

JUST FOR KIDS

Spring II | Session 3 | May 2 - June 26, 2022

Family Member Registration 4/9 | Member Registration 4/16 | Community Registration 4/23
 (as of 4.7.22) Need Financial Assistance? Just Ask.



| CLASS NAME | LEVEL/ AGE RANGE | AGE GROUP | Ratio | DAY | START TIME | END TIME | MEMBER FEE | COMMUNITY FEE | ROOM |
|---|---|---------------------------|-------|---------------|------------|----------|------------|------------------|----------|
| PRESCHOOL/ TODDLER | | | | | | | | | |
| Separation | Enrichment Classes | Ages 2-3 | | Mon, Tue, Wed | 9:00 AM | 12:00 PM | \$830 | \$830 | Studio B |
| MG & Me | Open Gym Playdate | NEW Ages 5 & under | | Mon - Wed | 11:00 AM | 11:50 AM | Free | \$10/ adult/ day | Gym |
| MG & Me | Open Gym Playdate | NEW Ages 5 & under | | Mon - Wed | 11:00 AM | 11:50 AM | Free | \$10/ adult/ day | Gym |
| MG & Me | Open Gym Playdate | NEW Ages 5 & under | | Mon - Wed | 11:00 AM | 11:50 AM | Free | \$10/ adult/ day | Gym |
| SPORTS & FLOOR GYMNASISTICS | | | | | | | | | |
| Youth Sports | Instructional Basketball (Beg) | Ages 4-12 | | Wednesday | 5:00 PM | 6:00 PM | \$155 | \$215 | Gym |
| Youth Sports | Instructional Basketball (Beg) | Ages 4-8 | | Saturday | 10:15 AM | 11:15 AM | \$155 | \$215 | Gym |
| Youth Sports | Instructional Basketball (Int) | Ages 9-12 | | Sunday | 10:15 AM | 11:15 AM | \$155 | \$215 | Gym |
| Youth Sports | Instructional Soccer (Beg) | Ages 4-8 | | Saturday | 11:30 AM | 12:30 PM | \$155 | \$215 | Gym |
| Youth Sports | Shotokan Karate (beg) | Ages 4-10 | | Tuesday | 5:00 PM | 6:00 PM | \$155 | \$215 | Gym |
| Youth Sports | Shotokan Karate (beg) | NEW Ages 11-16 | | Tuesday | 6:00 PM | 7:00 PM | \$155 | \$215 | Studio B |
| Youth Sports | Shotokan Karate (beg) | Ages 4-12 | | Saturday | 12:45 PM | 1:45 PM | \$155 | \$215 | Studio B |
| Youth Sports | Shotokan Karate (Int/ Adv) | Ages 4-12 | | Saturday | 2:00 PM | 3:00 PM | \$155 | \$215 | Studio B |
| Youth Sports | Capoeira for Youth | NEW Ages 4-12 | | Friday | 4:00 PM | 5:00 PM | \$155 | \$215 | Studio A |
| Youth Sports | Capoeira for Teens | NEW Ages 12-16 | | Saturday | 3:30 PM | 4:30 PM | \$155 | \$215 | Studio A |
| Youth Arts | Ballet (Beginner) | Ages 4-8 | | Thursday | 5:00 PM | 6:00 PM | \$155 | \$215 | Studio A |
| Youth Arts | Ballet (Beginner) | NEW Ages 9-12 | | Saturday | 11:30 AM | 12:30 PM | \$155 | \$215 | Studio A |
| Youth Arts | Tap (Beginner) | NEW Ages 4-8 | | Saturday | 10:15 AM | 11:15 AM | \$155 | \$215 | Studio C |
| Youth Arts | Tumbling (Beginner) | Ages 4-8 | | Thursday | 4:00 PM | 5:00 PM | \$155 | \$215 | Studio A |
| Youth Arts | Art Club: Make & Do Cr | NEW Ages 4-12 | | Wednesday | 4:00 PM | 5:00 PM | \$155 | \$215 | Studio C |
| SWIM STARTERS PARENT/ CHILD SWIM 6-36 MONTHS OLD | | | | | | | | | |
| Swim Starters | Stage A/Water Discovery | 6-18 months | 1:6 | Saturday | 9:15 AM | 9:45 AM | \$160 | \$230 | Pool |
| Swim Starters | Stage A/Water Discovery | 6-18 months | 1:6 | Sunday | 9:15 AM | 9:45 AM | \$160 | \$230 | Pool |
| Swim Starters | Stage B/ Water Exploration | 18-36 months | 1:6 | Saturday | 10:00 AM | 10:30 AM | \$160 | \$230 | Pool |
| Swim Starters | Stage B/ Water Exploration | 18-36 months | 1:6 | Sunday | 10:00 AM | 10:30 AM | \$160 | \$230 | Pool |
| PRESCHOOL SWIM 3-5 YEARS OLD | | | | | | | | | |
| Swim Basics | Separation Swim | NEW Ages 2-3 | 1:6 | Tuesday | 12:15 PM | 12:45 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 1/ Water Accl w/ par | Ages 3-5 | 1:6 | Sunday | 10:45 AM | 11:15 AM | \$160 | \$230 | Pool |
| Swim Basics | Stage 1/ Water Accl w/ par | Ages 3-5 | 1:6 | Saturday | 10:45 AM | 11:15 AM | \$160 | \$230 | Pool |
