

**AQUATICS** Sunday, February 3 – Saturday, April 13, 2019 (9 week session) Tracie Busch, Aquatic Director, ext. 51

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>PARENT / CHILD AQUATICS</b>							
<b>STAGE A</b> Water Discovery (6 months-3 years)		10:15am-10:45am	10:50am-11:20am				10:40am-11:10am
<b>STAGE B</b> Water Exploration (6 months-3 years)		10:50am-11:20am	10:15am-10:45am				10:40am-11:10am
<b>PRESCHOOL AQUATICS</b>							
<b>STAGE 1</b> Water Acclimation Preschool (3-5 years)		1:30pm-2:15pm	3:10pm-3:55pm	2:20pm-3:05pm	2:20pm-3:05pm	2:20pm-3:05pm	9:50a-10:35am 12:05-12:50pm
<b>STAGE 2</b> Water Movement Preschool (3-5 years)		2:20pm-3:05pm	2:20pm-3:05pm	1:30pm-2:15pm	3:10pm-3:55pm	3:10pm-3:55pm	9:50a-10:35am 12:05-12:50pm
<b>STAGE 3</b> Water Stamina Preschool (3-5 years)		3:10pm-3:55pm	1:30p-2:15pm 4:50p-5:35pm	3:10pm-3:55pm	1:30pm-2:15pm		12:05pm-12:50pm
<b>STAGE 4</b> Stroke Introduction Preschool (3-5 years)			4:50pm-5:35pm			1:30pm-2:15pm	9:50am-10:35am
<b>YOUTH AQUATICS</b>							
Sensational Swim School age (5-12 years)							10:40am-11:10am
<b>STAGE 1</b> Water Acclimation School age (5-12 years)		4:00pm-4:45pm	5:40pm-6:25pm		4:50pm-5:35pm	4:00pm-4:45pm	9:00am-9:45am
<b>STAGE 2</b> Water Movement School age (5-12 years)		4:00pm-4:45pm	5:40pm-6:25pm		4:50pm-5:35pm	4:00pm-4:45pm	11:15am-12:00pm
<b>STAGE 3</b> Water Stamina School age (5-12 years)		4:50pm-5:35pm		5:40pm-6:25pm	4:00pm-4:45pm	5:40pm-6:25pm	11:15am-12:00pm
<b>STAGE 4</b> Stroke Introduction School age (5-12 years)		4:50pm-5:35pm		5:40pm-6:25pm	4:00pm-4:45pm	5:40pm-6:25pm	11:15am-12:00pm
<b>STAGE 5</b> Stroke Development School age (5-12 years)			4:00pm-4:45pm	4:00pm-4:45pm	5:40pm-6:25pm	6:30pm-7:15pm	9:00am-9:45am
<b>STAGE 6</b> Stroke Mechanics School age (5-12 years)			4:00pm-4:45pm	4:50pm-5:35pm	5:40pm-6:25pm	6:30pm-7:15pm	9:00am-9:45am

\*Schedules are subject to change. Parents are permitted on the pool deck for observation during the first and last class of the session. No make-up classes, credits, or refunds will be issued for missed classes.

**Youth/Teen/Adult Aquatic Fees**

(9 weeks):

Membership +

	Program	Full
Swim Lessons:	\$144	\$126
Lifeguard Prep:	\$144	\$126
Jr. Lifeguarding:	\$144	\$126
Swim Club (2 days):	\$288	\$252
Teen/Adult Lessons:	\$144	\$126

**Private Lessons Packages:**

Private lessons are 45 minutes with a 1:1 student to instructor ratio.

8 Lessons- \$450

**Semi-Private Lesson Packages:**

Semi-Private lessons are 45 minutes with a 2:1 student to instructor ratio.

8 Lessons- \$350

For more information, call (516) 671-8270 ext. 16

## AQUATICS CONTINUED....

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>TEEN AQUATICS</b>							
Swim Basics Teen (12-17 years)			7:30pm- 8:15pm		7:30pm- 8:15pm		
Swim Strokes Teen (12-17 years)			7:30pm- 8:15pm		7:30pm- 8:15pm		12:55pm- 1:40pm
<b>ADULT AQUATICS</b>							
Swim Basics Adult (17+ years)			7:30pm- 8:15pm		7:30pm- 8:15pm		
Swim Strokes Adult (17+ years)			7:30pm- 8:15pm		7:30pm- 8:15pm		
<b>COMPETITION</b>							
Swim Club (7-17 years)		6:30pm- 7:30pm	6:30pm- 7:30pm	6:30pm- 7:30pm	6:30pm- 7:30pm		
<b>LEADERSHIP</b>							
Jr. Lifeguard Teen (11-14 years)							12:55pm- 1:40pm
<b>WATER FITNESS</b>							
Aqua Jog			8:00am- 9:00am		8:00am- 9:00am		
Hydrosculpt					9:00am- 10:00am		
Super Water Workout		8:00am- 9:00am				8:00am- 9:00am	
Swimnastics				8:00am- 9:00am			
Twinges			9:00am- 10:00am				

\*Schedules are subject to change. Parents are permitted on the pool deck for observation during the first and last class of the session. No make-up classes, credits, or refunds will be issued for missed classes.

### Aquatic Exercise Fees (9 weeks):

Membership +

	Program	Full
1x per week	\$93	\$75
2x per week	\$176.70	\$142.50
3x per week	\$260.40	\$210

### LIFEGUARD TRAINING

February 18, 19, & 20

Pretest- \$25.00 (February 18)

Lifeguard Class – \$350.00\*

\*Upon successful completion of pretest

For more information contact Member Services, ext. 12.

### Sensational Swim (Ages 5-12):

Progressive swim instruction is available to children with disabilities at the YMCA at Glen Cove. Lessons are 30 minutes with a 1:4 student to instructor ratio. Based on a child's need, a parent may be asked to enter the water.

9 Lessons- Program \$144 Full \$126

### SWIM CLUB (Ages 7 to 17 and completed Stage 5 or higher)

In this program participants receive coached workouts, two to four times a week, helping them to build strength, speed, endurance and confidence, which will complement their stroke technique. This is a great program to get swimmers ready for competitive teams, to meet new people and to greatly enhance their swimming ability. Swimmers **MUST** be able to swim butterfly, front crawl, backstroke, breaststroke and know open turns. FEE (2 days): Program - \$288 Full - \$252