

AQUATIC PROGRAMS

Welcome to the Winter/Spring Session of the YMCA Aquatic Programs.

Registration deadline will be 2 days prior to session starting. If there are fewer than 3 children registered, class can be held only if the participants are willing to pay the semi-private fee. Whenever possible, classes will be combined to accommodate your preferred schedule. Students must have swim teacher's approval to move up to the next level. Classes are not pro-rated. Swim class make-ups are for medical reasons only. At the time of registration, please tell the Welcome Center staff which branch registration is for.

7 week session (1x per wk)	8 week session (1x per wk)
Winter: January 4-February 21	Spring 1: February 22-April 18
Spring 2: April 29-June 16	\$64 Member
\$56 Member	\$96 General Public
\$84 General Public	No Classes April 22 - April 28

Special Note about NEW LESSON FORMAT. We are excited to announce the new updated Y-USA National Swim Lesson Program. As you will notice the names of the levels have changed, to find out what STAGE your child should be in please check our website or call the front desk or our Aquatics department.

PARENT/TODDLER LESSONS (Ages 6 - 36 months)

Location: Instructional & Lap Pools
Water comfort and swimming skills taught through a variety of fun activities. Parents and children will be guided through introductory swimming skills and safety precautions preparing them for classes without the aid of a parent.



PRESCHOOL SWIM LESSONS (Ages 3-5 years)

Location: Instructional & Lap Pools - This program offers children their first experience in the pool without a parent, made possible through a variety of fun activities & games. Classes provide a step-



by-step progression of swimming and water safety without the aid of a flotation device, designed to adequately prepare your child for the youth program. Student/Instructor ratio will not exceed 6 to 1. All preschool classes are 30 minutes in length.

SCHOOL AGE SWIM LESSONS (Ages 6-12 years)

Location: Lap Pool - Children learn the fundamentals of swimming and water safety with increased stroke development and endurance as levels increase. Classes will not exceed an 8 to 1 student/instructor ratio. All classes are 45 minutes in length and taught in the Lap Pool. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Stage 1, which has no prerequisite.



