm

Preschool 2

Sunday	12:05	-	12:35 pm
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YOUTH CLASSES AGES 6-11

School Age 1

Sunday	1:15	-	1:45 pm
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School Age 2

Sunday	12:05	-	12:35 pm
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School Age 3

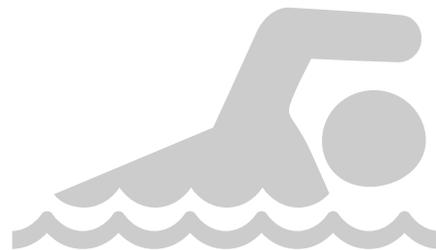
Sunday	12:40	-	1:10 pm
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School Age 4

Sunday	12:15	-	12:55 pm
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School Age 5

Sunday	1:10	-	1:50 pm
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ADULT AQUATICS

ADULT HEALTHY LIVING

ADULT SWIM LESSONS

Winter Session

January 2-February 16, 2019

Mon-Tue Classes \$61 members / \$122 non members

Wed-Sun Classes \$71 members / \$142 non members

Beginner A

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

Wednesday	8:00 - 8:40 pm
Thursday	2:00 - 2:30 pm

Beginner B

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

Monday	7:45 - 8:25 pm
Wednesday	8:40 - 9:20 pm
Thursday	1:30 - 2:00 pm

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	8:30 - 9:15 pm
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Adult Coached Advanced Tune Up

Swim more.... **EFFICIENTLY, EFFECTIVELY, FASTER**

Thursday	8:15-9:15 pm
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MASTERS SWIM TEAM

Open to adults 19 years old and up. Program features coached workouts and drills. Practices are held on Monday, Wednesday, and Fridays. 5am-6am.

Team members are eligible to compete in meets.
(8 weeks - no break)

Session Cost: \$76 Members/\$152 non-members

Yearly Session Cost \$345 members only



ADULT AQUATIC FITNESS

Water Aerobics

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

1-day option: \$20 members/\$40 non-members

Monday	10:05 - 10:45am
Monday	8:30 - 9:30 pm
Tuesday	7:30 - 8:15 pm
Wednesday	10:05 - 10:45am
Thursday	7:30 - 8:15 pm
Friday	10:05 - 10:45 am

3 day \$46 members/\$105 non-members

Mon/Wed/Fri	10:05 -10:45 am
Monday	8:30 - 9:30 pm
Tues/Thurs	7:30- 8:15 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.
MWF class: 11-11:30am.

\$10 members/\$35 non-members

Please sign up for the class or classes you wish to attend.

Monday	11:30 am -12:00 pm
Tuesday	11:30 am -12:00 pm
Tuesday	7:00 - 7:30 pm
Wednesday	11:30 am -12:00 pm
Thursday	11:30 am -12:00 pm
Thursday	7:00 - 7:30 pm
Friday	11:30 am - 12:00 pm

Advanced Water Walking

This is a high energy class, must already know how to water walk. High energy portion includes water walking, jogging, running and biking all done in the water. 11:30-12 is water walking with less impact.

\$10 members/\$35 non-members per day

Monday	11:00 -11:30 am
Wednesday	11:00 -11:30 am
Friday	11:00 -11:30 am

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 sequence 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.

\$20 members/\$45 non-members

Tuesday	10:30 - 11:15 am
Thursday	10:30 - 11:15 am

ENRICHMENT YOUTH DEVELOPMENT

**Winter 2019 Session
January 2-February 17, 2019**

**6 week session (Mon-Tues classes)
\$53 members / \$106 non-members**

**7 Week session (Wed-Sun classes)
\$63 members / \$126 non members**

TINIEST TOTS CLASSES, AGES 1.6-2.9

The purpose of the Parent & Child classes is to introduce your toddler to a classroom environment with parent. These classes will have parent and child work together

Music & Art with GrownUp

Assist your child in the beginning stages of exploring the arts. In addition to music and art there will be stories and free play time. This is a great way to start your child in the preschool setting and the grown-ups can make new friends
Tuesday.....9:30-10:30am..

TODDLIN' TOTS A CLASSES, AGES 2.6-3.6

The purpose of the Toddlin' Tots A classes is to introduce your toddler to a preschool environment. The goal is to achieve a smoother parent-child transition and help children develop and improve their social skills with their peers. Classes include music, story time, free play, arts and crafts. These classes are without parent.

Winter Wonderland

The winter season is approaching fast. Let's learn about the season to come through story, songs, activities, and crafts.
Friday.....9:30-10:30am..

TODDLIN' TOTS B CLASSES, AGES 3-4

The purpose of the Toddlin' Tots B classes is to provide children the opportunity to improve social skills and fine motor skills in a lightly structured setting. These classes are designed for children who easily transition from parent to classroom. Classes include music, story time, free play, and crafts.

**7 Weeks Members \$58/Non-Members \$116
Monday Class 8 Weeks Members \$68/Non-Members \$136**

Treasure Island

Join us as we sail for adventures. Little explorers will build boats, sail ships, create a treasure map, and dig for fortune.
Thursday.....9:30-10:30am..

Crafty Kids

Join us as we explore a variety of crafting materials. Projects may include paint, pastels, beading, charcoal, clay, foam, or wood. Bring your imagination and be dressed for a mess.
Fridays.....10:45-11:45am

Geometry

Numbers, patterns, and shapes, oh my! Come dive into the world of geometry as we read books, sing songs, and create art as we inspire our little ones to love Math.
Wednesday.....9:00-10:00am

Jurassic Dino Dig

Dinosaurs, dinosaurs, and more dinosaurs. Play, create, and learn about our prehistoric pals. We will make dinosaur crafts, play with dinosaurs and learn about fossils.
Monday.....11:30-12:30

PRE-SCHOOL & SCHOOL AGED CLASSES

The purpose for the school aged classes is to give children the opportunity to learn, create and have fun in a different environment than the typical classroom. These classes are designed to use hands on crafts and activities to learn. These classes are without parent.

Gym Games & Crafts, ages 3.6-5

Learn some gym games, sports skills, and more while in the gymnasium and then move down to the enrichment room for a craft. Please bring a nut-free snack.
Members \$62/Non-Members \$124

Monday.....10:00-11:15am.

Tumble & Create, ages 3.6-5

Learn gymnastic skills and tumbling then onto our enrichment room to create some exciting art projects. Bring your own nut-free snack.
Members \$72/Non-Members \$144

Wednesday.....10:45-12:00pm

Little Chefs, ages 3.9-5

Read books while we cook. This class will incorporate a great recipe with a book. Kids will chop, blend, measure, bake, boil and simmer. **Please inform the Program Director if there are any food allergies prior to the first class.**

Thursday.....10:45-11:45am.
Saturday.....10:30-11:30am.

Little Chefs-Experiments in Cooking, ages 3.9-5

Join us as we experiment with food. Classes may include taste tests, chemical reactions or non-edible recipes. Aprons or lab coats are encouraged. Please inform the Program Director if there are any food allergies prior to the first class.

Thursday.10:45-11:45am
Saturday.10:30-11:30am

STEM for Littles, Ages 4-5

From action contraptions to messy marvels and more, each class will explore, create, and experiment with different STEM concepts. Bring your curiosity and be dressed for a mess.

Wednesday.....3:45-4:45pm

Puppet Adventures, Ages 4-5

Each week we will make a different puppet and learn basic acting and script writing and put on a mini-show with our puppets.

Thursday.....12:00-1:00pm

