



CLASS NAME	LEVEL/ AGE RANGE	AGE GROUP	Ratio	DAY	START TIME	END TIME	MEMBER FEE	COMMUNITY FEE	ROOM
<b>PRESCHOOL/ TODDLER</b>									
Separation	Enrichment Classes	Ages 2-3		Mon - Wed	9:00 AM	12:00 PM	Contact Member Services		Studio B
Separation	Enrichment Classes	Ages 2-3		Mon - Thurs	9:00 AM	12:00 PM	Contact Member Services		Studio B
MG & Me	Movement	Ages 1-3	1:15	Saturday	10:00 AM	10:45 AM	\$206	\$289	Studio C
MG & Me	Open Gym Playdate	Ages 4 & under		M, T, Th	11:00 AM	11:50 AM	Free	\$10/ adult/ day	Gym
<b>SPORTS, DANCE &amp; ARTS</b>									
Youth Arts	Tiny Toes Ballet  Beginner	Ages 3-4	1:15	Wednesday	5:00 PM	6:00 PM	\$206	\$289	Studio C
Youth Arts	Ballet & Tap   Beginner	Ages 5-7	1:15	Saturday	11:00 AM	12:00 PM	\$206	\$289	Studio C
Youth Arts	Ballet II   Beg/ Intermediate	Ages 8-12	1:15	Saturday	12:00 PM	1:00 PM	\$206	\$289	Studio C
Youth Sports	Basketball   Beginner	Ages 4-6		Wednesday	4:00 PM	5:00 PM	\$206	\$289	Gym
Youth Sports	Basketball   Intermediate	Ages 7-12		Wednesday	5:00 PM	6:00 PM	\$206	\$289	Gym
Youth Sports	Basketball   Beginner	Ages 4-6		Saturday	10:15 AM	11:15 AM	\$206	\$289	Gym
Youth Sports	Basketball   Intermediate	Ages 7-12		Saturday	11:30 AM	12:30 PM	\$206	\$289	Gym
Youth Sports	Shotokan Karate   Beginner	Ages 5-10		Tuesday	6:30 PM	7:30 PM	\$206	\$289	Studio B
Youth Sports	Shotokan Karate   Beginner	Ages 5-10		Friday	5:30 PM	6:30 PM	\$206	\$289	Studio B
Youth Sports	Shotokan Karate   Intermediate	Ages 11-17		Friday	6:30 PM	7:30 PM	\$206	\$289	Studio B
Youth Sports	Soccer   Beginner	Ages 3-4		Friday	3:00 PM	4:00 PM	\$206	\$289	Gym
Youth Sports	Soccer   Beginner	Ages 5-6		Friday	4:00 PM	5:00 PM	\$206	\$289	Gym
Youth Sports	Soccer   Beginner	Ages 7-12		Friday	5:00 PM	6:00 PM	\$206	\$289	Gym
Youth Sports	Tennis   Beginner	Ages 5-8		Thursday	3:30 PM	4:15 PM	\$206	\$289	Gym
Youth Sports	Tennis   Beginner	Ages 5-8		Sunday	3:45 PM	4:30 PM	\$206	\$289	Gym
Youth Sports	Tennis   Beginner	Ages 9-12		Thursday	4:15 PM	5:00 PM	\$206	\$289	Gym
Youth Sports	Tennis   Beginner	Ages 9-12		Sunday	4:30 PM	5:15 PM	\$206	\$289	Gym
<b>SWIM STARTERS   PARENT/ CHILD SWIM   6-36 MONTHS OLD</b>									
Swim Starters	Stage A/ Water Discovery	6-18 months	1:6	Saturday	9:15 AM	9:45 AM	\$208	\$294	Pool
Swim Starters	Stage A/ Water Discovery	6-18 months	1:6	Sunday	9:15 AM	9:45 AM	\$208	\$294	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Saturday	9:45 AM	10:15 AM	\$208	\$294	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Sunday	9:45 AM	10:15 AM	\$208	\$294	Pool
<b>PRESCHOOL SWIM   3-5 YEARS OLD</b>									
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6	Saturday	10:15 AM	10:45 AM	\$208	\$294	Pool
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6	Sunday	10:15 AM	10:45 AM	\$208	\$294	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 3-5	1:6	Wednesday	3:00 PM	3:30 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Wednesday	3:30 PM	4:00 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Saturday	11:45 AM	12:15 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Sunday	11:45 AM	12:15 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Saturday	12:15 PM	12:45 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Sunday	12:15 PM	12:45 PM	\$208	\$294	Pool
<b>YOUTH SWIM   AGES 5-12</b>									