| Swim Basics | Stage 1/ Water Acclimation | Ages 3-5 | 1:6 | Wednesday | 3:00 PM | 3:30 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 2/ Water Movement | Ages 3-5 | 1:6 | Wednesday | 3:40 PM | 4:10 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 2/ Water Movement | Ages 3-5 | 1:6 | Saturday | 11:25 PM | 11:55 AM | \$160 | \$230 | Pool |
| Swim Basics | Stage 2/ Water Movement | Ages 3-5 | 1:6 | Sunday | 11:25 AM | 11:55 AM | \$160 | \$230 | Pool |
| Swim Basics | Stage 3/ Water Stamina | Ages 3-5 | 1:6 | Wednesday | 4:20 PM | 4:50 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 3/ Water Stamina | Ages 3-5 | 1:6 | Saturday | 12:30 PM | 1:00 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 3/ Water Stamina | Ages 3-5 | 1:6 | Sunday | 12:30 PM | 1:00 PM | \$160 | \$230 | Pool |
| YOUTH SWIM AGES 5-12 | | | | | | | | | |
| Swim Basics | Stage 1/ Water Acclimation | Ages 5-12 | 1:6 | Thursday | 3:00 PM | 3:30 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 1/ Water Acclimation | Ages 5-12 | 1:6 | Saturday | 1:10 PM | 1:40 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 2/ Water Movement | Ages 5-12 | 1:6 | Thursday | 3:40 PM | 4:10 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 2/ Water Movement | Ages 5-12 | 1:6 | Sunday | 1:10 PM | 1:40 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 3/ Water Stamina | Ages 5-12 | 1:6 | Thursday | 4:20 PM | 4:50 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 3/ Water Stamina | Ages 5-12 | 1:6 | Saturday | 1:50 PM | 2:20 PM | \$160 | \$230 | Pool |
| Swim Basics | Stage 3/ Water Stamina | Ages 5-12 | 1:6 | Sunday | 1:50 PM | 2:20 PM | \$160 | \$230 | Pool |
| Swim Strokes | Stage 4/ Stroke Introduction | Ages 5-12 | 1:8 | Wednesday | 5:00 PM | 5:45 PM | \$165 | \$235 | Pool |
| Swim Strokes | Stage 4/ Stroke Introduction | Ages 5-12 | 1:8 | Saturday | 2:30 PM | 3:15 PM | \$165 | \$235 | Pool |
| Swim Strokes | Stage 4/ Stroke Introduction | Ages 5-12 | 1:8 | Saturday | 3:15 PM | 4:00 PM | \$165 | \$235 | Pool |
| Swim Strokes | Stage 5/ Stroke Development & Stage 6 Stroke Mechanics | Ages 5-12 | 1:8 | Thursday | 5:00 PM | 5:45 PM | \$165 | \$235 | Pool |
| Swim Strokes | Stage 5/ Stroke Development | Ages 5-12 | 1:8 | Sunday | 2:30 PM | 3:15 PM | \$165 | \$235 | Pool |
| TEEN SWIM AGES 13-17 | | | | | | | | | |
| Swim Basics | Stage 2/ Water Movement | Ages 13-17 | 1:8 | Thursday | 5:50 PM | 6:35 PM | \$165 | \$235 | Pool |
| ADULT SWIM AGES 18+ | | | | | | | | | |
| Swim Basics | Stage 2/ Water Movement | Ages 18+ | 1:8 | Wednesday | 6:15 PM | 7:00 PM | \$165 | \$235 | Pool |
| Swim Basics/ Swim Strokes | Stage 3/ Water Stamina & Stage 4/ Stroke Intro | Ages 18+ | 1:8 | Wednesday | 7:15 PM | 8:00 PM | \$165 | \$235 | Pool |
| Swim Strokes | Stage 5/ Stroke Development & Stage 6/ Stroke Mechanics | Ages 18+ | 1:8 | Thursday | 6:40 PM | 7:25 PM | \$165 | \$235 | Pool |

SEE FAMILY RECREATION TIMES ON BACK

FAMILY RECREATIONAL SWIM

| | | | | | | | |
|---------------|-----------------------------|----------|----------|---------|---------|---------------------------|------|
| Swim - Family | Family Recreation Swim Time | All Ages | Tuesday | 3:00 PM | 3:45 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages | Tuesday | 6:00 PM | 6:45 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages | Friday | 3:15 PM | 4:00 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages | Friday | 4:15 PM | 5:00 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages | Saturday | 4:15 PM | 5:00 PM | Free w/ Family Membership | Pool |
| Swim - Family | Family Recreation Swim Time | All Ages | Sunday | 4:45 PM | 5:30 PM | Free w/ Family Membership | Pool |

GET SOCIAL: @GREENPOINTYMCA



99 Meserole Ave, Bklyn, NY - 212-912-2260 - www.ymcayc.org/greenpoint



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.