

AQUATICS

DIRECTOR: **Rebecca Stephens ext. 150**

ASSISTANT DIRECTOR: **Jen Malone ext. 131**



Fall-Winter Season October '10- March '11

The Concord Family YMCA Sailfish Swim Team is a USA Swimming registered team. The team ranges from beginners to highly competitive level swimmers. The practice groups are structured by ability although age is considered. All participants must be able to swim 25 yards of the pool on their back and stomach. The team is open to children ages 6-18 years old. All children must attend at least one pre-season dunk to be placed in a practice group.

**Contact Rebecca Stephens, Aquatics Director
at 228-9622 ext 150 or
For more information
visit our website and look for flyers at the Y.**

NEW! OFF THE BLOCK: PRE-COMPETITIVE SWIM TEAM WORKOUT GROUP

Ages: 6 to 12. Workout two days a week while continuing to refine the freestyle and backstroke. This group will focus on the four competitive stroke (Freestyle, Backstroke, Breast stroke, Butterfly, along with Starts and turns. Swimmers must have completed Guppy or have been recommended by a Swim Instructor. **Tuesday and Thursday 3:30-4:15**

Fee includes both days: \$87 members • \$129 Program members

ADAPTED SWIM LESSONS

(Ages 10-15yrs)
limit 4 per class

This is for individuals who have special needs that can be met through a slower paced class. A parent or responsible adult needs to participate in the water with the adult. For more information contact Rebecca Stephens, Aquatics Director, 228-YMCA (9622) ext. 150.

Monday: 10:15-10:45 AM

Fee Fall 1: (7wks) \$45.00 Members
\$77.00 Program Members

Fee Fall 2 (8 wks) : Members \$51.00
\$88.00 Program Members

ADULT LESSONS - 15yrs and older

Learn the basic skills or refine your strokes. We can make you feel comfortable in the water or show you how to intensify your workout.

Wednesday 9:15-9:45 AM
(Beginner/Non-Swimmer)

Wednesday 6:15-6:45 PM
(Advanced Beg./Lap Swimmer/Triathlete)

Saturday 9:15-9:45 AM
(Advanced Beginner)

12:10-12:40 PM

(Beginner/Non-Swimmer)

Fee Fall 1 (7wks) : Members \$45.00
\$77.00 Program Members

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\$88.00 Program Members

FINANCIAL ASSISTANCE IS AVAILABLE.

We're proud
to help support the
Concord Family **YMCA**

THE ROWLEY AGENCY
INC. 
INSURANCE • BONDS • BENEFITS
...an Assurex Global Partner

NEW!

SWIM N' GYM

Ages: 2 -5 with parent!

Wed.: 9:45-11:00am (9:45-10:15 pool; 10:30-11:00 gym)

You and your child can have the best of both worlds! First, there's a little splash splash in the pool with our energized aquatics team, where there will be structured time and free play time. From there, you and your child can change, get a quick snack, then head upstairs to play games with the YMCA's lively sports department! There will be games of all sorts, and time for your child to just explore and play. Guaranteed non-stop fun for the both of you!

**For more information you can contact
Rebecca Stephens, Aquatics Director (ext 150).**

Fees: Members: \$45 Program Members: \$56

WATER FITNESS

FREE TO MEMBERS

\$82.00 Program Members

AQUA-MIX

A high intensity water fitness program focused on providing a unique workout by utilizing exercises from various disciplines. This class will be comprised of kickboxing moves, aerobic exercises, interval work, strength training and a 10 minute cool down. All areas of the pool are used so participants must be comfortable in deep and shallow water. This class is geared toward active adults seeking a diverse and intense water-aerobic workout.

Monday, Wednesday & Friday: 8:30-9:15 AM

WATER WALKING

An intense deep water workout with no impact to muscles or joints. You'll build strength and endurance through 30 minute interval training plus stretching and toning. Participants must be comfortable in deep water.

