Parent/Toddler & Pre-school Levels

**Baby Fish** (6 months - 18 months old): The Baby Fish class serves as an introduction to what will hopefully become a lifetime of aquatic exercise and play. Becoming comfortable in the water (while both on the front and back) is the primary foundation, which will allow for the building of skills that are oriented around coordination and focus. Breathing patterns are also introduced in this course where routine and familiarity play a significant role.

**Fish Tots** (19 months - 36 months old): The young swimmers in Fish Tots are now learning the skills of body movement as they relate to aquatics. Our instructors emphasize the student’s achievement of a full range of motion for exercises such as reaching into the water or kicking. Once these movements are pronounced, students get an introduction to combining these skills.

**Separation Fish** (3 - 4 years old): Whether there is a fear of the water or parent separation, or just hesitance to get involved, Separation Fish serves to bring these students to the first level of aquatic independence.

**Pre Fish One** (3 - 4 years old): The Pre Fish One level is a critical one in the YWCA’s Swim School curriculum. It is here that the foundation is set for a lifetime of proper swimming, with proper head and body position. Once the proper streamline is achieved, a student’s arm and leg motions will provide for adequate movement through the water.

**Pre Fish Two** (4 - 5 years old): The Pre Fish Two program has shown significant aquatic ability and is now ready for greater challenges. With a proper body position already established, swimmers are now practicing their skills, becoming more efficient in the water, and getting exposure to swimming in deep water. The streamline transition from front to back engages muscles that are essential to higher level swimming.

**Intro Fish** (5 - 9 years old & 10 - 15 years old): This class is a true introduction to swimming for any child that is anxious or brand new to the water. It is here that the foundation is set for a lifetime of proper swimming, with proper head and body position. Once the proper streamline is achieved, a student’s arm and leg motions will provide for adequate movement through the water.

**Mid Fish** (5 - 9 years old & 10 - 15 years old): Students should begin to appear as functional swimmers as they progress through the Mid Fish level, utilizing correct body position to achieve propulsion from their arm and leg movements. An introduction to deep water is established, as students learn to tread water and the breaststroke kick is taught.

**Advance Fish** (5 - 9 years old & 10 - 15 years old): Advanced Fish should gain a working understanding of the dolphin kick and breaststroke. Precision of form becomes more important with the freestyle and backstroke, as bilateral breathing and correct streamline positions are stressed.

**Pro Fish** (5 - 9 years old & 10 - 15 years old): Now accomplished swimmers, participants in the Pro Fish level should be moving through the water correctly and proficiently in freestyle and backstroke, with a good breaststroke from a functional butterfly. The addition of flip turns is a major jump in the development of an aquatic athlete, as now swimmers are performing multiple laps without rest.

**Neptunes** (6 - 15 years old) A class perfect for swimmers looking for an introductory swim team program as well as for those looking for a workout. Please register for Neptunes if you have passed level 6 American Red Cross or our Pro Fish class. Neptunes meets twice a week for a full session. Please refer to our contract for registration for this class.

Adult Swim (16 years and up) Overcome your fears, set your goals, and learn in a supportive environment. Instructors work with adults at all levels to accomplish individual goals.

**Beginner Learning the Basics** is designed to help participants gain basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke.

**Spring 2021 Session:** March 1 - May 2

No class dates: 4/2-4/4

Classes are once a week.

Schedule and instructors are subject to change. Member and non-member rates offered.

