

Session Dates: June 19-July 15 2017**Preschool Lessons (Ages 3-5 years)**

LEVELS	DAY	TIME	FEES*
PIKE	MONDAY & WEDNESDAY	5:00 - 5:30 PM	\$35 Y Member \$55 Community Participant
PIKE	SATURDAY	9:30-10:00 AM	\$20 Y Member \$40 Community Participant
EEL	MONDAY & WEDNESDAY	6:30-7:00 PM	\$35 Y Member \$55 Community Participant
EEL	SATURDAY	10:00-10:30 AM	\$20 Y Member \$40 Community Participant
RAY/STAR	TUESDAY & THURSDAY	5:00 - 5:30 PM	\$35 Y Member \$55 Community Participant

Parent Child Lessons (Ages 6-36 months)

DAY	TIME	FEES*
WEDNESDAY	5:00 - 5:30 PM	\$15 Y Member \$35 Community Participant
SATURDAY	9:00 - 9:30 AM	\$15 Y Member \$35 Community Participant

*Class fee includes parent and child.

Youth Lessons (Ages 6-18 years)

LEVELS	DAY	TIME	FEES*
POLLIWOG	MONDAY & WEDNESDAY	5:30—6:15 PM	\$35 Y Member \$55 Community Participant
POLLIWOG	SATURDAY	10:00 - 10:45 AM	\$20 Y Member \$40 Community Participant
GUPPY	TUESDAY & THURSDAY	5:30 - 6:15 PM	\$35 Y Member \$55 Community Participant
GUPPY	SATURDAY	9:00-9:45 AM	\$20 Y Member \$40 Community Participant
MINNOW/FISH	TUESDAY & THURSDAY	6:15 - 7:00 PM	\$35 Y Member \$55 Community Participant
MINNOW/FISH	SATURDAY	10:45-11:30 AM	\$20 Y Member \$40 Community Participant
LITTLE MASTERS I & II	TUESDAY & THURSDAY	5:00 - 5:30 (I) 5:00 - 5:45 (II)	\$39 Y Member \$51 Community Participant

Adult Swim Lessons (18+)

DAY	TIME	FEES*
MONDAY	6:00-6:45 PM	\$30 Y Member \$50 Community Participant
TUESDAY	8:15-9:30 AM	\$30 Y Member \$50 Community Participant
TUESDAY	11:45-12:30 PM	\$30 Y Member \$50 Community Participant

Private Swim Lessons (All ages)

DAY	TIME	FEES*
VARIOUS	45 min lessons	\$18 Y Member \$26 Community Participant

Semi Private Swim Lessons (All ages)

DAY	TIME	FEES*
VARIOUS (For groups of 2 or 3)	45 min lessons	\$15 Y Member \$25 Community Participant

Most lessons are 4 weeks long and will meet 2 times a week. Bring a swimsuit, towel and goggles (without a nose mask) to each lesson. Disposable diapers are not allowed in the pool. Young children must wear a swim diaper and a swimsuit.



**CONFIDENCE
WITH
EVERY
STROKE**

SWIM LESSONS DESCRIPTIONS

PARENT-CHILD CLASSES

Parents must accompany the child in the water. Classes are designed to maintain a safe and enjoyable one-to-one relationship between parent and child, as well as allowing children to become more comfortable in and around the water.

PRESCHOOL CLASSES

Pike - Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, pool, and boating safety. Children will learn to move independently in the water on front, back and side using flotation devices.

Eel - For children who are comfortable in the water and able to swim five meters with faces in the water using flotation devices. Children are taught to float, kick, dive and perform progressive arm movements across the pool. Water and boating safety are also covered.

Ray/Starfish - For children who can swim 15 meters with faces in the water and with limited flotation. Reviews and improves stroke skills on front, back and side. Builds endurance, teaches treading water and progressive diving skills. Water and boating safety are included in the class.

YOUTH CLASSES

Polliwog - Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking. Flotation devices are used as tools to help the child learn.

Guppy - For children able to swim 20 feet without flotation. Teaches swimming on front, back and side. Children will learn front crawl with rhythmic breathing and back crawl. Will begin rotary breathing and increase endurance on back and side strokes.

Minnow - For children able to swim 25 meters on front and back without a flotation device. Teaches front crawl with rotary breathing, back stroke, side stroke, beginning breast stroke and diving.

Fish - For children able to swim 25 meters front crawl with rotary breathing, back crawl, and side stroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes.

AQUA EXERCISE CLASS DESCRIPTIONS

AQUA AEROBICS CLASS

This class has exercises that are done in both the shallow and deep ends of the pool. This class focuses on cardio conditioning as well as strengthening your core muscles.

ARTHRITIS 1 & 2 CLASSES

This class is a national program developed by the Arthritis Foundation and YMCA of the USA. It provides a safe and effective exercise program for people with arthritis. The class focus is on improving and sustaining joint mobility, muscle tone, functional endurance, and independence.

WATER WALKING CLASS

This class is primarily taught in deep water using flotation belts. The class focuses on toning the muscles. Minimal stress on joints! 30 minutes of Water Walking is comparable to 90 minutes of walking on land!!

AQUA FITNESS CLASS

Evening class that has exercises that are performed in both the shallow and deep ends of the pool. The class begins with stretching to warm up your muscles but focuses on cardio, muscle strength, and toning.

ASK ABOUT REGISTRATION DATES

ST. JOSEPH FAMILY YMCA

315 S 6th St.

St. Joseph, MO 64501

816-233-YMCA

stjoymca.org