



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LICKING COUNTY FAMILY YMCA WINTER/SPRING 2018

Winter Session

Jan 8–Feb 24

Registration:

Full Member: Mon, Dec 18

Non-Member: Wed, Dec 20

Spring I Session

Feb 26–Apr 14

Registration:

Full Member: Mon, Feb 19

Non-Member: Wed, Feb 21

Spring II Session

Apr 23–Jun 9

Registration:

Full Member: Mon, Apr 16

Non-Member: Wed, Apr 18



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



SWIMMING LESSONS

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages, from 6 months to adult, to stay safe and have fun in the water, building strong, confident swimmers. Our lessons are divided into the following categories: Swim Starters: Infant & Toddler; Swim Basics: Preschool, School Age, Teen, Adult; and Swim Strokes: School Age, Teen, Adult.

PRICES

	Member	Non-Member
½ hour class once a week	\$25	\$67
½ hour class twice a week	\$50	\$117
45 minute class once a week	\$38	\$92

SWIM STARTERS

Parent & child, 6 months–3 years

A–Water Discovery

(parent & child) 6–24 months

Introduces infants and toddlers to the aquatic environment. Classes introduce water entry & exit, front & back floats and tows.

Tues & Thurs	11:00–11:30am
Sat	9:00–9:30am

B–Water Exploration (parent & child) 2–3 years

Focuses on exploring body positions, blowing bubbles, & safety and aquatic skills with more emphasis on preparing the child for preschool lessons when they turn 3 years old.

Tues & Thurs	11:00–11:30am
Sat	10:00–10:30am



SWIM BASICS

Preschool, 3–5 years

1–Water Acclimation

Beginner – no swimming experience, may still be “clingy”. Can sit on the side, wait, listen to, and follow instructions. Lessons help increase comfort with underwater exploration & introduce basic self-rescue skills with assistance. Goal is to float & glide 5 ft. with assistance, & swim, float, swim 10 ft. with assistance.

Mon	5:00–5:45pm
Tues & Thurs	10:30–11:00am
Tues & Thurs	5:00–5:30pm
Tues & Thurs	6:00–6:30pm
Sat	9:30–10:00am
Sat	10:30–11:00am

2–Water Movement

Advanced Beginner – some swimming experience, will put face in water & can glide about 5 ft., assisted. Encourages forward movement in water & basic self-rescue skills performed independently. Goal is to swim, float, swim width of pool, unassisted.

Mon	5:45–6:30pm
Tues & Thurs	11:00–11:30am
Tues & Thurs	5:30–6:00pm
Sat	9:00–9:30am
Sat	11:00–11:30am

3/4–Water Stamina/Swim Strokes

Intermediate – can swim width of pool, unassisted, in deep water, is comfortable putting face in water. Develops intermediate self-rescue skills preformed at longer distances. Goal is to swim, float, swim length of pool, and tread water.

Tues & Thurs	10:30–11:00am
Tues & Thurs	6:30–7:00pm
Sat	9:00–9:30am



SAW (SAFETY AROUND WATER)

Safety Around Water is a new four day water safety program developed by the YMCA of the USA. It focuses on teaching non-swimmers self-rescue skills such as floating, entering and exiting water safely, as well as what to do and what not to do when engaging in water activities or just being around water. It is FREE for children 5-14 yrs of age.

Dates TBA Registration open

SWIM BASICS

School Age 6–12 years

1/2–Water Acclimation & Movement

Beginner – no swimming experience. Goal is to become comfortable in the water and float, glide 10 ft., & swim, float, swim width of pool unassisted.

Mon	5:45–6:30pm
Tues & Thurs	6:30–7:00pm
Sat	10:00–10:30am
Sat	11:00–11:30am

3–Water Stamina

Advanced Beginner – can swim width of pool, unassisted, in deep water, comfortable putting face in water. Develops intermediate self-rescue skills performed at longer distances. Goal is to swim, float, swim length of pool, and tread water 1 minute.

Mon	5:00–5:45pm
Tues & Thurs	5:30–6:00pm
Thurs	5:00–5:45pm
Sat	9:30–10:00am
Sat	10:30–11:00am

FOR MORE INFORMATION
PLEASE CONTACT:

Elijah Benton, Aquatics Director
elijah.benton@lcfymca.org • 740-345-6631

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM STROKES

School Age 6–12 years

4–Stroke Introduction

Intermediate – can swim length of pool.

Introduces basic stroke technique and works on perfecting strokes and breathing patterns.

Tues	5:00 – 5:45pm
Thurs	5:45 – 6:30pm
Sat	11:00 – 11:30am

5–Stroke Development

Advanced intermediate – can swim 25 meters of each stroke. Introduces breaststroke & butterfly. Goal is to improve endurance, swim 50 meters of each stroke, and refine stroke technique

Tues	5:45 – 6:30pm
Sat	10:00 – 10:30am

6–Stroke Mechanics

Advanced – can swim 50 meters of each stroke. Goal is to refine stroke technique on all major competitive strokes & improve endurance, swimming 150 meters any stroke or combination of strokes.

Wed	5:45 – 6:30pm
Sat	9:30 – 10:00am



TEEN LESSONS/ SWIM BASICS

13–17 yrs

Group lessons are personalized to the individual depending on skill level.

Sat	8:30 – 9:00am
-----	---------------

ADULT LESSONS/ SWIM BASICS

18 years and up

Group lessons are personalized to the individual depending on skill level.

Sat	8:00 – 8:30am
Sat	8:30 – 9:00am

ADAPTED AQUATICS

Designed to meet the individual needs of students with developmental disabilities. Parent or guardian must be in the water with the student.

Wed	5:00 – 5:45pm
-----	---------------



LIFEGUARD CLASS

Are you interested in being a Lifeguard?

Pools and camps are always on the lookout for responsible, trained guards. Register today and earn your certifications in: YMCA Lifeguarding, YMCA Lifeguarding, ASHI Basic Life Support, Basic First Aid and Emergency Oxygen Administration.

CLASSES: _____ TBA

REGISTRATION:

Register is open at the Member Services Desk

Class fees are \$120

Class fees are eligible for reimbursement if participant ends up being hired on to the Y Staff



THE SHARKS WANT YOU!



The Y Swim Team is designed to develop youth in competitive swimming with a fun and principled approach. Swimmers learn skills and techniques to improve their strokes. Coaches focus on dry land and in-water activities. We focus on teamwork, sportsmanship and commitment to developing our athletes. The Y Swim Team participants are eligible to swim at both YMCA Swim Events and USA Swim events. Join us as commitment grows confidence and be an LCFYMCA Shark!

WHO: Anyone interested in taking their swimming to the next level. Registration is open year round.

FOR MORE INFORMATION PLEASE CONTACT:

Elijah Benton, Aquatics Director • elijah.benton@lcfymca.org • 740-345-6631

SWIM MEET SCHEDULE

Join us as we cheer on our local Swim Teams for their upcoming meets. The Evans Pool will be closed during all meets.

Granville: Dec 15th + Jan 16th

Newark: Dec 30th + Jan 13th + Dec 23rd

Lakewood: Dec 2nd + Jan 27th

Heath: Dec 16th + Jan 5th

Sharks: Jan 12th

PARTY RENTAL

Check out The Licking County Family YMCA for your next birthday party! We offer 3 packages that include a party area in the pool lobby, indoor swimming with a complimentary YMCA Birthday T-Shirt for the birthday child. Open to members and non-members. Contact Annette Boyer for your birthday packages. annette.boyer@lcfymca.org