**Parent/Toddler Fees**

<table>
<thead>
<tr>
<th>Class</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Fish One</td>
<td>$279/$324</td>
<td>$279/$324</td>
<td>$279/$324</td>
<td>$279/$324</td>
<td>$279/$324</td>
<td>$256/$296</td>
<td>$256/$296</td>
</tr>
<tr>
<td>Pre Fish Two</td>
<td></td>
<td></td>
<td>3:15-4:45pm</td>
<td>3:15-4:45pm</td>
<td>3:15-4:45pm</td>
<td>9:45-10:15am</td>
<td>9:45-12:15pm</td>
</tr>
<tr>
<td>Intro Fish</td>
<td></td>
<td></td>
<td>9:45-10:15am</td>
<td>9:45-12:15pm</td>
<td>9:45-12:15pm</td>
<td>1:30-2:00pm</td>
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</tr>
<tr>
<td>Beginner Fish</td>
<td></td>
<td></td>
<td>9:00-9:30am</td>
<td>5-9yrs</td>
<td>11:15-12:15pm</td>
<td>11:15-12:15pm</td>
<td>11:15-12:15pm</td>
</tr>
<tr>
<td>Mid Fish</td>
<td>4:00-4:45pm</td>
<td>4:00-4:45pm</td>
<td>10-15yrs</td>
<td>4:00-4:45pm</td>
<td>10-15yrs</td>
<td>10-15yrs</td>
<td>10-15yrs</td>
</tr>
<tr>
<td>Advance Fish</td>
<td>3:15-4:00pm</td>
<td>3:15-4:00pm</td>
<td>5-9yrs</td>
<td>12:15-1:00pm</td>
<td>12:15-1:00pm</td>
<td>12:15-1:00pm</td>
<td>12:15-1:00pm</td>
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<tr>
<td>Pro Fish</td>
<td></td>
<td></td>
<td>9:15-10:00am</td>
<td>5-9yrs</td>
<td>11:15-12:00am</td>
<td>11:15-12:00am</td>
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</tbody>
</table>

**Swim School Policies**

1. Proper attire required. All patrons must wear proper swimming attire. Proper attire includes swim diapers and shorts for non-toilet trained persons. No cut-off shorts or hanging strings will be permitted.
2. Bathing caps required.
3. No cell phones/camera photography or video allowed in pool area.
4. Showering: all swimmers are required to shower with soap prior to entering pool.
5. Illness, any person suspected of having an infectious or communicable disease MUST NOT enter the pool.
6. Changing/Showering: any child over the age of 5 must use the appropriate gender locker room. A family locker room is provided for your convenience. It is suggested by the YWCA to shower with bathing suit on.
7. Agree to follow posted rules and regulations within aquatic areas and locker rooms.
8. We will provide ONE make-up per session. Must schedule with Aquatics Director.

The YWCA is not responsible for cancellations due to inclement weather. All funds used in registration are considered donations and may be non-refundable. For YWCA refund or credit policies and procedures, please see the front desk associate. Refunds and credits will be issued to participants when enrollment does not meet participant minimums. Participants may also choose another time slot without any penalties.

No shoes allowed on deck. Bring your own towel. Shower before using pool. For the health and safety of our members, pool rules are strictly enforced.
Our swim facility consists of a six-lane heated 25-yard pool with men’s, women’s and family locker rooms. Swim instructors and lifeguards are American Red Cross certified. Swim team coaches are members of USA Swimming.

Private & Semi-Private Lessons
Lessons are based on availability of instructor and pool space. Private and semi-private fees are based on ½ hour lesson. There are no makeup lessons for private lessons.

<table>
<thead>
<tr>
<th>Lessons</th>
<th>Private mbr</th>
<th>Private non</th>
<th>Semi-Private mbr</th>
<th>Semi-Private non</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Visit</td>
<td>$45</td>
<td>$55</td>
<td>$75</td>
<td>$85</td>
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</table>

Visits are based on number of weeks per session.

American Red Cross Lifeguarding Training (LGT)
Certification includes: LGT/First Aid/CPR/AED
**CPR/AED Certification is only valid for 1 year in New York State**

Only candidates who successfully complete the swim test, which includes a 300yd swim, 2 minutes tread and timed brick retrievals, will qualify for the class. A non-refundable pre-test fee holds your class spot. Participants must be 15 years of age by the end of the class. Class fee includes pocket mask and lifeguard manual. There must be at least 4 participants to conduct the class. For more information call the Aquatics Office at (914) 949-6227 ext. 152. Please check the website for class dates.

Class Fees: $410/$425

CPR/AED Training Courses for the Professional Rescuer
Bring your own pocket mask and LGT book for review. We can provide mask and book for an additional fee if needed. Please check the website for class dates.

Class Fee: $125

Lifeguard Review Course
**Current certification cannot be expired**
The Lifeguard review class is a review of lifeguarding and CPR/AED skills. Your lifeguarding rescue skills must be up to standard before the class. There must be at least 4 participants to conduct the class.

Please check the website for class dates.

For more information call the Aquatics Office at (914) 949-6227 ext. 152.