YMCA Mission Statement:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

SC JOHNSON COMMUNITY AQUATIC CENTER THANK YOU FOR ALL YOUR SUPPORT



SESSION CLASS OPTIONS

GREEN=SEALED AIR | BLUE=LAKEFRONT | GREY=BOTH

ALL CLASSES 1X WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stage A 6-18 months		5:05-5:35pm(SA)		6:15-6:45pm(SA)		8:30-9:00am (SA) 9:00-9:30am(LF)
Stage B 18-36 months		5:40-6:10pm(SA)		5:40-6:10pm(SA)	11:10-11:40am(SA)	9:00-9:30am(LF-SA)
Stage 1 Preschool	4:30-5:00pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	HS-2:10-2:40pm(SA) 4:30-5:00pm(SA) 5:05-5:35pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	9:30-10:00am(SA) 5:05-5:35pm(SA) 5:40-6:10pm(SA)	4:30-5:00pm(SA) 5:05-5:35pm(SA) 5:40-6:10pm(LF-SA) 6:15-6:45pm(LF)	10:00-10:30am(SA) 10:35-11:05am(SA)	9:30-10:00am(LF-SA) 10:05-10:35am(SA) 10:40-11:10am(SA) 11:15-11:45am(SA)
Stage 2 Preschool	4:30-5:00pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	HS-2:10-2:40pm(SA) 4:30-5:00pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	9:30-10:00am(SA) 5:05-5:35pm(SA) 5:40-6:10pm(SA)	4:30-5:00pm(SA) 5:40-6:10pm(LF-SA) 6:15-6:45pm(LF)	10:00-10:30am(SA) 10:35-11:05am(SA)	9:30-10:00am(LF-SA) 10:40-11:10am(SA)
Stage 3 Preschool	5:05-5:35pm(SA)	6:15-6:45pm(SA)	10:05-10:35(SA) 5:05-5:35pm(SA)	5:05-5:35pm(SA) 6:15-6:45pm(SA)	10:35-11:05am(SA)	10:05-10:35am(SA) 11:15-11:45am(SA)
Stage 4 Preschool	5:05-5:35pm(SA)	6:15-6:45pm(SA)	10:05-10:35(SA) 5:05-5:35pm(SA)	5:05-5:35pm(SA) 6:15-6:45pm(SA)	10:35-11:05am(SA)	10:05-10:35am(SA) 11:15-11:45am(SA)
Stage 1 Youth	4:30-5:15pm(SA) 6:10-6:55pm(SA)	HS-2:00-2:45pm(SA) 4:30-5:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(LF) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA) 5:20-6:05pm(LF-SA) 6:10-6:55pm(SA)		9:30-10:15am(LF-SA) 10:20-11:05am(SA) 11:10-11:55am(SA)
Stage 2 Youth	4:30-5:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	HS-2:00-2:45pm(SA) 4:30-5:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(LF) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA) 5:20-6:05pm(LF-SA) 6:10-6:55pm(SA)		9:30-10:15am(LF-SA) 10:20-11:05am(SA) 11:10-11:55am(SA)
Stage 3 Youth	5:20-6:05pm(SA)	HS-2:00-2:45pm(SA) HS-2:45-3:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA) 5:20-6:05pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)		9:30-10:15am(SA) 10:20-11:05am(LF) 11:10-11:55am(SA)
Stage 4 Youth	5:20-6:05pm(SA)	HS-2:00-2:45pm(SA) HS-2:45-3:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)		9:30-10:15am(SA) 10:20-11:05am(LF) 11:10-11:55am(SA)
Stage 5 Youth	6:10-6:55pm(SA)	HS-2:45-3:15pm(SA) 7:00-7:45pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)	7:00-7:45pm(SA)		10:20-11:05am(SA) 11:10-11:55am(LF)
Stage 6 Youth	6:10-6:55pm(SA)	HS-2:45-3:15pm(SA) 7:00-7:45pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)	7:00-7:45pm(SA)		10:20-11:05am(SA) 11:10-11:55am(LF)
Adultos En Español Begins Spring 2						8:00-8:45am(LF) En Español SABADO SOLAMENTE
Jovenes En Español Begins Spring 2						9:00-9:45am(LF) 10:00-10:45am(LF) En Español SABADO SOLAMENTE
Beginner Teen-Adult			5:20-6:05pm(LF)	7:00-7:45pm(SA)		



NEW

STAGE 7 (Ages 12-14 years) Children entering **Youth Swim Stage 7** should be able to swim 25 yards of front crawl, back crawl, and breaststroke and butterfly. There will be volunteer experience available for anyone who completes these courses.

A: Swim for Fitness - Students will refine stroke technique and will work on increasing endurance to build life-long swim fitness skills
Wednesday & Friday 6pm-7pm | Winter/Spring 2: \$112 Members/ \$168 General Public | **Spring 1:** \$128 Member/ \$192 General Public

B: Jr. Lifeguard Class - Students will start learning basic lifeguarding skills and will complete the RED CROSS JR LIFEGUARDING PROGRAM. - **Mondays 5:30-6:30pm | Spring 1:** \$64 Members/ \$96 General Public | **Spring 2:** \$56 Members/ \$84 General Public

C: Jr. Swim Instructor Program - Students will start learning teaching techniques with experienced swim Instructors while continuing to work on their own swim skills.

Wednesdays 5-6pm | Winter/Spring 2: \$56 Members/ \$84 General Public | **Spring 1:** \$64 Members/ \$96 General Public

GENERAL PUBLIC REGISTRATION BEGINS: WINTER-DECEMBER 24 | SPRING 1-FEBRUARY 11 | SPRING 2-APRIL 22 5

AQUATICS (continued)

TEEN/ADULT SWIM LESSONS (Ages 13 & Older)

Classes for those who want to learn how to swim for the first time and classes that want to improve their stroke efficiency and endurance.

BEGINNER

A class designed for adults and teens that have never swam before or are picking up after a long time out of the water.

DEVELOPMENT

Class designed to develop basic stroke for new swimmers or those getting back into swimming after a long time away.

REFINEMENT

Class designed for experienced and confident swimmers that want to improve and refine strokes.

CLASE DE NATACION EN ESPAÑOL

Clase para los que quieren aprender a nadar por primera vez. Clase para los que quieren mejorar su manera de nadar para tener mas fuerza nadando y nadar mas eficiente.

