

## Aquatics Spring I SESSION 202



**Registration for Spring Begins! Member Registration: 2/8 Non-Members Registration: 2/15**

<b>Swim Starters/Parent Child (6-36 months)</b>	<b>Preschool Ages 3-5yrs (1:6)</b>
Member - \$150 Community - \$234	Member - \$150 Community - \$234
<b>6-18m(1:12)</b>	<b>Water Acclimation – Stage 1</b>
Water Discovery Stage A 6-18m(1:12) Wednesday 11-11:30a <b>(6m - 36m)</b> 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 - 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
<b>18-36m(1:12)</b>	<b>Water Movement – Stage 2</b>
Water Discovery Stage A 18-36m Wednesday 11:30a-12:00pm <b>(6m - 36m)</b> Saturday - 8:30-9:00am* Saturday - 11:00-11:30am* Sunday - 10:30-11:00am* Water Exploration Stage B 18-36(1:12) 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 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
<p><b>*All Saturday and Sunday Swim Starters/ Parent child classes will take place in <u>LANE 1 and 2*</u></b></p>	<b>Stroke Introduction – Stage 4</b>
	Wednesday - 3:30-4pm Saturday - 1:40pm-2:10pm Sunday - 10:40-11:10am
<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>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.</p>	<p><b>PROGRAM WITHDRAWLS</b> if a participant withdraws prior to the start of the first day of the session 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>

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<b>School Age 5-12yrs (1:8)</b>	<b>Teens 12-17yrs (1:8)</b>	
<b>Member - \$160 Community - \$244</b>	<b>Pathways School Age/Teen (6-17yrs)</b>	
<b>Water Acclimation – Stage 1</b>	<b>Member - \$170 Community - \$255</b>	
Saturday - 10:35am-11:20pm Sunday - 10:40am-11:25am	<b>Aquatics Conditioning* (6-11yrs)</b>	
<b>Water Movement – Stage 2</b>	Wednesday - 5-6pm*	
<b>Member - \$160 Community - \$244</b>	Friday - 5-6pm*	
Monday - 4:35-5:20pm 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	Sunday - 1:30-2:30pm	
<b>Water Stamina – Stage 3</b>	<b>Aquatics Conditioning* (12-17yrs)*</b>	
<b>Member - \$160 Community - \$244</b>	Wednesday - 5-6pm*	
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	Friday - 5-6pm*	
<b>Stroke Introduction – Stage 4</b>	Sunday - 1:30-2:30pm	
<b>Member - \$160 Community - \$244</b>	<b>The prerequisites for this stage is to complete all stages 1-6 and/or have an evaluation completed by an aquatics staff.</b>	
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	<b>Teens/Adults 13yrs+ (1:8-1:10)</b>	
<b>Stroke Development – Stage 5</b>	<b>Member - \$170 Community - \$255</b>	
<b>Member - \$160 Community - \$244</b>	<b>Water Acclimation – Stage 1</b>	
Tuesday - 5:15-6:00pm Thursday - 5-5:45pm Saturday - 12:15-1:00pm Sunday - 11:30am-12:15pm	Monday - 7-8pm	
<b>Stroke Mechanics – Stage 6</b>	Thursday - 12-1p *Active Older Adults	
<b>Member - \$160 Community - \$244</b>	Saturday - 2-3pm	
Friday 4:10-4:55pm Saturday - 1:05-1:50pm Sunday - 12:20-1:05pm	<b>Water Movement – Stage 2</b>	
<b>Any questions please contact:</b>	Tuesday - 7-8p	
Aytaissa Kirkpatrick	Wednesday - 6-7pm	
Akirkpatrick@ymcanyc.org	Thursday - 1-2p *Active Older Adults	
212-912-2421	Sunday 12:20-1:20pm	
<b>*If a class is full, please add yourself to the waiting list and another instructor or class will be added if available*</b>	<b>Water Stamina – Stage 3</b>	
	Monday - 6-7pm	
	Thursday - 7-8pm	
	<b>Stroke Introduction – Stage 4</b>	
	Monday - 6-7pm	
	<b>Synchronized Swimming</b>	
	Tuesday - 7-8pm	
	Tuesday 8p-9p	
	<b>Aquatics Conditioning* (18+ years of Age)</b>	
	Monday - 8-9pm	
	Wednesday - 7-8pm	
	<u>Member</u>	<u>Community</u>
	1x week	\$112      \$140
	2x week	\$195      \$235
	<b>*Formally known as Masters/Triathlon Training</b>	
	<b>*If a class is full, please add yourself to the waiting list and another instructor or class will be added if available*</b>	
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