Class Fee: $250

Reminders:
All participants must wear a swim cap while in the pool.
One piece swim suits are recommended for females.
Goggles are allowed for the 300 yard swim during the pretest, but are not allowed at any other time. If the participant wears contacts, please ensure glasses are worn on the day of class.

There are NO make up classes. If a participant misses part or all of a full day of class, he/she will not be allowed to continue with the course.

Certifications are sent directly from the American Red Cross. For questions regarding your certification, please call 1-800-RED CROSS (1-800-733-2767)

Gymnastics

The year-round gymnastics program serves children of all ages and abilities. Our facility is dedicated exclusively to gymnastics, tumbling and includes an 8,000 square feet air-conditioned gymnasium with fall floor, trampoline, overhead spotting belts and 40 foot Tumbletrack.

Funtastic Fridays
Gymnastics, tumbling, a movie, games and pizza. Enjoy an evening out while your children have fun with their friends at the YWCA!

<table>
<thead>
<tr>
<th>Ages 6 yrs and up</th>
<th>Ages 3-5 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 - 10:00pm</td>
<td>$40/$50 per day</td>
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</table>

Vacation Camps
Join us for a half day of gymnastics during school break.

<table>
<thead>
<tr>
<th>Ages 6 yrs and up</th>
<th>Ages 3-5 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am-12:00pm</td>
<td>$55/$60 per day</td>
</tr>
<tr>
<td>12:30 - 3:30pm</td>
<td>$105/$115 per full day</td>
</tr>
</tbody>
</table>

Open Gym
Participants are invited to attend our open gym slots! Work on new tricks and master your skills!

<table>
<thead>
<tr>
<th>Ages 7 yrs and up</th>
<th>Pre Registration Required Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays 6:30-8:00PM</td>
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</tbody>
</table>

Toddler Time
$5 per drop in

Reminders:
The program stresses safety and fun, with opportunities for all to participate from youngest to oldest. We are a member of USA Gymnastics. Coaches and instructors are USA Gymnastics and safety certified. USAG waiver required for participation in all gymnastics programs.

Gymnastics Policy:
1. For the safety of all children and instructors, and to limit distractions, the doors to the gym will be closed after warm-up. Viewing windows allow parents to watch classes from the dressing room area. Parents are invited into the gym during Observation Week.
2. Staff availability may affect class status. Classes require at least 3 participants.
3. No strollers or infant carriers are allowed in the gym.
4. Two make-ups are allowed for the Parent & Tot groups and Preschool classes only. Please contact the office ahead of time to schedule.
5. There are no make-ups for any of the Youth drop off programs.
6. There are no credits or refunds for cancellations due to inclement weather. See General Information page for full credit/refund policy.
7. A doctor's note must be provided prior to returning to class for any injury.

Dress Code:
Girls: Dress in sweats, shorts, T-shirt or leotard. Bare feet, hair tied up, no jewelry. Leotards are available for purchase in the gymnastics office.
Boys: Shorts, T-shirt and bare feet. No jeans or belts.

We will be back soon!!!
Preschool: Parent/Tot
Cartwheeling Cubs *Parent Optional
Saturday 10:00-10:45am $261/$297
Saturday* 11:00-11:50am $261/$297
Monday* 12:45-1:35pm $203/$231
Preschool Kipping Kangaroos (3-4 years old)
Thursday 12:45-1:35pm $232/$264
Thursday 4:00-4:50pm $232/$264
Youth Co-Ed 4-5 years old
Monday 4:00-5:00pm $224/$252
Wednesday 4:00-5:00pm $226/$258
Friday 4:00-5:00pm $226/$258
Saturday 12:05-1:05pm $288/$324
Youth 5-7 years old
Monday 5-15-6:15pm $224/$252
Tuesday 4-00-5:00pm $226/$258
Wednesday 4-00-5:00pm $226/$258
Thursday 5-05-6:05 $226/$258
Friday 5-15-6:15pm $226/$258
Saturday 1-20-2:20 $288/$324
Youth 8-10 years old
Monday 4-00-5:00pm $224/$252
Tuesday 5-15-6:15pm $226/$258
Thursday 5-05-6:05 $226/$258
Saturday 2-35-3:35pm $288/$324

Young Adult Co-Ed
Thursday 6:30-7:45pm $264/$296
Youth Boys 6-10 years
Saturday 1:20-2:20 $288/$324
Tumbling Classes Co-Ed
Wednesday 6:30-8:00pm $288/$320

