

AQUATIC PROGRAMS

Welcome to the Fall 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.

8 week session (1x per wk)	8/7 week session (1x per wk)
Fall 1: Sept. 3-Oct. 27	Fall 2: Oct. 29-Dec. 23
\$64 Member	\$64 Member/\$56 Thursdays
\$96 General Public	\$96 General Public/\$84 Thursdays

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 THIS SUMMER





STAGE DESCRIPTIONS

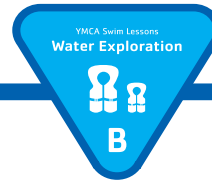
SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



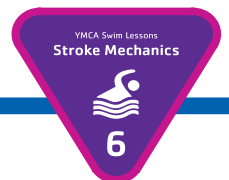
4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.




6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

SESSION CLASS OPTIONS (SEALED AIR ONLY)

ALL CLASSES 1X WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stage A 6-18 months	--	5:05-5:35pm	--	6:15-6:45pm	--	8:30-9:00am
Stage B 18-36 months	--	5:40-6:10pm	--	5:40-6:10pm	11:10-11:40am	9:00-9:30am
Stage 1 Preschool 3 - 5 year olds	4:30-5:00pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm	HS-2:10-2:40pm 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm	9:30-10:00am 5:05-5:35pm 5:40-6:10pm	4:30-5:00pm 5:05-5:35pm 5:40-6:10pm	10:00-10:30am 10:35-11:05am	9:30-10:00am 10:05-10:35am 10:40-11:10am 11:15-11:45am
Stage 2 Preschool 3 - 5 year olds	4:30-5:00pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm	HS-2:10-2:40pm 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm	9:30-10:00am 5:05-5:35pm 5:40-6:10pm	4:30-5:00pm 5:40-6:10pm	10:00-10:30am 10:35-11:05am	9:30-10:00am 10:40-11:10am
Stage 3 Preschool 3 - 5 year olds	5:05-5:35pm	HS-2:45-3:15pm 6:15-6:45pm	10:05-10:35am 5:05-5:35pm	5:05-5:35pm 6:15-6:45pm	10:35-11:05am	10:05-10:35am 11:15-11:45am
Stage 3 Preschool 3 - 5 year olds	5:05-5:35pm	HS-2:45-3:15pm 6:15-6:45pm	10:05-10:35am 5:05-5:35pm	5:05-5:35pm 6:15-6:45pm	10:35-11:05am	10:05-10:35am 11:15-11:45am
Stage 1 Youth 6 - 12 year olds	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	HS-2:00-2:45pm 5:20-6:05pm 6:10-6:55pm	5:20-6:05pm 6:10-6:55pm	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	--	9:30-10:15am 10:20-11:05am 11:10-11:55am
Stage 2 Youth 6 - 12 year olds	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	HS-2:00-2:45pm 5:20-6:05pm 6:10-6:55pm	6:10-6:55pm	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm		9:30-10:15am 10:20-11:05am 11:10-11:55am
Stage 3 Youth 6 - 12 year olds	5:20-6:05pm	HS-2:00-2:45pm HS-2:45-3:15pm 4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	4:30-5:15pm	4:30-5:15pm		9:30-10:15am 11:10-11:55am
Stage 4 Youth 6 - 12 year olds	5:20-6:05pm	HS-2:00-2:45pm HS-2:45-3:15pm 4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	4:30-5:15pm 5:20-6:05pm	4:30-5:15pm		9:30-10:15am 11:10-11:55am
Stage 5 Youth 6 - 12 year olds	4:30-5:15pm	HS-2:45-3:15pm 4:30-5:15pm	4:30-5:15pm 5:20-6:05pm	7:00-7:45pm		10:20-11:05am
Stage 6 Youth 6 - 12 year olds	4:30-5:15pm	HS-2:45-3:15pm 4:30-5:15pm	4:30-5:15pm 5:20-6:05pm	7:00-7:45pm	--	10:20-11:05am
Stage 7 Youth A, B, C	4:30-5:15pm (B)		6:00-7:00pm(A) 5:00-6:09pm(C)		6:00-7:00pm(A)	
Adultos En Español	--	--	--	--	--	8:00-8:45am En Español SABADO SOLAMENTE
Jovenes En Español	--	--	--	--	--	9:00-9:45am 3-5 anos 10:00-10:45am 6-12 anos En Español SABADO SOLAMENTE
Beginner Teen-Adult	--	--		7:00-7:45pm	--	--
Stroke Development Teen-Adult	--	7:00-7:45pm	--	--	--	--

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.

STROKE DEVELOPMENT

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

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

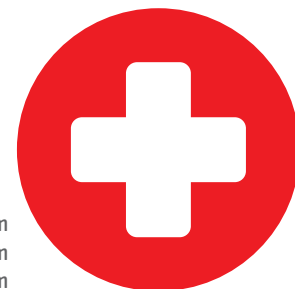
Saturday - September 21st 2:00-6:00pm
Saturday - October 19th 2:00-6:00pm
Saturday - November 16th 2:00-6:00pm
Saturday - December 21st 2:00-6:00pm

\$45 Member/ \$60 General Public

CPR and AED Challenge

Saturday - September 21st 12:00-2:00pm
Saturday - October 19th 12:00-2:00pm
Saturday - November 16th 12:00-2:00pm
Saturday - December 21st 12:00-2:00pm

\$40 Member/ \$55 General Public



RED CROSS LIFEGUARD TRAINING NEW 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: September 18, 21, 22, 25 & 28

Session 2: October 9, 12, 13, 16 & 20

Session 3: November 13, 16, 17, 20 & 23

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

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

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

Contact Aquatic Director, 262.898.4559 for class times.

RED CROSS LIFEGUARD INSTRUCTOR TRAINING COURSE

Contact Aquatic Director, 262.898.4559 for more information.

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

