



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER

JAN. 2 – FEB. 24

SWIM

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	MEMBER	COMMUNITY
INFANT & TODDLER • SWIM STARTERS CLASSES									
Water Discovery: Infant	Parent/child class in which infants are encouraged to enjoy themselves while learning about the water. No prerequisite.	6mo	1	Therapy Pool	9:00am	30min	T	\$89*	\$174*
				Therapy Pool	9:00am	30min	Sa	\$101	\$198
Water Discovery: Toddler	Parent/child class in which toddlers are encouraged to enjoy themselves while learning about the water. No prerequisite.	1	2	Therapy Pool	9:00am	30min	T	\$89*	\$174*
				Therapy Pool	9:00am	30min	Sa	\$101	\$198
Water Exploration: Toddler	Parent/child class in which toddlers explore body positions, floating, blowing bubbles and fundamental water safety skills. Child should be comfortable entering and exiting pool with parent.	2	3	Therapy Pool	9:00am	30min	T	\$89*	\$174*
				Therapy Pool	9:30am	30min	Sa	\$101	\$198
PRESCHOOL • SWIM BASICS CLASSES									
Stage 1: Water Acclimation	Develops comfort with underwater exploration and with safely exiting the pool. No prerequisite.	3	5	Therapy Pool	5:30pm	30min	M	\$89*	\$174*
				Therapy Pool	6:30pm	30min	M	\$89*	\$174*
				Therapy Pool	9:30am	30min	T	\$89*	\$174*
				Therapy Pool	5:00pm	30min	T	\$89*	\$174*
				Therapy Pool	10:00am	30min	Sa	\$101	\$198
				Therapy Pool	10:30am	30min	Sa	\$101	\$198
Stage 2: Water Movement	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	Therapy Pool	7:00pm	30min	M	\$89*	\$174*
				Therapy Pool	5:30pm	30min	T	\$89*	\$174*
				Therapy Pool	9:00am	30min	Th	\$101	\$198
				Therapy Pool	10:00am	30min	Sa	\$101	\$198
				Therapy Pool	10:30am	30min	Sa	\$101	\$198

*Prices for classes are prorated per holiday schedules.

Hillsborough YMCA | 908 369 0490 | www.somersetcountyyymca.org

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



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Stage 3: Water Stamina	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	Therapy Pool	6:00pm	30min	M	\$89*	\$174*
				Therapy Pool	6:00pm	30min	T	\$89*	\$174*
				Therapy Pool	9:30am	30min	Th	\$101	\$198
				Therapy Pool	11:00am	30min	Sa	\$101	\$198
Stage 4: Stroke Introduction	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	Therapy Pool	6:30pm	30min	T	\$89*	\$174*
				Therapy Pool	11:00am	30min	Sa	\$101	\$198
SCHOOL AGE • SWIM BASICS & SWIM STROKES CLASSES									
Stage 1: Water Acclimation	Develops comfort with underwater exploration and with safely exiting the pool. No prerequisite.	6	11	Lap Pool	7:00pm	30min	T	\$89*	\$174*
				Lap Pool	5:30pm	30min	Th	\$101	\$198
				Lap Pool	9:00am	30min	Sa	\$101	\$198
Stage 2: Water Movement	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	Lap Pool	6:00pm	30min	Th	\$101	\$198
				Lap Pool	8:00pm	30min	Th	\$101	\$198
				Lap Pool	9:30am	30min	Sa	\$101	\$198
Stage 3: Water Stamina	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	Lap Pool	6:15pm	45min	T	\$119*	\$238*
				Lap Pool	6:30pm	45min	Th	\$136	\$272
				Lap Pool	10:00am	45min	Sa	\$136	\$272
Stage 4: Stroke Introduction	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	Lap Pool	5:30pm	45min	T	\$119*	\$238*
				Lap Pool	7:00pm	45min	Th	\$136	\$272
				Lap Pool	9:00am	45min	Sa	\$136	\$272

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Stage 5: Stroke Development	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	Lap Pool	7:30pm	45min	T	\$119*	\$238*
				Lap Pool	7:15pm	45min	Th	\$136	\$272
				Lap Pool	9:45am	45min	Sa	\$136	\$272
Stage 6: Stroke Mechanics	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	Lap Pool	5:30pm	45min	Th	\$136	\$272
				Lap Pool	7:45pm	45min	Th	\$136	\$272
				Lap Pool	10:30am	45min	Sa	\$136	\$272
Stage 7: Stroke Endurance	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	Lap Pool	6:15pm	45min	Th	\$136	\$272
				Lap Pool	11:15am	45min	Sa	\$136	\$272
Stage 8: Stroke Refinement, Starts & Turns	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	Lap Pool	6:00pm	60min	F	\$161	\$323
				Lap Pool	7:00pm	60min	F	\$136	\$272
TEEN • SWIM BASICS & SWIM STROKES CLASSES									
Swim Basics: Teen	Introduces personal water safety, basic swimming skills and the fundamentals of front and back crawl. No prerequisite.	12	16	Lap Pool	10:45am	45min	Sa	\$136	\$272
Swim Strokes: Teen	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	Lap Pool	11:30am	45min	Sa	\$136	\$272

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ADULT • SWIM BASICS & SWIM STROKES									
Swim Basics: Adult	Introduces personal water safety, basic swimming skills and the fundamentals of front and back crawl. No prerequisite.	17+		Lap Pool	6:30pm	45min	W	\$136	\$272
Water Exercise	This program consists of a wide variety of exercises developed specifically for the water. Appropriate for swimmers and beginner swimmers.	16+		Lap Pool	9:30am	60min	M	Free	n/a
				Lap Pool	9:30am	60min	T	Free	n/a
				Lap Pool	9:30am	60min	W	Free	n/a
				Lap Pool	9:30am	60min	Th	Free	n/a
				Lap Pool	9:30am	60min	F	Free	n/a
Water Yoga	This class creatively adapts yoga for the pool. Elongate the entire body with conditioning exercises and building a stronger core.	16+		Therapy Pool	12:15pm	45min	M	Free	n/a

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