Invitational Only, Non-Competitive, Membership Req
Comets I
Monday 5:15-6:15 pm $252
Thursday 4:00-5:00pm $288
Novas
Friday 4:05-6:05pm $304
Stars
Wednesday 4:05-6:05pm $304
Lower Warriors
Tuesday 4:05-6:05pm $304
Upper Warriors
Tuesday 6:30-8:30pm $304
ALL except Upper Warriors
Monday*Novas & Stars only 4:05-6:05pm $228
Thursday 5:15-6:15pm $288

Preschool:
Parent and Tot 2-3 yrs: Offered to ages 12 months and up and run 45 minutes. In these classes, we help parent and child work together in a playful, fun atmosphere to develop the child's hand-eye coordination, body awareness, build strength, agility and flexibility while learning basic gymnastic skills. We use music, games and fun props to create an enjoyable experience for both parent and child.
3-4 yrs: Focus is on flexibility, body awareness and coordination through basic gymnastics, games and movement to music.
*Fall 2 will have a combination of P&T 2-3yrs and 3-4yrs with parent in the gym optional.

Youth & Young Adult:
4-5yrs: Gymnastics will focus on core strength, arm strength, and the coordination necessary to learn headstands, handstands, cartwheels and forward rolls - the fundamental building blocks of almost all gymnastics skills.
6-7, 8-10 yrs, Young Adult (Teen): Students are registered into correct age group and then divided within the class based on skill. All recreational classes are designed to be a continuation of skills and growth from the previous enrolled class.
Boys: Build strength, speed, and coordination and gymnastics skills on all the Men’s apparatus.
Tumbling: Our all tumbling class allows athletes to perfect the skills on all the Men’s apparatus.

Invitational Classes:
Students are evaluated first before they could register. They need to be recommended to be evaluated.
Comets: Based on USAG J.O Level 1/2 and Copper Levels. Skills include but are not limited to:
• Vault – Proper running, Handstand Flat back onto Mat Stack
• Bars – Pulkover, Back Hip Circle, casting
• High Beam – ½ Handstand, leaps, turns
• Floor – Cartwheels, Round-Offs, Walk-overs, Rolls, Handstands, Dance
Novas: Based on USAG J.O Level 2/3 and Copper Levels. Skills include but are not limited to:
• Vault – Proper running, Handstand Flat back onto High Mat Stack
• Bars – Pulkover, Back Hip Circle, strong cast, Under swing Dismount, Mill Circle
• High Beam – ¼ to Full Handstand, leaps, dance, Side Handstand Dismount
• Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance
Stars: Based on USAG J.O Level 3/4 and Bronze Levels. Skills include but are not limited to:
• Vault – Handstand Flat back onto High Mat Stack, Front Handspring over the table
• Bars – Back Hip Circle, 20º above the bar cast, Under swing Dismount, Front Hip Circle, Mill Circle, Kip
• High Beam – Full Handstand, leaps, split jumps, dance, Side Handstand Dismount
• Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance, Connecting skills
Warriors:
Lower- Based on USAG J.O xcel levels Silver and Gold
Upper- Based on USAG J.O xcel levels 4, Platinum and Diamond:
Skills include but are not limited to:
• Vault – Front Handspring over the table
• Bars – Back Hip Circle, 45º above the bar cast, Front Hip Circle, Kip, Long Hang Kip
• High Beam – Full Handstand, Cartwheel, Round off, walkovers, leaps, split jumps, dance, side Handstand ½ Dismount.
• Floor – Round-Off back handspring back tuck, Walk-overs, Rolls, Handstands, Handsprings, and Dance
This program was developed for team girls that are no longer competitive

Competitive Teams:
Membership is by invitation only from the Head Coach.
Tumblettes (USA Gymnastics)
• Level 2-5 Compulsory Teams: All gymnasts master the same routines and skills before moving to the next competitive level.
• Level 6-10 Optional Teams: Routines are individualized for each gymnast while using the particular requirements needed for the level.
Aerials (USAG XCEL)
• Bronze, Silver, Gold, Platinum, Diamond.
The XCEL Program offers a broad-based, optional competitive experience under the traditional Jr. Olympic Program Umbrella.

Spring 2021 Session: March 1- May 2
No class dates: 4/2-4/4