

TEEN PROGRAMS

AQUATICS

On Lifeguard Training with CPR/AED/First Aid

American Red Cross training includes: CPR/AED/First Aid/Lifeguard. Prerequisite: Minimum age of 15, swim 300 yards continuously. Participants must attend all classes listed for that session, no make up classes are offered. Registration begins now!

East Session A		M \$190 P \$200
SA	April 17	8:00am-5:30pm
SU	April 18	8:00am-4:00pm
SA	April 24	8:00am-4:00pm
SU	April 25	8:00am-4:00pm
East Session B		M \$190 P \$200
M	June 14	8:30am-4:30pm
T-TH	June	15, 16, 17
		9:00am-4:00pm
F	June 18	9:00am-2:00pm

Please bring lunch/snacks with you to YMCA each day of class.

On Stroke Clinic

An excellent opportunity to learn/review the competitive techniques and to sharpen your present stroke proficiency involved in freestyle, backstroke, breaststroke, and butterfly. Course includes starts and turns for all strokes. For swimmers who can swim 4 lengths non-stop.

East - April 12 - May 7 4 weeks

Group	Ages	Practice	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$55 P \$ 75
2	11-18	M-F	4:00-5:30pm	M \$95 P \$115

Northeast - April 12-May 14 5 weeks M \$ 70 P \$100

M/W/F	Ages 6-10	Beginners	6:00-7:00pm
	Ages 11-18	Advanced	7:00-8:00pm

On Summer Swim "Tune-up" Clinic

This clinic is designed to focus on preparing the athlete for Summer Swim competition. We will work on stroke technique, endurance, and starts/turns. The "Tune-up" Clinic will run under the direction of Head coach Lynn Stickels and Coach Michael Rudie.

East - May 17 - May 28 2 weeks

Group	Ages	Practice	Time	Cost
1	7-10	M/W/F	4:00-5:00pm	M \$25 P \$35
2	11-18	M-F	4:00-5:30pm	M \$50 P \$65

On American Red Cross GuardStart

Lifeguarding tomorrow is designed to prepare 10-14 year olds to take Red Cross Lifeguarding certification programs and for future work as lifeguards. The GuardStart program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible lifeguards. Lessons are grouped into five main areas: prevention, fitness, response, leadership and professionalism. Participants must be at a YMCA Fish Level/American Red Cross Level 5 or higher.

Northeast

M	Ages 10-14	5:00-6:30pm
Includes course manual		M \$48 P \$86

On Teen Swim Lessons All abilities welcome!

This class is designed for teens who are in need of beginner level instruction, as well as for those who want to improve their strokes and continue to an advanced level.

East

M	Ages 13+	7:45-8:30pm
TH	Ages 13+	9:00-9:45am

Northeast

W	Ages 13-17	7:15-8:00pm
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West

SA	Ages 13+ Beginner Level 1	8:00-8:45am
SA	Ages 13+ Adv. Beginner Level 2	8:45-9:30am
		M \$38 P \$76

Log Rolling info on page 4



Pool Rules

- Children ages 6 and under must be actively supervised by an adult guardian **in the water** within arms reach. One adult needs to be present for every 2 children under age 7.
- Children ages 7-8 who do not pass the deep water test must be actively supervised by an adult guardian in the pool area.
- Children ages 9-15 may be in pool area without an adult.
- Persons under the age of 18 must pass the deep water swim test to go into the deep end of the pool.
- Swimsuit required to enter pool and whirlpool. No cutoffs, gym shorts, t-shirts or jeans.
- No food, drink, gum or glass in the pool area.
- Admission refused to all persons having contagious or infectious health conditions at the discretion of the lifeguard(s).
- Shower required before entering pool.
- No inflatable of any kind.
- Lifeguard on duty has final authority.

Looking for Swim Team info?

check out page 11