Tues. & Thur. 8:30-9:15 AM & come to Waterworks Sat. 8:30-9:15 AM *

* Instructor's choice of class

WATERWORKS

Class consists of a steady aerobic segment followed by deep water exercise for endurance and muscle toning through water resistance. Participants should be comfortable in deep water.

Tuesday & Thursday: 7:30 -8:15 PM & Sat: 8:30-9:15 AM *

* Instructor's choice of class

YOUTH AQUA FIT CLASS (ages 8 - 15 yrs.)

Participants must be Guppy level or higher and able to swim 25 yds. They must also be comfortable in both shallow and deep water. This class will focus on games, relays, and strength training.

Tuesday & Thursday: 4:15 - 5:00 PM

FREE FOR MEMBERS

Program Member \$60.00



HOME SCHOOL SWIM LESSONS

Ages 5-14 (limit 6 per class)

Home School 1 - Beginner

(Pike, Eel, Polliwog I) Swimmers
Thursday 9:45-10:15 AM

Home School 2 - Advanced Beginner (Ray, Starfish, Polliwog II, Guppy)

Thursday 9:45-10:15 AM

Home School 3 - Advanced (Minnow and higher)

Thursday 9:15-9:45 AM

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SESSION DATES: Fall 1 (7wks)
September 7th - October 24th
Fee: \$45.00 Members
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Fall 2 (8wks)
October 25th-December 18th
Fee: \$51.00 Members
\$88.00 Program Members

SKIPPERS PROGRAM (6mos - 6 Years)

UNDER AGE 3 PROGRAMS

are designed to increase the bond between parent and child, create a positive experience for the child in the water, and to introduce basic aquatic safety. This program helps parents form reasonable and healthy expectations of their child's progress through song, games and fun activities. Classes focus on fun, exercise, parent education and water adjustment.

SKIPS

(6 - 30 mos. - Parent and Child)

Parents and babies are introduced to the water and water safety. Instructors emphasize a positive and enjoyable experience through songs and games

Parents and toddlers explore the pool environment together with purposeful movements and basic water skills such as kicking, breath control and balance.

Tuesday: 10:15-10:45 AM
w/perch

Thursday: 10:15-10:45 AM

Saturday: 9:50-10:20 AM

PERCH

(2-3 yrs. Parent and Child)

This class assists parents and preschoolers age 2 yrs and up with the transition from parent/child to teacher/child lessons. Instructors emphasize listening skills and patience as children begin to take some responsibility for safe practices.

Monday: 9:45-10:15 AM

Tuesday: 10:15 - 10:45 AM
w/skips

Saturday: 10:25-10:55 AM

PIKE WITH PARENT

(Beginners ages 2 1/2-5 yrs.)

For the child who uses full bubble and still needs a little help from a parent/guardian.

Friday: 9:45-10:15 AM

Saturday: 11:00-11:30 AM



PRESCHOOL AQUATICS

(ages 3 to 6 yrs.)

is designed to develop fundamental swimming skills. These skills can be used in water recreational activities that they will enjoy when they are older and help to form a foundation for swimming as a lifelong physical fitness activity. This program is without parental participation. However, parents are encouraged to watch from the balcony located on the 2nd floor.

PIKE

(Beginners ages 3-6 yrs.)

Designed for children who cannot swim alone, or are uncomfortable in the water. This level will teach water adjustment, front and back beginner stroke and water safety. Bubbles are used when necessary.

Monday: 9:15-9:45 AM

Tuesday: 9:45-10:15 AM
5:00-5:30 PM

Wednesday: 2:45-3:15 AM

Thursday: 9:15-9:45 AM
3:15-3:45 PM

Friday: 9:15-9:45 AM

Saturday: 9:15-9:45 AM
9:50-10:20 AM

Sunday: 10:00-10:30 AM

EEL

(Advanced beginners ages 3-6 yrs.) Uses small bubble, swims alone in a horizontal position and likes to get their face wet.

