

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM, SPORTS AND PLAY

Parent/Child and Preschool Swim Lessons at Deer Path

Parent/Child Classes

provide parent and child, ages 6 months-3 years, the opportunity to learn how to be safe, comfortable and relaxed in the water. Children have fun while the parent guides him/her to learn basic aquatic skills. Swim diapers with rubber pants are required.

Water Babies

Ages 6 - 12 Months
Beginner water adjustment class. See above description.

Father-Tot

Ages 1 - 2½ Years
Parent/child water adjustment class, designed for dads! See above description.

Parent-Tot

Ages 1 - 2½ Years Parent/child water adjustment class. See above description.

Tadpoles

Ages 2 - 4 Years
Designed for the child who has participated in Parent-Tot and is ready for a more challenging curriculum but is still too young to attend on their own in a class setting. Also good for children who are afraid to participate in a Pike class without a parent. Instructors will guide students through the skills taught in Pike while also reinforcing learning skills such as listening, taking turns and being able to participate in a group.

Sunday Swim Lessons

9:00-9:30 am	9:30-10:15 am	10:15-11:00 am
Private Lessons	Pike	Pike
	Eel	Eel
	Ray	Ray
	Polliwog	Polliwog
	Guppy	Guppy
	Minnow	

Preschool Swim Lessons

Ages 2½ - 6 Years Without Parent

Pike

Ages 2½ - 4 Years

Water orientation class designed for the new swimmer. Child must be comfortable in the water without the parent. Children develop safe pool behavior, adjust to the water and develop independent movement in the water. Flotation device used.

Water Orientation

Eel

Ages 3 - 6 Years

Skills include flutter kick, front and back float, paddle stroke, rhythmic breathing (bobs), treading water and water safety. Flotation device used.

Beginner Level

Ray

Ages 3 - 6 Years

Skills include water safety, fundamentals of rotary breathing, and building endurance by swimming on front and back. Diving skills are introduced. No flotation devices are used.

Intermediate level

Starfish

Ages 4 - 6 Years

Review skills learned in Ray, refine front crawl, back-stroke, diving and floating skills. Child begins to swim more distance and gain strength and endurance.

Advanced level

Private Swim Lessons for Adults and Children

Private swim lessons for those that are trying to overcome the fear of the water or who need to focus on a special goal or skill. Call our Aquatics Director, Flora Mannino at 908-782-1044 x 624 to schedule. Classes available weekdays and weekends.

Questions? Contact Flora Mannino at 908-782-1044 x 624 or fmannino@hcymca.org

SWIM, SPORTS AND PLAY

Grade School Swim Lessons at Deer Path

Classes for Ages 5 - 12 Years

Five basic components are stressed in our national progressive program: personal safety, stroke development, water sports and games, personal growth and rescue skills

Polliwog **Beginner Swimmer**

Floating, gliding, kicking and rhythmic breathing (bobs) are learned. Swimming 15 yards using the paddle stroke without flotation must be demonstrated before advancing to Guppy.

Guppy **Intermediate Beginner**

Rotary breathing (proper breathing with front crawl), backstroke, and water safety are learned. Diving skills are introduced. Child must swim 15 yards demonstrating rotary breathing before advancing to Minnow.

Minnow **Advanced Beginner**

Refining front and back crawl, diving and building endurance is the goal of this level. Child must swim 25 yards demonstrating proficiency at front and back crawl to advance to Fish.

Fish **Intermediate**

Breast stroke, butterfly kick, and continued refinement of front and back crawl are taught. Includes endurance swimming using varied strokes and turns. Child must swim 50 yards using a properly coordinated kick and pull in breast stroke to advance to Flying Fish.

Flying Fish **Advanced Intermediate**

Butterfly stroke, and continued refinement of breast stroke, front and back crawl are taught. Starting from the block and flip turns are introduced. Child must be able to swim 100 yards of front crawl, backstroke, and breast stroke proficiently to advance to Shark.

45 minute Swim Lessons:

	Registration By 2/29	After 2/29
Family Full Member:	\$54	\$59
Program Member:	\$88	\$93
Non-Member:	\$120	\$125

Shark **Advanced**

Competitive swimming skills are introduced. Further emphasis is also placed on stroke mechanics, starts, turns and endurance.

Power Swim

Designed for students who have passed Flying Fish or Shark and want the challenge of twice weekly workouts to improve their technique, endurance and fitness levels. Great for staying in shape between sport seasons.

Mon. and Wed. 4:45-5:30 pm (two-day option)
Full Member: \$98

Program Member: \$169

Nonmember: \$198

Friday 4:45-5:30 pm (one-day option)

Saturday 10:00-10:45 am (one-day option)

One-day option price same as swim lesson fee.

Advanced Teen Power Swim

Teens take your swimming to the next level. This advanced course will feature challenging and fun one hour long workouts which help students improve technique, endurance and fitness levels. Includes worksheets to help students identify their individual swimming and fitness goals and help them write and design their own swimming workouts. One class session will be devoted to videotape critique of their swimming which includes pointers for better swimming

Tuesdays and Thursdays 8:00-9:00 pm

Fee for 14 hours of Swimming

Full Member: \$130

Program Member: \$225

Non Member: \$262

Scout Badges

Scout members will be guided through specific scouting requirements to earn aquatic badges or pins (provided by scout leader). Minimum 8 scouts. \$10 per scout. Fee includes pool space and instruction.

Pools schedules are available at the front desk and online www.hcymca.org.

Spring I March 5-April 29 (no classes 4/6-4/13) • Register Online www.hcymca.org 11

Deer Path Swim Lesson Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00 am	Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Tadpoles Pike Eel Ray Starfish	Pike Eel Ray Starfish	Tadpole Pike Eel Ray Starfish	(8:00-8:45 am) Water Babies Parent-Tot Father-Tot Pike Eel Ray Private Lessons (pg 10)
10:00-10:45 am	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	(9:00-9:45 am) Water Babies Father-tot Parent-tot
10:45-11:30 am	Water Babies Parent-tot Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Pike Eel Ray Starfish Polliwog Guppy Minnow Flying Fish Shark Power Swim
1:00-1:45 pm	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	
4:00-4:45 pm	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark	(10:00-10:45 am) Water Babies Father-tot Parent-tot Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish
4:45-5:30 pm	Pike Eel Ray Starfish Polliwog Guppy Minnow Power Swim	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark Power Swim	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark	Pike Eel Ray Polliwog Minnow Guppy Fish Flying Fish Shark Power Swim	(11:00-11:45 am) Tadpoles Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark
7:05-7:50 pm		Parent-tot Father-tot Tadpoles Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish		Parent-tot Father-tot Tadpole Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark		(12:00-12:45 pm) Tadpole Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Adult/Teen Lessons

Sunday Swim Lessons!
See page 10.