SEMI-PRIVATE & PRIVATE SWIM LESSONS

Private or semi-private swim lessons allow the participant to work at a personalized level to achieve swim goals and are a good way to help swimmers focus on a particular skill, or to help overcome a fear of the water. To schedule private lessons, stop by the Welcome Desk or contact Aquatic Coordinators, 262.898.4559.

SEMI PRIVATE SWIM LESSONS

2:1 ratio, Instructor will teach 2 swimmers for 30 minutes per lesson.
6 lessons \$80 Member / \$110 General Public

PRIVATE SWIM LESSONS

1:1 ratio; Instructor will teach 1 swimmer for 30 minutes per lesson.
3 lessons \$65 Member / \$90 General Public
6 lessons \$110 Member / \$140 General Public

Slide Times

Monday–Thursday
7:00pm – 7:30pm

Friday
5:00pm – 8:30pm

Saturday
1:00pm – 5:30pm

Sunday
1:00pm – 3:30pm

(SLIDE TIMES SUBJECT TO CHANGE)

Children must be **48 inches** tall to ride the water slide.
Parents may not catch or ride down with a child.



EDUCATION

The RACINE FAMILY YMCA is a leader in providing up-to-date training and certification through the American Red Cross. We regularly offer certification and challenge courses in Lifeguard Training, CPR/AED and First Aid at our SEALED AIR BRANCH.

CPR & AED TRAINING

Learn a lifesaving skill that could save a friend, family member, co-worker, or neighbor. Using the American Red Cross CPR for the professional rescuer course we will teach you the skills knowledge and confidence to perform CPR and use an AED.

CPR and AED Full Course

Saturday – January 12 th	2:00–6:00pm
Saturday – March 9 th	2:00–6:00pm
Saturday – April 13 th	2:00–6:00pm
Saturday – May 11 th	2:00–6:00pm

\$45 Member/ \$60 General Public

CPR and AED Challenge

Saturday – January 12 th	12:00–2:00pm
Saturday – March 9 th	12:00–2:00pm
Saturday – April 13 th	12:00–2:00pm
Saturday – May 11 th	12:00–2:00pm

\$40 Member/ \$55 General Public

Registrations closes 1 week prior to the start of the class.



RED CROSS LIFEGUARD TRAINING

BLENDED LEARNING TRAINING FOR LIFEGUARDING, WITH ONLINE AND IN-PERSON SESSIONS

Comprehensive Training Sessions

- Equivalent to the traditional in-person course; two-year certification includes: Lifeguarding, First Aid, CPR and AED.
- Online lessons are completed prior to in-person training, maximizing time in water for rescue & swimming skills.
- In-water skills & review sessions are conducted at the Racine Family YMCA.

Interactive and Engaging Sessions

- Online lessons allow participants to explore information & choose how content is presented.
- Learning enhanced by a high level of interactive elements, including: narrative, case studies, “What Should You Do” scenarios, video, drag-and-drop matching exercises and other gaming elements that appeal to participants.

Session 1: January, Thursday 10th–6pm–8pm, Friday 11th–4pm–9pm, Saturday 12th–8am–5pm & Sunday 13th–9am–4pm
Session 2: February, Thursday 21st–6pm–8pm, Friday 22nd–4pm–9pm, Saturday 23rd–8am–5pm & Sunday 24th–9am–4pm
Session 3: March, Thursday 21st–6pm–8pm, Friday 22nd–4pm–9pm, Saturday 23rd–8am–5pm & Sunday 14th–9am–4pm
Session 4: April, Thursday 11th–6pm–8pm, Friday 12th–4pm–9pm, Saturday 13th–8am–5pm & Sunday 14th–9am–4pm
Session 4: May, Thursday 16th–6pm–8pm, Friday 17th–4pm–9pm, Saturday 18th–8am–5pm & Sunday 19th–9am–4pm

Full Course: \$200 Member/\$225 General Public

Recertification: \$100 Member/\$125 General Public

Registrations closes 1 week prior to the start of the class.

THE YMCA'S SWIM TEAM

The next step in your child's swim career. Swimmers refine their strokes, learn how to compete and learn how to be a team player. SEAY is also dedicated to teaching kids good sportsmanship and fair competition.

Call Coach Wright at 262.898.4766
or visit the team's website at
www.sea-y.org

