



The Y OF KINGSTON AND ULSTER COUNTY 2011-2012 SWIM INSTRUCTION PROGRAMS

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The YMCA is an open, inclusive, interfaith movement which advocates Christian principles through programs that build character, respond to community needs and help build spirit, mind and body for all.

Fall Session I

Registration begins 8/15/11

September 6 - October 29

8 week program

There are no classes on Labor Day Monday

There are classes on Columbus Day Monday

Fall Session II

Registration begins 10/10/11

October 31 - December 24

8 week program

There are classes on Veterans Day Friday and Christmas Eve Saturday

There are no classes on Thanksgiving Thursday

Winter Session I

Registration begins 12/12/11

January 3 - February 25

8 week program

There are no classes on January 2nd on Monday for New Years Day

There are classes on MLK Jr. Day Monday and Presidents Day Monday

Winter Session II

Registration begins 2/13/12

March 5 - April 28

8 week program

Spring Session

Registration begins 4/16/12

May 7 - June 23

7 week program

There are no classes Memorial Day Monday

“We provide excellent swim lessons for all ages and abilities to benefit your health and safety.”

Registration Information

Fast and convenient on line registration is available for members and previous swim registrants! First time swimmers will need to call 845-338-3810 or come into the membership office during business hours (Monday - Thursday 9am-6pm and Friday 9am-5pm). Current members using a credit card may register early online at www.ymcaulster.org 2 days prior to the registration date.

On-Line Instructions

Instructions: Go to www.ymcaulster.org

Select: Aquatics Tab

Select: “Click here to register on-line”

New to Online Registration: click on “Start Here”

Put in requested information: try parent name first and then child name. System will prompt you for a user ID and password. Please write these down for future use. If system is unable to locate you, call membership at 845-338-3810 or email us at info@ymcaulster.org.

Payment is required at the time of registration. We do not hold places. Register early to ensure the best time slot for you.

All Swim Programs Run for 8 Weeks. Sign Up and Payment is Required for Each New Session.

Swim Lesson Information

Why the Y_{MCA}?

Safety

Swim lessons are important for any age group. For safety reasons it is important to know how to swim. Drowning is the leading cause of death in children. Like you, we are concerned about your child's safety. Our programs incorporate safety, and knowledge of dangers in the water. We strive to make the water a safer place for children and adults. Drowning doesn't only happen to children. Every year thousands of people die from drowning. That is why we make safety our number one priority and our biggest concern.

Exercise

Want to work out? Swimming laps, or taking a water fitness class is a great way to get your body in shape. These options provide a gentle approach to joint strength, muscle building, cardio and lung fitness. Swimming works all muscles in the body, and once you're done working out you can stretch and relax in our hot tub and enjoy the sensation of fulfillment.

Family

The Y is a great place for families. In our family focused environment you can come and enjoy activities with your children while keeping you and your children healthy, happy, and safe.

Skills

If you don't use it you lose it. Swimming skills will deplete over time. If you or your child doesn't keep swimming all year round your skills won't continue to advance. Especially for kids, year round lessons will help advance skills faster.

Parent-Child Programs

Parent-Tot

Ages 6-24 months with parent

Skip's is a parent and child swimming enrichment program. Songs and nursery rhymes are used to encourage children to be comfortable in the pool and to begin to learn swimming strokes.

Monday: 9:45 am - 10:15 am
Saturday: 9:15 am - 9:45 am

Members: \$42.00
Non-Member: \$84.00



Pike With Parent

Ages 2-4 years with parent

Pike with parent allows children to continue to learn swimming skills while still being accompanied by parents to prepare to move on to independent lessons. This class is designed for the older toddler, or a child who is hesitant to enter the water.

Wednesday: 9:45 am - 10:15 am
Tuesday: 4:45 pm - 5:15 pm
Thursday: 4:45 pm - 5:15 pm
Saturday: 10:00 am - 10:30 am, 11:00 am - 11:30 am

Members: \$42.00
Non-Member: \$84.00

Children's and Adult Swim Lessons

Preschool Swim Lessons

Ages 3-5 years

Preschool primarily focuses on swimming and safety skills. Preschoolers will concentrate on being comfortable in the water and improving their swimming abilities. They will learn and refine their strokes and develop personal safety skills and awareness.

Monday: 9:45 am – 10:15 am, 4:00 pm – 4:30 pm, 4:45 pm – 5:15 pm

Tuesday: 4:45 pm – 5:15 pm

Wednesday: 4:00 pm – 4:30 pm

Thursday: 4:45 pm – 5:15 pm

Saturday: 9:15 am – 9:45 am, 10:00 am – 10:30 am, 11:00 pm – 11:30 pm

Members: \$42.00

Non-Member: \$84.00



Youth Swim Lessons

Ages 6-12 years

Youth swim lessons is a progressive skill-building program where children work on and learn swimming skills and knowledge of water safety.

Polliwog – Polliwog allows your child to begin learning paddle skills, water safety, front and back floats, and reaching assists. A flotation device may be used to help your child remain safe during lessons.

Guppy – Guppy allows your child to begin working on front crawl, sidestroke, backstroke, and rhythmic breathing. Children swim mostly or entirely without flotation for the whole class and must be comfortable with putting their face in the water. Goggles are highly recommended!

Minnow – Minnow allows your child to work on continued development of front and back crawl, breaststroke, increasing endurance, learning emergency procedures and personal safety. Children must be swimming laps entirely without flotation, and have knowledge of rotary breathing, and breaststroke kick to be enrolled in Minnow.

