



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ymcapawtucket.org

STRONG SWIMMERS SAFE KIDS

FALL 2019 PROGRAMS • FAMILY YMCA

SESSION DATES

Fall Session: September 8th - October 26th

Registration Dates: August 25th • October 5th

SWIM LESSON PRICING

Preschool Registration:
\$30 / \$75

» SWIM LESSONS

» Parent/Child Swim Lessons

30 minute classes

Ages 6 months - 3 years old

STAGE A WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment.

Sun 10:25am - 10:55am

Wed 5:00pm - 5:30pm

Sat 11:15am - 11:45am

STAGE B WATER EXPLORATION

In Stage B, parents work with their children to learn fundamental safety and aquatic skills.

Sun 10:25am - 10:55am

Wed 5:00pm - 5:30pm

Sat 11:15am - 11:45am

SEAHORSE SWIM

Small class size 30 min class

Sun 9:50am - 10:20am

Mon 5:00pm - 5:30pm

» Preschool Swim Lessons

30 minute classes

Ages 3 - 5 years old

STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit the pool.

Tues 5:00pm - 5:30pm

Thu 5:00pm - 5:30pm

Sat 9:00am - 9:30am, 12pm - 12:30pm

Sun 9am - 9:40am, 10:40am - 11:10am

STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water.

Tues 5:00pm - 5:30pm

Thu 5:00pm - 5:30pm

Sat 9:00am - 9:30am, 12pm - 12:30pm

Sun 9:30 - 10am

STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.

Tues 5:00pm - 5:30pm

Thu 5:00pm - 5:30pm

Sat 9:00am - 9:30am, 12pm - 12:30pm

Sun 10:05am - 10:35am

STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

Tues 5:00pm - 5:30pm

Thu 5:00pm - 5:30pm

Sat 9:00am - 9:30am



SWIM LESSON PRICING

Youth Registration: \$40 / \$95

» Youth Swim Lessons

45 minute classes

Ages 5 - 13 years old

STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit the pool.

Sun 11:00am – 11:45am

Tues 5:35pm – 6:20pm 6:25pm – 7:10pm

Thu 5:35pm – 6:20pm 6:25pm – 7:10pm

Sat 9:35am – 10:20am 10:25am – 11:10am
11:15am – 12:00pm

STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water.

Sun 11:00am – 11:45am

Tues 5:35pm – 6:20pm 6:25pm – 7:10pm

Thu 5:35pm – 6:20pm 6:25pm – 7:10pm

Sat 9:35am – 10:20am 10:25am – 11:10am
11:15am – 12:00pm

STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.

Sun 11:50am – 12:35pm

Tues 5:35pm – 6:20pm

Thu 5:35pm – 6:20pm

Sat 9:35am – 10:20am

STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

Sun 11:50am – 12:35pm

Tues 5:35pm – 6:20pm

Thu 5:35pm – 6:20pm

Sat 9:35am – 10:20am

STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes.

Sun 11:50am – 12:35pm

Tues 6:25pm – 7:10pm

Thu 6:25pm – 7:10pm

Sat 10:25am – 11:10am

STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Sun 11:50am – 12:35pm

Tues 6:25pm – 7:10pm

Thu 6:25pm – 7:10pm

Sat 10:25am – 11:10am

» Teen & Adult Swim Lessons

45 minute classes

Ages 14+

Sun 8:00am – 8:45am

Mon 5:30pm – 6:15pm

Sat 8:00am – 8:45am 12:00pm – 1:00pm

» Private Swim Lessons

Private swim lessons for youth and adults are scheduled at the convenience of the individual, the instructor and pool availability. These lessons consist of 6, 30-minute sessions. Small group swim lessons also available.

SPORTS & ENRICHMENT

PAINT & TUMBLE (2-5YRS)

These pint sized Picasso's will have the opportunity to express themselves artistically while they discover new things about the artist in them. This fun class also offers tumbling and stretching drills designed to help improve agility, dexterity, flexibility and balance

\$30
Sat 10 – 11:30am

YOUTH BASKETBALL

We emphasize sportsmanship, teamwork and youth wellness while developing basketball skills.

Sat 10:00am – 10:45am 3 – 5 years old

11:00am – 12:00pm 6 – 8 years old

12:15pm – 1:15pm 9 – 13 years old

\$50 / \$95

TEEN BASKETBALL LEAGUE

\$25/player

Wed 6pm – 7:30pm

Fri 6pm – 9pm

INTRO TO BALLET

Students are introduced to the basic techniques of ballet while also learning how to creatively express themselves through the art of dance.

Sat 12:00 pm – 1:00 pm Ages 3-6

\$40 / \$75

BALLET

This class introduces barre work, position of feet and proper dance vocabulary. Children learn the basic steps and focus on cooperation and the joy of movement

Sat 1:00 - 2:00 pm

Ages 6-10

\$40 / \$75

INTRO TO HIP HOP

Students are going to be introduced to the basic techniques of hip-hop while also learning how to creatively express themselves through the art of dance.

Tue 6:30 pm – 7:15 pm

Ages 8+

\$40 / \$75

KARATE

Mon – Wed

Youth

2x per week

\$40/\$75

3x per week

\$60/\$90

5:30pm – 6:30pm

Adult

2x per week

\$40/\$75

3x per week

\$60/\$90

6:30pm – 7:30pm

COOKING CLUB

Come and see what you can make and bake while cooking for fun. Experience the fun as we learn the basics of cooking from around the world.

Each week students will have the chance to create something delicious for dinner or dessert!

\$40

Thursdays 6-7:45

ART CLUB

Art club will give children an opportunity to let their creative side soar. Children will learn new techniques, abstract creativity, expand their imagination, build self-esteem and make new friends. Project-based, hands-on art using multiple mediums.

\$40

Mondays 6-7:30pm

PHOTOGRAPHY CLUB

Photo club gives youth a chance to get behind the lens. Develop your skills taking photos. Travel to different venues and learn artistic applications.

\$40

Wednesdays 6-7:30