



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER

JAN. 2 – FEB. 24

## BRIDGEWATER YMCA SWIM

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	TIME	DURATION	DAY	MEMBER	COMMUNITY
<b>PRESCHOOL • SWIM BASICS CLASSES</b>								
<b>Stage 1: Water Acclimation</b>	Develops comfort with underwater exploration and with safely exiting the pool. No prerequisite.	3	5	4:30pm	30min	M	<b>\$86*</b>	<b>\$168*</b>
				6:45pm	30min	T	<b>\$86*</b>	<b>\$168*</b>
				11:30am	30min	Sa	\$98	\$192
				10:00am	30min	Sa	\$98	\$192
<b>Stage 2: Water Movement</b>	Focuses on body position and control, directional change and forward movement in the water. Child should be comfortably able to go underwater, to front and back float, and to swim assisted for 10 feet.	3	5	4:30pm	30min	M	<b>\$86*</b>	<b>\$168*</b>
				5:00pm	30min	T	<b>\$86*</b>	<b>\$168*</b>
				10:30am	30min	Sa	\$98	\$192
<b>Stage 3: Water Stamina</b>	Introduces rhythmic breathing, swimming on back, integrated arm and leg action and swimming to safety from a longer distance. Child should be able to float unassisted, to glide off then return to the wall, and to swim on front for 20 feet.	3	5	4:30pm	30min	T	<b>\$86*</b>	<b>\$168*</b>
				4:30pm	30min	W	\$98	\$192
				10:00am	30min	Sa	\$98	\$192
				11:00am	30min	Sa	\$98	\$192
<b>Stage 4: Stroke Introduction</b>	Develops stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. Child should be able to swim on their front and back for 25 yards unassisted and tread water for 15 seconds.	3	5	6:00pm	30min	M	<b>\$86*</b>	<b>\$168*</b>
				10:30am	30min	Sa	\$98	\$192
				11:00am	30min	Sa	\$98	\$192
<b>SCHOOL AGE • SWIM BASICS &amp; SWIM STROKES CLASSES</b>								
<b>Stage 1: Water Acclimation</b>	Develops comfort with underwater exploration and with safely exiting the pool. No prerequisite.	6	11	5:00pm	30min	M	<b>\$86*</b>	<b>\$168*</b>
				5:30pm	30min	M	<b>\$86*</b>	<b>\$168*</b>
				10:00am	30min	Sa	\$98	\$192
<b>Stage 2: Water Movement</b>	Focuses on body position and control, directional change and forward movement in the water. Child should be comfortably able to go underwater, to front and back float, and to swim unassisted for 15 feet.	6	11	5:00pm	30min	M	<b>\$86*</b>	<b>\$168*</b>
				5:30pm	30min	M	<b>\$86*</b>	<b>\$168*</b>
				10:30am	30min	Sa	\$98	\$192
<b>Stage 3: Water Stamina</b>	Introduces rotary breathing. Must be able to complete 25 yards with coordinated arm and leg movements on both front and back without stopping. Child should be able to float unassisted and be comfortable gliding under the water from the wall to the flags.	6	11	4:30pm	45min	T	<b>\$116*</b>	<b>\$231*</b>
				5:00pm	45min	W	\$132	\$264
				11:00am	45min	Sa	\$132	\$264
				11:30am	45min	Sa	\$132	\$264
				12:15pm	45min	Sa	\$132	\$264

\*Prices for classes are prorated per holiday schedules.

Bridgewater YMCA | 908 526 0688 | Somerville YMCA | 908 722 4567 | [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)

Registration: Members: Dec. 10 • 6:00pm | Community: Dec. 17 • 10:00am



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<b>Stage 4: Stroke Introduction</b>	Develops stroke technique in front and back crawl, introduces breaststroke and reinforces water safety through treading water and elementary backstroke. Child should be able to swim on their front and back for 50-75 yards (2-3 laps) unassisted and tread water for 30 seconds.	6	11	6:45pm	45min	M	\$116*	\$231*
				4:30pm	45min	T	\$116*	\$231*
				11:30am	45min	Sa	\$132	\$264
<b>Stage 5: Stroke Development</b>	Continues work on stroke technique, teaches all major competitive strokes and reinforces water safety through treading water and sidestroke. Child should be able to swim front and back crawl for 75-100 yards (3-4 laps), have knowledge of breaststroke, and tread water for 45 seconds.	6	11	6:00pm	45min	M	\$116*	\$231*
				6:45pm	45min	M	\$116*	\$231*
				6:00pm	45min	T	\$116	\$231
				12:30pm	45min	Sa	\$132	\$264
<b>Stage 6: Stroke Mechanics</b>	Refines technique on all major competitive strokes, introduces competitive swimming and incorporates swimming into a healthy lifestyle. Child should be able to swim front crawl, back crawl, and breaststroke for 100 yards and have knowledge of butterfly kick.	6	11	7:30pm	45min	M	\$116*	\$231*
				12:30pm	45min	Sa	\$132	\$264
				1:15pm	45min	Sa	\$132	\$264
<b>Stage 7: Stroke Endurance</b>	Improves stroke technique and utilizes longer distance swimming to build endurance. Child should be able to swim front crawl, back crawl and breaststroke for 100 yards with little correction and be able to complete 50 yards of butterfly kick.	8	11	5:15pm	45min	T	\$116*	\$231*
				1:00pm	45min	Sa	\$132	\$264
				1:15pm	45min	Sa	\$132	\$264
<b>Stage 8: Stroke Refinement, Starts &amp; Turns</b>	Explores competitive swimming to include developing swimming strokes and learning how to do starts and flip turns. Child should be able to swim all four competitive strokes for 100 yards with little correction and have basic knowledge of diving.	8	11	7:30pm	60min	M	\$137*	\$275*
				4:30pm	60min	Th	\$157	\$314
<b>F.A.S.T</b>	Refine your mechanics of all four competitive strokes and improve conditioning in this 2-day a week clinic.	7	10	5:30pm	60min x 2	T/Th	\$315	Membership Required
				11	14	6:45pm	60min x 2	

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<b>TEEN • SWIM BASICS &amp; SWIM STROKES CLASSES</b>								
<b>Swim Basics: Teen</b>	Introduces personal water safety, basic swimming skills and the fundamentals of front and back crawl. No prerequisite.	12	16	7:15pm	45min	T	\$132	\$264
<b>Swim Strokes: Teen</b>	Builds upon water safety skills and front and back crawl mastered in Swim Basics, while building stroke technique and introducing breaststroke and swimming for fitness.	12	16	7:45pm	45min	T	\$116	\$231
<b>ADULT • SWIM BASICS &amp; SWIM STROKES</b>								
<b>Swim Basics: Adult</b>	Introduces personal water safety, basic swimming skills and the fundamentals of front and back crawl. No prerequisite.	17+		6:30pm	45min	W	\$132	\$264
<b>Swim Strokes: Adult</b>	Builds upon water safety skills and front and back crawl mastered in Swim Basics, while building stroke technique and introducing breaststroke and swimming for fitness.	17+		7:15pm	45min	W	\$132	\$264

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