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Friday	3:00 PM	3:30 PM	\$208	\$294	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Saturday	12:45 PM	1:15 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Wednesday	4:00 PM	4:30 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Friday	3:30 PM	4:00 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Sunday	12:45 PM	1:15 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Friday	4:00 PM	4:30 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Saturday	1:15 PM	1:45 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Sunday	1:15 PM	1:45 PM	\$208	\$294	Pool
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Wednesday	4:45 PM	5:30 PM	\$210	\$300	Pool
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Saturday	2:00 PM	2:45 PM	\$210	\$300	Pool
Swim Strokes	Stage 5/ Stroke Development & Stage 6/ Stroke Mechanics	Ages 5-12	1:8	Sunday	2:00 PM	2:45 PM	\$210	\$300	Pool
<b>TEEN SWIM   AGES 13-17</b>									
Swim Basics	Stage 2/ Water Movement Stage 3/ Water Stamina	Ages 13-17	1:10	Friday	4:45 PM	5:30 PM	\$210	\$300	Pool
<b>ADULT SWIM   AGES 18+</b>									
Swim Basics	Stage 1/ Water Acclimation	Ages 18+	1:10	Wednesday	5:30 PM	6:15 PM	\$210	\$300	Pool
Swim Basics	Stage 2/ Water Movement	Ages 18+	1:10	Wednesday	5:30 PM	6:15 PM	\$210	\$300	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 18+	1:10	Wednesday	6:30 PM	7:15 PM	\$210	\$300	Pool
Swim Strokes	Stage 4/ Stroke Intro	Ages 18+	1:10	Wednesday	6:30 PM	7:15 PM	\$210	\$300	Pool
Swim Strokes	Stage 5/ Stroke Development	Ages 18+	1:10	Friday	5:30 PM	6:15 PM	\$210	\$300	Pool
Swim Strokes	Stage 6/ Stroke Mechanics	Ages 18+	1:10	Friday	6:30 PM	7:15 PM	\$210	\$300	Pool
<b>FAMILY RECREATIONAL SWIM</b>									
Swim - Family	Family Recreation Swim Time	All Ages		Monday	4:45 PM	5:30 PM	Free w/ Family Membership		Pool

Swim - Family	Family Recreation Swim Time	All Ages	Tuesday	2:30 PM	3:15 PM	Free w/ Family Membership	Pool
Swim - Family	Family Recreation Swim Time	All Ages	Thursday	3:15 PM	4:00 PM	Free w/ Family Membership	Pool
Swim - Family	Family Recreation Swim Time	All Ages	Thursday	4:15 PM	5:00 PM	Free w/ Family Membership	Pool
Swim - Family	Family Recreation Swim Time	All Ages	Saturday	3:30 PM	4:15 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	5:45 PM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Tuesday	8:00 PM	9:00 PM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Wednesday	7:30 PM	9:00 PM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Thursday	7:30 PM	9:00 PM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Friday	7:30 PM	9:00 PM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Saturday	8:00 AM	9:00 AM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Saturday	5:30 PM	7:00 PM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Sunday	8:00 AM	9:00 AM	Free w/ Family Membership	Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17	Sunday	6:00 PM	7:30 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.

**NOTE:**

- Everyone must shower before entering the pool.
- Swim caps are required to swim.
- Shoes are not allowed on the pool deck.
- Swimsuits are required in the pool.

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

051618 08/16