



# CONFIDENCE WITH EVERY

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AQUATICS GUIDE

AUGUST 2016- MAY 2017

### Safe swimming & having fun. That's what it's all about at the Y.

Every day, children learn the basics of swimming at the Y and enhance their skills with our progressive lessons that turn beginners into experts, polliwogs into sharks. Our kids are having fun, being healthy, learning safety and building confidence all at the same time!

- ◆ We ensure **low instructor-to-student ratios** for more personal attention.
- ◆ We offer a **wide selection of classes & schedules** to fit your needs.
- ◆ Choose from **parent/child lessons** for infants and toddlers, **preschool, youth & adult lessons**.
- ◆ **Private and semi-private lessons** are also available.



## >> GROUP LESSONS COST

### SATURDAY

- **PARENT/CHILD SWIM & PRESCHOOL SWIM (30 min)**  
Member \$30 | Non-Member \$45
- **YOUTH SWIM (45 min)**  
Member \$40 | Non-Member \$60
- **ADULT SWIM (45 min)**  
Member \$40 | Non-Member \$60

### WEEKDAY

- **PARENT/CHILD SWIM & PRESCHOOL SWIM (30 min)**  
Member \$50 | Non-Member \$75
- **YOUTH SWIM (45 min)**  
Member \$75 | Non-Member \$110
- **ADULT SWIM (45 min)**  
Member \$75 | Non-Member \$110

**LATE FEE:** Late registrations may be accepted as space allows with a \$10 late fee.

## >> SWIM LEVELS

### SKIP | PARENT/CHILD SWIM: AGES 6-36 MONTHS

**Shrimp/Kipper (6-18 months):** This class introduces infants and parents to basic water skills and environment. It teaches water adjustment and basic water safety. Songs and games will be used to encourage infants.

**Inia/Perch (18-36 months):** Builds on Level 1 skills and includes kicking, reaching, paddling, floating and blowing bubbles. Teaches children to propel themselves through the water. Child will practice putting his/her face in the water and will learn breath control. Encourages child's independence in the water under the watchful eye of the parent.

### PRESCHOOL SWIM: AGES 3-5 YEARS

**Pike:** Designed for the beginner swimmer who cannot swim independently without the assistance of the instructor and cannot float on his/her back.

**Eel:** Designed for the child who has advanced from Pike OR can swim by themselves 1/2 the length of the pool (25 yards) with a flotation device and can swim with no flotation device for 5 yards.

**Ray/Starfish:** Designed for the child who has advanced from Eel OR can swim 15 yards to 20 yards horizontally with no flotation device and can demonstrate rhythmic breathing with a kickboard. Teaches personal safety skills.

### YOUTH SWIM: AGES 6-12 YEARS

**Polliwog:** This beginner level class is for the child who cannot swim the length of the pool.

**Guppy:** Designed for the child who has advanced from Polliwog OR is able to swim the length of the pool on either front or back.

**Minnow/Fish:** Designed for the child who has advanced from the Guppy level OR is able to swim front crawl with rotary breathing for 15 yards.

**Flying Fish/Shark:** Designed for the child who has advanced from the Minnow/Fish level OR is able to swim 2 lengths of the pool in breaststroke kick, 50 yards in elementary back stroke kick, 50 yards front crawl with rotary breathing and 50 yards back crawl.

### TEEN/ADULT: AGES 13 YEARS & UP

Open format class for beginner or intermediate that keeps the participant's goals in mind.

## >> OTHER PROGRAMS OFFERED

- ◆ Lifeguard Training
- ◆ CPR & First Aid Training
- ◆ Aquatics Personal Training

For more information on any aquatics program, please visit our website, the CannonYMCA mobile app or ask a Member Service Associate.

[www.cannonymca.org](http://www.cannonymca.org)

Find us on Facebook!

We're on Instagram!

## KANNAPOLIS YMCA

For information on lessons at this branch contact the Aquatics Director at 704.939.9622 ext. 219 or [kaquatics@cannonymca.org](mailto:kaquatics@cannonymca.org).

### SATURDAY LESSONS

SESSION #	SESSION DATES	(M) REGISTRATION	(NM) REGISTRATION
14	Oct 8 - Nov 12	Sept 17 - Oct 4	Sept 24 - Oct 4
2	Jan 7 - Feb 11	Dec 10 - Jan 3	Dec 17 - Jan 3
4	Feb 25 - April 1	Feb 4 - Feb 21	Feb 11 - Feb 21
6	April 29 - June 10	April 8 - April 25	April 15 - April 25

SWIM LEVEL	LESSON TIME
SKIP	9-9:30am
Pike	9:45-10:15am
Eel	10:30-11am
Ray/Starfish	10:15-11:45am

SWIM LEVEL	LESSON TIME
Polliwog	9-9:45am
Guppy	10-10:45am
Minnow/Fish	11-11:45am
Flying Fish/Shark	12-12:45pm

### WEEKDAY LESSONS

SESSION #	SESSION DATES	(M) REGISTRATION	(NM) REGISTRATION
13	Sept 13 - Oct 20	Aug 22 - Sept 10	Aug 29 - Sept 10
3	Feb 28 - Apr 6	Feb 6 - Feb 25	Feb 13 - Feb 25
5	April 25 - June 1	April 3 - April 22	April 10 - April 22

SWIM LEVEL	TUES/THURS	TUES/THURS
SKIP	10-10:30am	5:45-6:15pm
Pike	10:30-11am	5-5:30pm
Eel	11-11:30am	6:30-7pm

SWIM LEVEL	TUES/THURS
Polliwog	5-5:45pm
Guppy	6-6:45pm
Minnow/Fish	7-7:45pm

## WEST CABARRUS YMCA

For information on lessons at this branch contact Tara Larish at 704.795.9622 ext. 218 or [tlarish@cannonymca.org](mailto:tlarish@cannonymca.org).

