

# AQUATIC PROGRAMS

## Welcome to the Summer 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.

3 week session(6x) YMCA & SC Johnson Community Aquatic Center	8 week session(8x) YMCA
June 11 - June 28 - Sealed Air Only	June 18 - August 18 (8wks)
July 9 - July 26	\$64 Member
July 30 - August 16	\$96 General Public
\$48 Member	No Classes wk of July 4
\$72 Member	

**\*\*Special Note about new 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 out our website or call the front desk or our Aquatics department.**

### PARENT/TODDLER LESSONS (Ages 6 - 36 months)

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.



## SC JOHNSON COMMUNITY AQUATIC CENTER MEMBERSHIP RATES AND SWIM LESSONS

The Racine Family YMCA is pleased to announce the SC Johnson Community Aquatic Center at Pritchard Park. The centerpiece will be two separate swimming pools – a lap pool and an activity pool – that have almost 15,000 total square feet of water surface. Special pool features include large water slides, a water play structure, climbing walls, water spray feature, drop slides and a zero-depth pool for young children. The SC Johnson Community Aquatic Center will include a 4,800 square-foot pool building with changing rooms, a concession stand and shaded lounge areas. The Racine Family YMCA will manage the facility.



Preschool 3-5 year olds	MON & WED	TUE & THUR
<b>Stage 1</b>	10:00-10:30am 11:10-11:40am	10:00-10:30am 11:10-11:40am
<b>Stage 2</b>	10:00-10:30am 11:10-11:40am	10:00-10:30am 11:10-11:40am
<b>Stage 3</b>	10:35-11:05am	10:35-11:05am
<b>Stage 4</b>	10:35-11:05am	10:35-11:05am
Youth Lessons 6-12 year old		
<b>Stage 1</b>	10:00-10:30am	10:00-10:30am
<b>Stage 2</b>	10:00-10:30am	10:00-10:30am
<b>Stage 3</b>	10:00-10:30am	10:00-10:30am
<b>Stage 4</b>	10:50-11:35am	10:50-11:35am
<b>Stage 5 &amp; 6</b>	10:50-11:35am	10:50-11:35am

### SAFETY AROUND WATER (June 17th - June 27th) \$4

	SEASONAL PASS			DAILY PASS***	
	RACINE Y MEMBER UPGRADE*	RACINE COUNTY RESIDENT	RACINE COUNTY NON RESIDENT	RACINE COUNTY RESIDENT	RACINE COUNTY NON RESIDENT
<b>Youth: Under 18</b>	\$30	\$45	\$60	\$2	\$3
<b>ADULT: 18+</b>	\$45	\$90	\$115	\$10	\$12
<b>SENIOR: 62+</b>	\$30	\$60	\$75	\$10	\$12
<b>FAMILY: 2 ADULT + 5 CHILDREN</b>	\$90	\$180	\$230	\$15	\$18

\*This is an add-on pass for current Racine Family YMCA members ONLY. Must be a current Racine Family YMCA member for the entire season.

Nationwide Y members are not eligible for upgrade. Upgrade must be completed at Lakefront or Sealed Air Branch.

General Public – Seasonal Pass holder – are eligible for a \$10 discount on Pritchard Park Swim Lessons

\*\*\*A waiver must be on file for youth & adult daily passes, including an emergency contact. Waivers for minors must be signed by an adult.

Waivers can be completed on-site or in advance at the Lakefront or Sealed Air Branches. ALL Passes are non-refundable

# SESSION CLASS OPTIONS -SEALED AIR BRANCH ONLY

Parent/Toddler Lessons	2X/WEEK 3 WK SESSION	1X/WEEK 8 WK SESSION MON OR WED	1X/WEEK 8 WK SESSION TUESDAY	1X/WEEK 8 WK SESSION THURSDAY	1X/WEEK 8 WK SESSION FRIDAY	1X/WEEK 8 WK SESSION SATURDAY
<b>Stage A</b>	MW = Monday & Wednesday		5:05-5:30pm	6:15-6:45pm		8:30-9:00am
<b>Stage B</b>	TTH =Tuesday & Thursday		5:40-6:10pm	5:40-6:10pm	11:10-11:40am	9:00-9:30am
Preschool Swim Lessons 3-5 Year Olds	MON OR WED	TUESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Stage 1</b>	9:30-10:00am(MW) 10:05-10:35am(MW) 10:40-11:10am(MW) 10:00-10:30am(TTH) 10:35-11:05am(TTH)	4:30-5:00pm 5:40-6:10pm	4:30-5:00pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm	4:30-5:00pm 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
<b>Stage 2</b>	9:30-10:00am(MW) 10:05-10:35am(MW) 10:40-11:10am(MW) 10:00-10:30am(TTH) 10:35-11:05am(TTH)	4:30-5:00pm 5:40-6:10pm	4:30-5:00pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm	4:30-5:00pm 5:40-6:10pm	10:00-10:30am	9:30-10:00am 10:05-10:35am 10:40-11:10am 11:15-11:45am
<b>Stage 3</b>	10:40-11:10am(MW)	5:05-5:35pm	6:15-6:45pm	5:05-5:35pm	10:35-11:05am	10:05-10:35am 11:15-11:45am
<b>Stage 4</b>	10:40-11:10am(MW)	5:05-5:35pm	6:15-6:45pm	5:05-5:35pm	10:35-11:05am	10:05-10:35am 11:15-11:45am
Youth Swim Lessons 6-12 Year Olds	MON OR WED	TUESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Stage 1</b>	9:30-10:15am(MW) 10:20-11:15am(MW) 10:00-10:45am(TTH)	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	10:00-10:45am 10:50-11:35am	9:30-10:15am 10:20-11:05am 11:10-12:05pm
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<b>Stage 4</b>	10:50-11:35am(TTH)	6:10-6:55pm Monday only			10:50-11:35am	10:20-11:05am
<b>Stage 5</b>	10:50-11:35am(TTH)	6:10-6:55pm Monday only			10:50-11:35am	10:20-11:05am
<b>Stage 6</b>		6:10-6:55pm Wed only				9:30-10:15am
<b>Stage 7</b>		6:00-7:00pm Wed only			6:00-7:00pm	
<b>Teen/Adult Lessons</b>				<b>THURSDAY</b>		
<b>Teen/Adult Beginner</b>				6:10-6:55pm		



## SC JOHNSON COMMUNITY AQUATIC CENTER ADULT WATER EXERCISE CLASSES

### Aqua Zumba®

Tuesday - 10:30-11:30am - Romi

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

### HIIT The Water

Thursday - 10:30-11:30am - Myra

60 minutes of instructor led High Intensity Interval Training in the water. Utilizing the natural resistance of the water, a few pool toys and a great mix of music to get you moving this workout is designed for ALL levels of experience and guaranteed to give you a powerful workout. Just bring your swim suit, towel and water shoes (strongly encouraged) and be ready to have some fun in the sun!

**Birthday Party & Group rentals available, call 898-4551 to reserve your spot today!**