

## Aquatics Winter SESSION 192



**Registration for Winter Begins! Member Registration: 2/9 Non-Members Registration: 2/16**

<b>Swim Starters/Parent Child (6-36 months)</b>	<b>Preschool Ages 3-5yrs (1:6)</b>
<b>Member - \$147 Community - \$229</b>	<b>Member - \$147 Community - \$229</b>
6-18m(1:12)	<b>Water Acclimation – Stage 1</b>
Water Discovery Stage A 6-18m(1:12) Wednesday 11-11:30a Saturday - 8-8:30am * Saturday - 10:30-11:00am* Sunday - 10:00-10:30am* Water Exploration Stage B 6-18m (1:12) Saturday - 9-9:30am* Sunday - 8:30-9am* Sunday - 11:00-11:30am*	Monday - 4:00-4:30pm Tuesday - 4:05-4:35pm Wednesday - 3:30-4pm Thursday - 3:35-4:05pm Saturday - 10:00-10:30am Saturday - 10:35-11:05am Saturday - 1:05-1:35pm Sunday - 9:30-10:00am Sunday - 9:30-10:00am Sunday - 10:05-10:35am
18-36m(1:12)	<b>Water Movement - Stage 2</b>
Water Discovery Stage A 18-36m(1:12) Wednesday 11:30a-12:00pm Saturday - 8:30-9:00am* Saturday - 11:00-11:30am* Sunday - 10:30-11:00am* Water Exploration Stage B 18-36(1:12) Friday - 12-12:30pm Saturday- 9:30-10:00am* Sunday - 9:00-9:30am* Sunday - 11:30am-12:00pm*	Monday - 3:30-4pm Tuesday -4:40-5:10pm Thursday - 3:00-3:30pm Saturday - 10:00-10:30am Saturday - 1:05-1:35pm Sunday - 9:30-10:00am Sunday - 10:05-10:35am
<b>Preschool Ages 2.5-5yrs (1:8 or 1:12)</b>	<b>Water Stamina – Stage 3</b>
Water Acclimation-Stage 1 w/Parent Tuesday 4:05-4:35pm Friday- 12:30-1pm Saturday -10:00 -10:30am* Sunday -9:30-10:00am*	Monday - 4:00-4:30pm Tuesday - 4:40-5:10pm Thursday - 3:35-4:05pm Saturday - 10:00-10:30am Sunday - 10:05-10:35am
<b>SWIM STARTERS</b>	<b>Stroke Introduction - Stage 4</b>
Water Discovery (A)	Wednesday - 3:30-4pm Thursday - 3:00-3:30pm Saturday - 1:40pm-2:10pm Sunday - 10:40-11:10am
Water Exploration (B)	<h1 style="color: #FF00FF;">*All Saturday and Sunday Swim Starters/ Parent child classes will take place in <u>LANE 1 and 2*</u></h1>
<b>SWIM BASICS 3-5YRS</b>	
STAGE 1 WATER ACCLIMATION	
STAGE 2 WATER MOVEMENT	
STAGE 3 WATER STAMINA	
STAGE 4 STROKE INTRODUCTION	*If a class is full, please add yourself to the waiting list and another instructor or class will be added if available*

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<b>School Age 5-12yrs (1:8)</b>	<b>Pathways School Age/Teen (6-17yrs)</b>
<b>Member - \$156 Community - \$239</b>	<b>Member - \$167 Community - \$250</b>
<b>Water Acclimation – Stage 1</b>	<b>Aquatics Conditioning* (6-11yrs)</b>
Monday - 4:35-5:20pm	Wednesday - 5-6pm*
Saturday - 10:35am-11:20pm	Friday - 5-6pm*
Saturday - 11:25am-12:10pm	<b>Aquatics Conditioning* (12-17yrs)*</b>
Sunday - 10:40am-11:25am	Wednesday - 5-6pm*
<b>Water Movement – Stage 2</b>	Friday - 5-6pm*
<b>Member - \$156 Community - \$239</b>	*Formerly known as Competitive Skills and Drills *must tryout please contact the Aquatics office at 2129122421 or Akirkpatrick@ymcanyc.org
Wednesday - 4:10-4:55pm	<b>Adults 18yrs+ (1:8-1:10)</b>
Thursday - 4:10-4:55pm	<b>Member - \$167 Community - \$250</b>
Saturday - 10:35-11:20am	<b>Water Acclimation – Stage 1</b>
Saturday - 12:15-1:00pm	Monday - 7-8pm
Sunday - 10:40-11:25am	Thursday - 12-1p *Active Older Adults
Sunday - 11:30-12:15pm	Saturday - 2-3pm
<b>Water Stamina – Stage 3</b>	<b>Water Movement – Stage 2</b>
<b>Member - \$156 Community - \$239</b>	Tuesday - 7-8p
Monday - 4:35-5:20pm	Wednesday - 6-7pm
Thursday - 4:10-4:55pm	Sunday 12:20-1:20pm
Saturday - 11:25am-12:10pm	<b>Water Stamina – Stage 3</b>
Saturday - 1:50pm-2:35pm	Thursday - 7-8pm
Sunday 12:20-1:20pm	<b>Pathways Adults (18yrs +)</b>
<b>Stroke Introduction – Stage 4</b>	<b>Member - \$167 Community - \$250</b>
<b>Member - \$156 Community - \$239</b>	<b>Synchronized Swimming</b>
Tuesday - 5:15-6:00pm	Tuesday - 7-8pm,
Wednesday - 4:10-4:55pm	Tuesday 8p-9p
Thursday - 5-5:45pm	<b>Masters/Triathlon Training</b>
Saturday - 12:15-1:00pm	Monday - 8-9pm
Sunday - 11:30am-12:15pm	Wednesday - 8-9pm
<b>Stroke Development – Stage 5</b>	<b>Member      Community</b>
<b>Member - \$156 Community - \$239</b>	1x week      \$106      \$132
Tuesday - 5:15-6:00pm	2x week      \$180      \$220
Thursday - 5-5:45pm	*If a class is full, please add yourself to the waiting list and another instructor or class will be added if available*
Saturday - 12:15-1:00pm	
Sunday - 11:30am-12:15pm	<b>Any questions please contact:</b>
<b>Stroke Mechanics – Stage 6</b>	Aytaiisa Kirkpatrick
<b>Member - \$156 Community - \$239</b>	Akirkpatrick@ymcanyc.org
Friday 4-4:45pm	212-912-2421
Saturday - 1:05-1:50pm	
Sunday - 12:20-1:05pm	
<b>Teens 12-17yrs (1:8)</b>	
<b>Member - \$156 Community - \$239</b>	
<b>Water Acclimation – Stage 1</b>	
Saturday - 11:25am-12:10pm	
<b>Water Movement – Stage 2</b>	
Monday - 5:25-6:10pm	
<b>Water Movement – Stage 3</b>	
Monday-5:25-6:10pm	
<b>Water Movement – Stage 4</b>	
Friday 4-4:45pm	