### SATURDAY LESSONS

SESSION #	SESSION DATES	(M) REGISTRATION	(NM) REGISTRATION
14	Oct 8 - Nov 12	Sept 17-Oct 4	Sept 24-Oct 4
1	Jan 7 - Feb 11	Dec 10-Jan 3	Dec 17-Jan 3
3	Feb 25 - April 1	Feb 4-Feb 21	Feb 11-Feb 21
5	April 29-June 10	April 8-April 25	April 15-April 25

SWIM LEVEL	LESSON TIME
Shrimp & Kipper	9-9:30am
Inia & Perch	9:30-10am
Pike	9:30-10am
	10-10:30am
Eel	10:30-11am
Ray/Starfish	10:30-11am

SWIM LEVEL	LESSON TIME
Polliwog	9-9:45am
Guppy	10-10:45am
Minnow/Fish	11-11:45am
Flying Fish/Shark	12-12:45pm
Teen/Adult	11-11:45am

### WEEKDAY LESSONS

SESSION #	SESSION DATES	(M) REGISTRATION	(NM) REGISTRATION
13	Sept 12 - Oct 20	Aug 22- Sept 7	Aug 29-Sept 7
15	Oct 24 - Dec 8	Oct 3-Oct 19	Oct 10-Oct 19
2	Jan 9 - Feb 16	Dec 19-Jan 4	Dec 26-Jan 4
4	Feb 27 - April 6	Feb 6-Feb 22	Feb 13-Feb 22
6	April 24-June 1	April 3-April 19	April 10- April 19

SWIM LEVEL	MON/WED	TUES/THUR
SKIP	9:30-10am	9:30-10am
	5-5:30pm	6-6:30pm
Pike	10-10:30am	10-10:30am
	4:30-5pm	5:30-6pm
Eel	10:30-11am	10:30-11am
		5-5:30pm
Ray/Starfish	5:30-6pm	

SWIM LEVEL	MON/WED	TUES/THUR
Polliwog	5-5:45pm	5-5:45pm
Guppy	6-6:45pm	
Minnow/Fish		6-6:45pm
Teen/Adult	7-7:45pm	

## >> PRIVATE LESSONS COST

### PRIVATE LESSONS

Member \$100 | Non-Member \$150

### SEMI-PRIVATE LESSONS

Member \$60 | Non-Member \$90

Private & semi-private lesson structure is five, 30-minute sessions built around your schedule.

## COMPETITIVE SWIM TRAINING

For swimmers 6 to 18 years old that have completed the Minnow/Fish course or the equivalent. This is not a learn-to-swim program but an extension of the advanced swimming levels and is designed to teach and refine participants' strokes.

## KANNAPOLIS YMCA

### SESSION 3: AUG 15 - SEPT 22

#### REGISTRATION DATES

Members and Non-Members | Aug 1 - Aug 14

### SESSION 4: SEP 26 - NOV 3

#### REGISTRATION DATES

Members and Non-Members | Sept 4 - Sept 25

### SESSION 1 | 2017: FEB 6 - MAR 16

#### REGISTRATION DATES

Members and Non-Members | Jan 16 - Feb 5

### SESSION 2 | 2017: MAR 20 - APR 27

#### REGISTRATION DATES

Members and Non-Members | Feb 27 - Mar 19

Late registrations may be accepted as space allows with a \$10 late fee.

#### CLASS TIMES

Mondays & Thursdays

5:30pm - 6:30 pm Beginner and Intermediate

6:30pm - 7:30pm Advanced/ Swim team Experience

#### COST

Member | \$70 Non-Member | \$100

## WEST CABARRUS YMCA

### SESSION 3: SEPT 12 - SEPT 29

#### REGISTRATION DATES

Member | Aug 22-Sept 6

Non-Member | Aug 29-Sept 6

### SESSION 4: OCT 3 - OCT 20

#### REGISTRATION DATES

Member | Sept 12-Sept 27

Non-Member | Sept 19-Sept 27

Late registrations may be accepted as space allows with a \$10 late fee.

#### CLASS TIMES

Mondays, Tuesdays & Thursdays

Age 6-10 4:30pm - 5:15pm

Age 11-17 5:15pm - 6:15pm

#### COST

Member | \$100 Non-Member | \$150

### SESSION 1 | 2017: FEB 20 - MARCH 9

#### REGISTRATION DATES

Member | Jan 30-Feb 14

Non-Member | Feb 6-Feb 14

### SESSION 2 | 2017: MARCH 20 - APRIL 6

#### REGISTRATION DATES

Member | Feb 27-March 14

Non-Member | March 6-March 14

Late registrations may be accepted as space allows with a \$10 late fee.

#### CLASS TIMES

Monday, Tuesday & Thursday

Age 6-10 years 4:30pm - 5:15pm

Age 11-17 years 5:15pm - 6:15pm

#### COST

Member | \$100 Non-Member | \$150