



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING I SCHOOL-AGE AQUATICS CLASSES

Monday 02/25/19 through Sunday 04/21/19

NAME _____ *Please PRINT and fill out completely*

PHONE #1 _____ e-mail: _____

MEMBER ID# _____ address: _____

Members \$129 1Xwk / \$191 2Xwk; Non-Members \$241 1Xwk / \$321 2Xwk

Stage 1: Water Acclimation (5-12yrs)

Mon 3:30-4:15 Tue 3:30-4:15 Wed 4:20-5:05 Thu 5:10-5:55 Fri 3:30-4:15
Sat 8:45-9:30 Sun 10:05-10:50

Stage 2: Water Movement (5-12yrs)

Mon 4:20-5:05 Tue 5:10-5:55
Wed 3:30-4:15 Thu 3:30-4:15
Fri 4:20-5:05

Sat 9:35-10:20 Sun 10:55-11:40

Stage 3: Water Stamina (5-12yrs)

Mon 5:10-5:55 Tue 4:20-5:05
Wed 5:10-5:55 Thu 4:20-5:05
Fri 5:10-5:55

Sat 10:25-11:10 Sun 11:45-12:30

Stage 4: Stroke Introduction (5-12yrs)

Mon 6:00-6:45 Wed 6:00-6:45 Fri 6:00-6:45
Sat 11:15-12:00 Sun 12:35-1:20

Stage 5: Stroke Development (5-12yrs)

Mon 6:45-7:30 Wed 6:45-7:30 Fri 6:45-7:30
Sat 12:05-12:50 Sun 1:25-2:10

Stage 6: Stroke Mechanics (5-12yrs)

Mon 6:25-7:25 Wed 6:25-7:25 Fri 6:25-7:25
Sat 1:00-2:00 Sun 2:15-3:15

Aquatics Conditioning [Skills & Drills]

Tue 6:25-7:25 Thu 6:25-7:25
Sat 1:00-2:00 Sun 2:15-3:15

Lifeguard Prep

Fri 7:30-8:30

YMCA OF GREATER NEW YORK Staten Island, South Shore

New York City's YMCA | **WE'RE HERE FOR GOOD.™**