

Aquatics Fall SESSION 196



Registration for Fall Begins! Member Registration: 10/12 Non-Members Registration: 10/19

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: #E91E63;">*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.

Aquatics Fall SESSION 196 Oct. 28 – Dec. 22



Registration for Fall Begins! Member Registration: 10/12 Non-Members Registration: 10/19

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									
Stroke Introduction – Stage 4	Synchronized Swimming									
Member - \$156 Community - \$239	Tuesday - 7-8pm Tuesday 8p-9pm (Advanced)									
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="margin: auto;"> <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*										
<small>*Formerly known as Competitive Skills and Drills *must tryout please contact the Aquatics office at 2129122421</small>										