

# 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

##### Water Adjustment Classes

Ages 6 Months - 3 Years

Classes provide parent and child 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 ½ - 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. 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.

##### Perfectly Petrified Pikes

Ages 2½ - 4 Years

Water adjustment class with parent. Intended for the child who is new to the water and/or is fearful of the water and could benefit from parent support. Challenge and expand your child's independence and prepare him/her for a Pike or Eel class.

#### Preschool Swim Lessons

Ages 3 ½ - 5 Years Without Parent

##### Pike

##### Water Orientation

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.

##### Eel

##### Beginner Level

Ages 4 - 6 Years

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

##### Ray

##### Intermediate level

Ages 4 - 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.

##### Starfish

##### Advanced level

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.

**New! Free program member  
swim on Sundays  
from 4:00 to 5:00 pm.**

Questions? Contact Flora Mannino at 908-782-1044 x 624 or [fmannino@hcymca.org](mailto:fmannino@hcymca.org)

# SWIM, SPORTS AND PLAY

## Grade School Swim Lessons at Deer Path

### Grade School Swim Lessons

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.

Fee for Seven 45-minute Swim Lessons	
Family Full Member:	\$52
Program Member:	\$86
Non-Member:	\$120



### 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.

### Shark

#### Advanced

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

### Power Swim

**NEW!**

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.

10 and under: Mon./Wed. 4:45-5:30 pm

11 and up: Mon./Wed. 8:00-8:45 pm

or Tues./Thurs. 8:00-8:45 pm

Full Member: \$98

Program Member: \$169

Nonmember: \$198

### Private and Semi-Private Swim Lessons (Adults & 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.

## 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 Petr. Pikes Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray	(8:00-8:45 am) Tadpoles Petrified Pikes Pike Eel Private Lessons (see pg. 9)
10:00-10:45 am	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Eel Ray Starfish	(9:00-9:45 am) Water Babies Father-tot Parent-tot Pike Eel Ray Starfish Polliwog Guppy Minnow Flying Fish Shark
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		
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	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish	Pike Eel Ray Starfish Polliwog Guppy Minnow	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish	(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	Father-tot Pike Eel Ray Starfish Polliwog Guppy Minnow	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark	Pike Eel Ray Starfish Polliwog Guppy Minnow	Pike Eel Ray Polliwog Minnow Guppy Fish Flying Fish Shark	(11:00-11:45 am) Tadpoles Petrified Pikes Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish
7:05-7:50 pm		Parent-tot Father-tot Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish		Tadpoles Petr. Pikes Pike Eel Ray Starfish Polliwog Guppy Minnow Flying Fish Shark		(12:00-12:45 pm) Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark Adult/Teen Lessons