Fish/Flying Fish/Shark – Fish and up will allow your child to continue refining all four competitive strokes, including inverted breaststroke and elementary backstroke. This class focuses on improving efficiency and endurance. In addition, stroke work will include individual medley, front and back flip turns, and streamlining.

Monday: 3:45 pm – 4:30 pm, 4:45 pm – 5:30 pm

Tuesday: 4:45 pm – 5:30 pm

Wednesday: 3:45 pm – 4:30 pm

Thursday: 4:45 pm – 5:30 pm

Saturday: 9:00 am – 9:45 am, 10:00 am – 10:45 am, 11:00 am – 11:45 am

Members: \$42.00

Non-Member: \$84.00

Private and Specialized Swim Lessons

Private Lessons – If you or your child want more attention specific to you this class provides an opportunity to get special 1 on 1 attention that the regular swim lessons do not provide.

Coming Soon

Semi Private Lessons – If you have two or more people (children or adults) that want or need more attention than regular lessons provide, this class offers an opportunity for your children or yourself to get that extra attention while still being comfortable in a setting with siblings, friends, or spouses.

***To take the semi-private class you must enroll a minimum of two students.**

Coming Soon

Special Needs – This class is provided for children who have extra needs, or need more specialized instruction. The class enrollment is kept low to insure that each child gets this specialized attention.

***Note- A parent, guardian, or counselor is required to accompany the child in the water during the lesson.**

Please inquire

Members: \$50.00
Non-Member: \$100.00

Teen and Adult Swim Lessons

Ages 13+

Beginner – You will learn basic swimming skills such as the crawl stroke, breathing techniques, and floating to serve as a foundation for further swim development.

Intermediate – Adults with base swimming skills will work on advancing their swimming abilities, while increasing swimming endurance.

Adult Swim Lessons

Wednesday: 5:30 pm – 6:15 pm

Friday: 9:15 am – 10:00 am

Members: \$42.00

Non-Member: \$84.00



Advanced Swimming and Safety Programs

Ages 6-18

Swim Clinic

Swim Clinic is a non-competitive swim group that focuses on more advanced swim instruction and fine tuning of the four competitive strokes. This is great for the parent who wishes their child to take the next step in advancement after swimming lessons, or have their child prepare for a swim team. An up to date Y membership and ability to swim the four competitive strokes (Butterfly, Backstroke, Breaststroke, and Front Crawl) are required.

Tuesday: 5:30 pm – 6:30 pm & Thursday: 5:30 pm – 6:30 pm

Members Only: \$80.00 per 8 weeks **Sign up is required for each session**

Lifeguard Certification Course

Ages 15+*

Participants will learn lifesaving, standard first aid, blood borne pathogens protocol, and CPR/AED. Attendance of every class is required for the completion. Upon completion they will receive their certifications from the American Red Cross.

This is a 10 week course. The next course begins in September.
Please call for more information on course dates. (For pricing see page 13.)

**Must be age 15 by the completion of this course*

Adult Water Fitness Classes

Members Only: No Fee

Aqua Jogging

The Y's Aqua Jogging program is a no-impact jogging exercise program performed in the deep end of the pool choreographed to music. During class the Y provides floatation belts for each participant.

Monday: 10:30 am – 11:15 am
Wednesday: 10:30 am – 11:15 am, 6:30 pm – 7:15 pm
Friday: 10:30 am – 11:15 am

Aqua-Cise

Aqua-Cise is a low-impact water supported exercise class that uses water resistance to increase muscle tone and flexibility. It is relaxing, and soothing to the body and mind.

Times to be determined

Water Zumba

Water Zumba is a workout taught by a certified Zumba instructor and designed for those who are serious about increasing and maintaining their personal fitness, burning calories, and toning their muscles. It is energizing, powerful, uplifting, and fun.

Monday: 7:00 pm – 7:45 pm
Thursday: 6:30 pm – 7:15 pm

Aquarobics

Aquarobics is an aerobics program with routines that are choreographed to music. It is performed in the shallow end of the pool and is for both swimmers and non-swimmers. It is a total physical fitness program creating a sense of well being and improving cardio-vascular fitness.

Monday: 10:30 am – 11:15 am
Tuesday: 10:30 am – 11:15 am
Tuesday: 6:30 pm – 7:15 pm
Wednesday: 10:30 am – 11:15 am
Thursday: 10:30 am – 11:15 am
Friday: 10:30am – 11:15am



<i>Level</i>	<i>Member Rate</i>	<i>Non-Member Rate</i>
Parent-Child	\$42.00	\$84.00
Preschool	\$42.00	\$84.00
Polliwog	\$42.00	\$84.00
Guppy	\$42.00	\$84.00
Minnow	\$42.00	\$84.00
Fish+	\$42.00	\$84.00
Adult Swim	\$42.00	\$84.00
Private Lessons	TBD	This program is for members only
Semi Private Lessons	TBD	This program is for members only
Special Needs Swim Lessons	\$50.00	\$100.00
Swim Team	\$80.00	This program is for members only
Lifeguarding Class	\$300.00 (Includes everything)	\$300.00 (Includes everything)
Aqua Fitness	Free	This program is for members only

If you have any questions please
call (845)-338-3810 ext. 114 or
email aquatics@ymcaulster.org

The Y of Kingston and Ulster County
507 Broadway Kingston, NY 12401

