

Aquatics Winter SESSION 201



Registration for Winter Begins! Member Registration: 12/14 Non-Members Registration: 12/21

Swim Starters/Parent Child (6-36 months)	Preschool Ages 3-5yrs (1:6)
Member - \$150 Community - \$234	Member - \$150 Community - \$234
6-18m(1:12)	Water Acclimation – Stage 1
Water Discovery Stage A 6-18m(1:12) Wednesday 11:00-11:30am (6m - 36m) Saturday - 8:00-8:30am* Saturday - 10:30-11:00am* Sunday - 10:00-10:30am* Water Exploration Stage B 6-18m (1:12) Saturday - 9:00-9:30am* Sunday - 8:30-9:00am* Sunday - 11:00-11:30am*	Monday - 4:00-4:30pm Tuesday - 4:05-4:35pm Wednesday - 3:30-4:00pm 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 - 12:00-12:30pm (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- 12:30-1:00pm 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)	Wednesday - 3:30-4pm Saturday - 1:40pm-2:10pm Sunday - 10:40-11:10am
Water Exploration (B)	*All Saturday and Sunday Swim Starters/ Parent child classes will take place in <u>LANE 1 and 2</u>*
SWIM BASICS 3-5YRS	
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 Winter SESSION 201



Registration for Winter Begins! Member Registration: 12/14 Non-Members Registration: 8/21

School Age 5-12yrs (1:8)	Teens/Adults 13yrs+ (1:8-1:10)									
Member - \$160 Community - \$244	Member - \$170 Community - \$255									
Water Acclimation – Stage 1	Water Acclimation – Stage 1									
Monday - 4:35-5:20pm Saturday - 10:35am-11:20am Sunday - 10:40am-11:25am	Monday - 7:00-8:00pm Thursday - 12:00-1:00pm *Active Older Adults Saturday - 2:00-3:00pm									
Water Movement – Stage 2	Water Movement – Stage 2									
Member - \$160 Community - \$244	Tuesday - 7:00-8:00p									
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 - 11:30am-12:15pm	Wednesday - 6:00-7:00pm Thursday - 1:00-2:00pm *Active Older Adults Sunday 12:20-1:20pm									
Water Stamina – Stage 3	Water Stamina – Stage 3									
Member - \$160 Community - \$244	Monday - 6:00-7:00pm									
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	Thursday - 7:00-8:00pm									
Stroke Introduction – Stage 4	Stroke Introduction – Stage 4									
Member - \$160 Community - \$244	Monday - 6:00-7:00pm									
Tuesday - 5:15-6:00pm Wednesday - 4:10-4:55pm Thursday - 5:00-5:45pm Saturday - 12:15-1:00pm Saturday - 11:25am-12:10pm Sunday - 11:30am-12:15pm	Saturday - 2:00-3:00pm									
Stroke Development – Stage 5	Synchronized Swimming									
Member - \$160 Community - \$244	Tuesday - 7:00-8:00pm									
Tuesday - 5:15-6:00pm Thursday - 5:00-5:45pm Saturday - 12:15-1:00pm Sunday - 11:30am-12:15pm	Tuesday 8:00-9:00pm									
Stroke Mechanics – Stage 6	Aquatics Conditioning* (18+ years of Age)									
Member - \$160 Community - \$244	Monday - 8:00-9:00pm									
Friday - 4:10-4:55pm Saturday - 1:05-1:50pm Sunday - 12:20-1:05pm	Wednesday - 7:00-8:00pm									
Teens 12-17yrs (1:8)	<table border="1" style="margin: auto;"> <tr> <td></td> <td style="text-align: center;"><u>Member</u></td> <td style="text-align: center;"><u>Community</u></td> </tr> <tr> <td>1x week</td> <td style="text-align: center;">\$112</td> <td style="text-align: center;">\$140</td> </tr> <tr> <td>2x week</td> <td style="text-align: center;">\$195</td> <td style="text-align: center;">\$235</td> </tr> </table>		<u>Member</u>	<u>Community</u>	1x week	\$112	\$140	2x week	\$195	\$235
	<u>Member</u>	<u>Community</u>								
1x week	\$112	\$140								
2x week	\$195	\$235								
Pathways School Age/Teen (6-17yrs)	*Formally known as Masters/Triathlon Training									
Member - \$170 Community - \$255	<p>*If a class is full, please add yourself to the waiting list and another instructor or class will be added if available*</p> <p>PROGRAM WITHDRAWALS If a participant withdraws prior to the start of the first day of the sessions a full credit or refund will be granted. Refunds will not be granted after the first day of the session. Refund requests for medical with documentation will be granted at the discretion of the department director.</p>									
Aquatics Conditioning* (6-11yrs)	Any questions please contact:									
Wednesday - 5:00-6:00pm*	Aytaissa Kirkpatrick									
Friday - 5:00-6:00pm*	Akirkpatrick@ymcanyc.org									
Aquatics Conditioning* (12-17yrs)*	212-912-2421									
Wednesday - 5:00-6:00pm*										
Friday - 5:00-6:00pm*										
*Formly known as Competitive Skills and Drills *must tryout please contact the Aquatics office at 2129122421										