

Aquatics Fall SESSION 195



Registration for Fall Begins! Member Registration: 8/17 Non-Members Registration: 8/24

Swim Starters/Parent Child (6-36 months)	Preschool Ages 3-5yrs (1:6)
Member - \$147 Community - \$229	Member - \$147 Community - \$229
6-18m(1:12)	Water Acclimation – Stage 1
Water Discovery Stage A 6-18m(1:12) Wednesday 11-11:30a (6m - 36m) 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)	Water Movement – Stage 2
Water Discovery Stage A 18-36m Wednesday 11:30a-12:00pm (6m - 36m) 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 (6m - 36m) 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
Preschool Ages 2.5-5yrs (1:8 or 1:12)	Water Stamina – Stage 3
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
SWIM STARTERS	Stroke Introduction – Stage 4
Water Discovery (A) Water Exploration (B)	Wednesday - 3:30-4pm Saturday - 1:40pm-2:10pm Sunday - 10:40-11:10am
SWIM BASICS 3-5YRS	<h3 style="color: #FF00FF;">*All Saturday and Sunday Swim Starters/ Parent child classes will take place in LANE 1 and 2.</h3>
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* You will be Contacted by the number you have on file. Please stop by the membership desk to ensure we have the best contact number to reach you.

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School Age 5-12yrs (1:8)	Teens/Adults 13yrs+ (1:8-1:10)									
Member - \$156 Community - \$239	Member - \$167 Community - \$250									
Water Acclimation – Stage 1	Water Acclimation – Stage 1									
Monday - 4:35-5:20pm Saturday - 10:35am-11:20am Sunday - 10:40am-11:25am	Monday - 7-8pm Thursday - 12-1pm *Active Older Adults Saturday - 2-3pm									
Water Movement – Stage 2	Water Movement – Stage 2									
Member - \$156 Community - \$239	Tuesday - 7-8pm Wednesday - 6-7pm Thursday - 1-2pm *Active Older Adults Sunday 12:20-1:20pm									
Wednesday - 4:10-4:55pm Thursday - 4:10-4:55pm Saturday - 10:35-11:20am Saturday - 12:15-1:00pm Sunday - 10:40-11:25am Sunday - 11:30-12:15pm	Water Stamina – Stage 3									
Water Stamina – Stage 3	Monday - 6-7pm Thursday - 7-8pm									
Member - \$156 Community - \$239	Stroke Introduction – Stage 4									
Monday - 4:35-5:20pm Thursday - 4:10-4:55pm Saturday - 11:25am-12:10pm Saturday - 1:50pm-2:35pm Sunday 12:20-1:05pm	Monday - 6-7pm Friday - 4-5pm									
Stroke Introduction – Stage 4	Synchronized Swimming									
Member - \$156 Community - \$239	Tuesday - 7-8pm Tuesday 8p-9pm									
Tuesday - 5:15-6:00pm Wednesday - 4:10-4:55pm Thursday - 5-5:45pm Saturday - 12:15-1:00pm Saturday - 11:25am-12:10pm Sunday - 11:30am-12:15pm	Masters/Triathlon Training									
Stroke Development – Stage 5	Monday - 8-9pm Wednesday - 7-8pm									
Member - \$156 Community - \$239	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center; color: blue;">Member</th> <th style="text-align: center; color: blue;">Community</th> </tr> </thead> <tbody> <tr> <td>1x week</td> <td style="text-align: center;">\$106</td> <td style="text-align: center;">\$132</td> </tr> <tr> <td>2x week</td> <td style="text-align: center;">\$180</td> <td style="text-align: center;">\$220</td> </tr> </tbody> </table>		Member	Community	1x week	\$106	\$132	2x week	\$180	\$220
	Member	Community								
1x week	\$106	\$132								
2x week	\$180	\$220								
Tuesday - 5:15-6:00pm Thursday - 5-5:45pm Saturday - 12:15-1:00pm Sunday - 11:30am-12:15pm										
Stroke Mechanics – Stage 6										
Member - \$156 Community - \$239										
Friday 4:10-4:55pm Saturday - 1:05-1:50pm Sunday - 12:20-1:05pm										
Teens 12-17yrs (1:8)	<p>*If a class is full, please add yourself to the waiting list and another instructor or class will be added if available*</p>									
Pathways School Age/Teen (6-17yrs)	<p>Any questions please contact:</p> <p style="text-align: center;">Aytaiisa Kirkpatrick Akirkpatrick@ymcanyc.org 212-912-2421</p>									
Member - \$167 Community - \$250										
Aquatics Conditioning* (6-11yrs)										
Wednesday - 5-6pm* Friday - 5-6pm*										
Aquatics Conditioning* (12-17yrs)*										
Wednesday - 5-6pm* Friday - 5-6pm*										
*Formerly known as Competitive Skills and Drills *must tryout please contact the Aquatics office at 2129122421										