



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 1

FEB. 25 – APR. 20

SOMERVILLE YMCA SWIM

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	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	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	9:30am	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	10:00am	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	6:30pm	30min	M	\$101	\$198
				5:00pm	30min	F	\$101	\$198
				8:30am	30min	Sa	\$101	\$198
				11:30am	30min	Su	\$88*	\$173*
				10:30am	30min	Su	\$88*	\$173*
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	7:30pm	30min	M	\$101	\$198
				5:00pm	30min	F	\$101	\$198
				8:30am	30min	Sa	\$101	\$198
				11:00am	30min	Sa	\$101	\$198
				11:00am	30min	Su	\$88*	\$173*
11:30am	30min	Su	\$88*	\$173*				
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	6:00pm	30min	M	\$101	\$198
				5:00pm	30min	F	\$101	\$198
				11:30am	30min	Sa	\$101	\$198
				10:30am	30min	Su	\$88*	\$173*
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	5:30pm	30min	W	\$101	\$198
				9:00am	30min	Sa	\$101	\$198
				11:00am	30min	Su	\$88*	\$173*

*Prices for classes are prorated per holiday schedules.

Bridgewater YMCA | 908 526 0688 | Somerville YMCA | 908 722 4567 | www.somersetcountyyymca.org

Registration: Members: Feb. 11 • 6:00pm | Community: Feb. 18 • 10:00am



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CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	TIME	DURATION	DAY	MEMBER	COMMUNITY
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	5:30pm	30min	M	\$101	\$198
				10:00am	30min	Sa	\$101	\$198
				12:00pm	30min	Su	\$88*	\$173*
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	5:00pm	30min	M	\$101	\$198
				7:00pm	30min	M	\$101	\$198
				6:15pm	30min	F	\$101	\$198
				6:45pm	30min	F	\$101	\$198
				10:00am	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	5:30pm	45min	W	\$136	\$272
				5:30pm	45min	F	\$136	\$272
				7:15pm	45min	F	\$136	\$272
				10:30am	45min	Sa	\$136	\$272
				12:00pm	45min	Su	\$119*	\$238*
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	6:00pm	45min	W	\$136	\$272
				6:00pm	45min	F	\$136	\$272
				11:00am	45min	Sa	\$136	\$272
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	6:45pm	45min	F	\$136	\$272
				12:45pm	45min	Su	\$119*	\$238*
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	6:45pm	45min	W	\$136	\$272
				1:15pm	45min	Su	\$119*	\$238*

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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	12:30pm	45min	Su	\$119*	\$238*
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	11:45am	45min	Sa	\$136	\$272
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+		12:00pm	45min	Sa	\$136	\$272
Swim Strokes: Adult	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+		1:30pm	45min	Su	\$119*	\$238*

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