

JUST FOR KIDS



Winter | Session 1 | January 2 - February 26, 2023

Family Member Registration 12/3 | Member Registration 12/10 | Community Registration 12/17

(as of 12.3.22)

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 - Wed	9:00 AM	12:00 PM	\$913	\$913	Studio B
Separation	Enrichment Classes	Ages 2-3		Mon - Thurs	9:00 AM	12:00 PM	\$1,217	\$1,217	Studio B
MG & Me	Music & Movement	Ages 5 & under		Saturday	10:15 AM	11:15 AM	\$171	\$237	Studio A
MG & Me	Open Gym Playdate	Ages 5 & under		Mon - Thurs	11:00 AM	11:50 AM	Free	\$10/ adult/ day	Gym
SPORTS & FLOOR GYMNASTICS									
Youth Arts	Ballet Beginner	Ages 4-6		Thursday	5:00 PM	6:00 PM	\$171	\$237	Studio A
Youth Arts	Ballet Beginner	Ages 7-12		Saturday	11:30 AM	12:30 PM	\$171	\$237	Studio A
Youth Arts	Jazz/ Tap	Ages 7-12		Saturday	12:45 PM	1:45 PM	\$171	\$237	Studio A
Youth Arts	Tumbling	Ages 4-6		Thursday	4:00 PM	5:00 PM	\$171	\$237	Gym
Youth Sports	Basketball Beginner	Ages 4-6		Wednesday	5:00 PM	6:00 PM	\$171	\$237	Gym
Youth Sports	Basketball Beginner	Ages 4-6		Saturday	10:15 AM	11:15 AM	\$171	\$237	Gym
Youth Sports	Basketball Intermediate	Ages 7-12		Saturday	11:30 AM	12:30 PM	\$171	\$237	Gym
Youth Sports	Capoeira	Ages 5-10		Friday	5:00 PM	6:00 PM	\$171	\$237	Gym
Youth Sports	Shotokan Karate Beginner	Ages 11-17		Tuesday	6:30 PM	7:30 PM	\$171	\$237	Studio B
Youth Sports	Shotokan Karate Beginner	Ages 5-10		Saturday	12:45 PM	1:45 PM	\$171	\$237	Studio B
Youth Sports	Shotokan Karate Inter/Adv	Ages 11-17		Saturday	2:00 PM	3:00 PM	\$171	\$237	Studio B
Youth Sports	Soccer Beginner	Ages 5-10		Friday	3:30 PM	4:30 PM	\$171	\$237	Gym
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	\$168	\$242	Pool
Swim Starters	Stage A/Water Discovery	6-18 months	1:6	Sunday	9:15 AM	9:45 AM	\$168	\$242	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Saturday	10:00 AM	10:30 AM	\$168	\$242	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Sunday	10:00 AM	10:30 AM	\$168	\$242	Pool
PRESCHOOL SWIM 3-5 YEARS OLD									
Swim Basics	Y Separation Swim	Ages 2-3	1:6	Wednesday	12:20 PM	12:50 PM	\$168	\$242	Pool
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6	Sunday	10:45 AM	11:15 AM	\$168	\$242	Pool
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6	Saturday	10:45 AM	11:15 AM	\$168	\$242	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 3-5	1:6	Wednesday	3:00 PM	3:30 PM	\$168	\$242	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Wednesday	3:40 PM	4:10 PM	\$168	\$242	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Saturday	12:00 PM	12:30 PM	\$168	\$242	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Sunday	12:00 PM	12:30 PM	\$168	\$242	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Wednesday	4:20 PM	4:50 PM	\$168	\$242	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Saturday	12:30 PM	1:00 PM	\$168	\$242	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Sunday	12:30 PM	1:00 PM	\$168	\$242	Pool
YOUTH SWIM AGES 5-12									
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Friday	3:00 PM	3:30 PM	\$168	\$242	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Saturday	1:10 PM	1:40 PM	\$168	\$242	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Friday	3:40 PM	4:10 PM	\$168	\$242	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Sunday	1:10 PM	1:40 PM	\$168	\$242	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Friday	4:20 PM	4:50 PM	\$168	\$242	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Saturday	1:50 PM	2:20 PM	\$168	\$242	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Sunday	1:50 PM	2:20 PM	\$168	\$242	Pool
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Wednesday	5:00 PM	5:45 PM	\$173	\$247	Pool
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Saturday	2:30 PM	3:15 PM	\$173	\$247	Pool
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Saturday	3:15 PM	4:00 PM	\$173	\$247	Pool
Swim Strokes	Stage 5/ Stroke Dev & Stage 6/ Stroke Mechanics	Ages 5-12	1:8	Friday	5:00 PM	5:45 PM	\$173	\$247	Pool
Swim Strokes	Stage 5/ Stroke Development	Ages 5-12	1:8	Sunday	2:30 PM	3:15 PM	\$173	\$247	Pool
TEEN SWIM AGES 13-17									
Swim Basics	Stage 2/ Water Movement	Ages 13-17	1:8	Friday	5:50 PM	6:35 PM	\$173	\$247	Pool
ADULT SWIM AGES 18+									
Swim Basics	Stage 2/ Water Movement	Ages 18+	1:8	Wednesday	6:15 PM	7:00 PM	\$173	\$247	Pool
Swim Basics/ Swim Strokes	Stage 3/ Water Stamina & Stage 4/ Stroke Intro	Ages 18+	1:8	Wednesday	7:15 PM	8:00 PM	\$173	\$247	Pool
Swim Strokes	Stage 5/ Stroke Development & Stage 6/ Stroke Mechanics	Ages 18+	1:8	Friday	6:40 PM	7:25 PM	\$173	\$247	Pool
FAMILY RECREATIONAL SWIM									
Swim - Family	Family Recreation Swim Time	All Ages		Monday	4:00 PM	4:45 PM	Free w/ Family Membership		Pool
Swim - Family	Family Recreation Swim Time	All Ages		Monday	5:00 PM	5:45 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	Tuesday	6:45 PM	7:30 PM	Free w/ Family Membership	Pool
Swim - Family	Family Recreation Swim Time	All Ages	Thursday	5:20 PM	6:00 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.ymcanc.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.