



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH AQUATICS

## PRESCHOOL LESSONS

### WATER DISCOVERY—STAGE A (AGES 6 months–3 years)

In our Swim Starters program, there are two stages. Water Discovery is Stage A, where parents accompany their child to introduce the infant or toddler to the aquatic environment in a fun encouraging class that is instructor led for both parents and children.

### WATER EXPLORATION—STAGE B (AGES 6 months–3 years)

Water exploration is the next stage in our Swim Starters program. In this class, parents will work with their child to explore body positions, floating, blowing bubbles, and fundamentals of safety and other aquatic skills.

### WATER ACCLIMATION—STAGE 1 (AGES 3–6)

Preschool students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation for a student's future progress in swimming.

## SCHOOL AGE LESSONS

### WATER MOVEMENT—STAGE 2 (AGES 5–14)

In stage 2 for our school age swimmers, your child will focus on body control, directional change, and forward movement in the water. Students will continue to practice safety around water and learn how to safely exit in the event of falling in the water.

### WATER STAMINA—STAGE 3 (AGES 5–14)

Water Stamina is stage 3 of our Swim Basics program. This class will introduce rhythmic breathing, leg and arm movement, and challenge your child from longer distances than previous stages.

### STROKE INTRODUCTION—STAGE 4 (AGES 5–14)

In this next stage for school age students we begin our Swim Strokes program. In Stroke Introduction, students learn and develop stroke technique in front crawl and back crawl. Students will also be introduced to breast stroke kick and butterfly kick.

### Registration guidelines:

- Y-members can register 2 weeks prior to the start of lessons.
- Non-Y members can register 1 week prior to the start of lessons.

### WATER MOVEMENT—STAGE 2 (AGES 3–6)

In Stage 2, preschool students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

### WATER STAMINA—STAGE 3 (AGES 3–6)

In Stage 3, preschool students learn how to swim to safety from a longer distance than in previous stages in the event of falling into the water. This stage also introduces rhythmic breathing and integrated arm and leg action.

### STROKE DEVELOPMENT—STAGE 5 (AGES 6–14)

In stage 5, students will work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

### STROKE MECHANICS—STAGE 6 (AGES 6–14)

In this last stage of our Swim Strokes program, students refine stroke technique on all major competitive strokes, learn about competitive swimming.

### PRIVATE SWIM LESSONS (AGES 6+)

By appointment only, these lessons are 30 minutes in duration for beginners all the way up to the competitive swimmer. Up to three people allowed per session. Appointments are based on instructor and pool availability.

## ALLEGHENY VALLEY BRANCH

Class	Age	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Preschool Stage 1	3-6yrs	MON	1/17-3/7	5:00PM	\$34	\$17	\$102
Preschool Stage 2	3-6yrs	MON	1/17-3/7	5:00PM	\$34	\$17	\$102
Preschool Stage 2	3-6yrs	TUE	1/18-3/8	5:00PM	\$34	\$17	\$102
Preschool Stage 3	3-6yrs	TUE	1/18-3/8	5:00PM	\$34	\$17	\$102
School-Age Stage 2	6-14yrs	MON	1/17-3/7	5:30PM	\$34	\$17	\$102
School-Age Stage 3	6-14yrs	MON	1/17-3/7	5:30PM	\$34	\$17	\$102
School-Age Stage 3	6-14yrs	TUE	1/18-3/8	5:30PM	\$34	\$17	\$102
School-Age Stage 4	6-14yrs	TUE	1/18-3/8	5:30PM	\$34	\$17	\$102
School-Age Stage 5	6-14yrs	MON	1/17-3/7	6:00PM	\$40	\$20	\$120
School-Age Stage 5	6-14yrs	TUE	1/18-3/8	6:00PM	\$40	\$20	\$120
School-Age Stage 6	6-14yrs	MON	1/17-3/7	6:00PM	\$40	\$20	\$120
School-Age Stage 6	6-14yrs	TUE	1/18-3/8	6:00PM	\$40	\$20	\$120

## NEW KENSINGTON BRANCH

Class	Age	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Water Disc. A	6months-3yrs	SAT	1/22-3/12	11:15AM	\$34	\$17	\$102
Water Exp. B	6months-3yrs	SAT	1/22-3/12	11:45AM	\$34	\$17	\$102
Preschool Stage 1	3-6yrs	SAT	1/22-3/12	10:15AM	\$34	\$17	\$102
Preschool Stage 2	3-6yrs	SAT	1/22-3/12	9:45AM	\$34	\$17	\$102
Preschool Stage 3	3-6yrs	SAT	1/22-3/12	9:15AM	\$34	\$17	\$102
School-Age Stage 2	6-14yrs	SAT	1/22-3/12	10:45AM	\$34	\$17	\$102
School-Age Stage 3	6-14yrs	SAT	1/22-3/12	11:15AM	\$34	\$17	\$102
School-Age Stage 4	6-14yrs	SAT	1/22-3/12	10:45AM	\$40	\$20	\$120
School-Age Stage 5	6-14yrs	SAT	1/22-3/12	10:00AM	\$40	\$20	\$120
School-Age Stage 6	6-14yrs	SAT	1/22-3/12	9:15AM	\$40	\$20	\$120



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# ADULT AQUATICS

## ADULT WATER ACTIVITIES

### AQUACIZE

This shallow- and deep-water class provides a low to medium cardio workout focusing on aerobic conditioning, muscular toning, and strengthening. Some swimming skills required.

### ARTHRITIS AQUATICS

The class provides an opportunity for people with arthritis to join in a recreational exercise program. No swimming skills are required. Low to medium cardio workout.

### BUOYANT BODY WORKS

Want a real water workout? Use your entire-body with a combination of cardio respiratory endurance and muscle conditioning! Our class is done in deep water, with a float belt to enhance one's own natural buoyancy. The workout involves high/low intensity combinations of sets for designated time periods. Must be a swimmer to join!

### Registration guidelines:

- Y-members can register 2 weeks prior to the start of lessons.
- Non-Y members can register 1 week prior to the start of lessons.

### EVENING HYDRO/BBW

Water exercise is fun! We provide a nurturing environment to get a workout, meet new friends, and enjoy the water. This is a combination of 1/2 hour in the shallow end doing a Hydro class and 1/2 hour in the deep end doing Buoyant Body Works.

### SILVERSPLASH CLASS

Activate your aqua exercise urge for variety! Silver Splash offers lots of fun, shallow water moves to improve agility, flexibility and cardiovascular endurance. Fun and laughter, games, singing, and music, make this class the most fun one around!

## ALLEGHENY VALLEY BRANCH

Class	Age	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Buoyant Body Works	15yrs-Up	T & TH	1/4-1/27	9:15AM	\$24	\$12	\$72
Silver Splash	15yrs-Up	M-T-W-TH	Monthly	11:15AM	FREE	FREE	N/A

## NEW KENSINGTON BRANCH

Class	Age	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Aquacize	15yrs-Up	T & TH	11/2-11/30	9:35AM	\$18	\$9	\$54
Aquacize	15yrs-Up	T & TH	11/2-11/30	7:15PM	\$18	\$9	\$54
Arthritis Aquatics	15yrs-Up	M-W-F	1/4-1/27	9:45AM	\$20	\$10	\$60