Monday: 9:15-9:45 AM
3:15-3:45 PM

Tuesday: 9:15-9:45 AM
3:15-3:45 PM
5:30-6:00 PM

Wednesday: 2:45-3:15 PM

Thursday: 10:15-10:45 AM

Friday: 9:45-10:15 AM
3:15-3:45 PM

Saturday: 9:50-10:20 AM
12:10-12:40 AM

Sunday: 10:35-11:05 AM

RAY / STARFISH

Intermediate to Advanced (ages 3-6 yrs.)

Can swim 10' without a bubble on front and back. Child is very comfortable going under water.

Jumps into deep water and swims 50' on front and back without a bubble, using rhythmic breathing.

Monday: 9:45-10:15 AM

Tuesday: 9:15-9:45 AM

Thursday: 3:15-3:45 PM
5:30-6:00 PM

Friday: 10:15-10:45 AM

Saturday: 9:15-9:45 AM
11:35-12:05 PM

Sunday: 11:10-11:40 AM

**FINANCIAL ASSISTANCE
IS AVAILABLE.**

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PROGRESSIVE SWIM PROGRAM (6 - 14 YEARS)

POLLIWOG I

Designed for children who cannot swim alone or are uncomfortable in the water. This level will teach water adjustment, front and back beginner stroke and water safety. Bubbles are used when necessary.

Monday: 2:45-3:15 PM

Wednesday: 6:15-6:45 PM

Thursday: 5:00-5:30 PM

Saturday: 10:25-10:55 AM

Sunday: 10:00-10:30 AM

POLLIWOG II

Designed for children who are not comfortable getting their face wet. Guppy. This level will teach the child front crawl with their face in the water, back crawl, water safety and endurance.

Monday: 3:15-3:45 PM

Tuesday: 5:30-6:00 PM

Wednesday: 3:15-3:45 PM

Thursday: 5:00-5:30 PM

Saturday: 10:25-10:55 AM
11:00-11:30 AM

Sunday: 11:10-11:40 AM

PRIVATE & SEMI-PRIVATE SWIM LESSONS

This program is for all ages. Lessons are tailored for individual needs for both swimmers and non-swimmers. Timed to fit your schedule, lessons are 30 minutes in length. Please complete a private/semi private request form at the front desk. ***Lessons are scheduled on a first come first served basis after the first week of each session and based on the availability of pool time and instructor.***

Lessons are scheduled 1st week of each session.

Fee: Members Private Lessons 1-class: \$21

Semi-Private Lessons -2 swimmers - \$10.50/swimmer per class

Program Members Private Lessons 1-class: \$26

Semi-Private Lessons -2 swimmers - \$13/swimmer per class

IMPORTANT INFORMATION

To avoid cancellation of classes please register during designated dates. Classes will be cancelled if less than 3 people are enrolled for a specific time. Thank you!

If you do not know your level, please contact the Aquatics Director.

- Two skill levels may be combined if enrollment is low or classes may be cancelled.
- There will not be make-up classes for individually missed classes. In the event the pool is closed due to safety reasons and a class is cancelled, a make-up class will be scheduled.
- All swim lessons are 30 minutes long unless noted otherwise.
- Strollers are not permitted on the pool deck.
- Please remove shoes before entering the pool deck.
- Parents are asked not to be on deck during lessons but to watch from the pool balcony located off the 2nd floor.
- Cloth or plastic diapers are not allowed. Young children must wear rubber pants or swim diapers.

GUPPY

For those who pass Polliwog II or can swim one length beginner stroke and one length back stroke without floatation. This level will focus on beginner stroke with rotary breathing, introduction to elementary back stroke improvement, treading water and endurance.

Tuesday: 5:00-5:30 PM

Thursday: 5:30-6:00 PM

Saturday: 11:35-12:05 PM

Sunday: 11:10-11:40 AM

MINNOW...SHARK

For those who have passed Guppy or can swim two lengths crawl stroke with rotary breathing and two lengths kicking and swimming on their backs. This level will focus on the breast stroke kick, dolphin kick, refinement of existing strokes, water safety and increasing endurance.

Class time is 40 minutes.

Tuesday: 5:20-6:00 PM

Thursday: 5:20-6:00 PM

Saturday: 11:35 AM-12:15 PM

