



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATICS SCHEDULE

Princeton Family YMCA

Spring I 2012: February 27 - April 29

No classes 4/2-4/9

Tuesday	Thursday	Saturday	Sunday
1:30-2:30pm <i>Water Fit</i>	10:30-11:30am <i>Water Fit</i>	1:00-1:30pm <i>P1/P2 Private</i>	4:45-5:15pm <i>Parent/Child Private P1/P2</i>
3:30-4:00pm <i>Private</i>	1:30-2:30pm <i>Water Aerobics</i>	1:35-2:20pm <i>Y1, Y2, Y3</i>	5:20-6:05pm <i>Y1/Y2</i>
4:00-4:30 <i>P2</i>	3:30-4:00pm <i>Private (2)</i>	2:25-2:55pm <i>P2 /P3 Private</i>	6:10-6:40pm <i>P3 Pike w/Parent Private</i>
4:00-4:45 <i>Y1/Y2</i>	4:00-4:30 <i>P1/P2</i>		6:45-7:30pm <i>Y2/Y3</i>
4:30-5:00 <i>Private P3</i>	4:00-4:45 <i>Y2/Y3</i>		7:30-8:00pm <i>Private</i>
4:45-5:30 <i>Y2/Y3</i>	4:30-5:00 <i>Private P3</i>		
5:00-5:30 <i>Private SNAP</i>	4:45-5:30 <i>Y1/Y2</i>		
7:00-7:30pm <i>Private P1/P2</i>	5:00-5:30 <i>Private SNAP</i>		
7:35-8:20 <i>Y1/Y2/Y3</i>			
8:25-9:20 <i>Teen/Adult</i>	7:00-8:00pm <i>Pirates OST</i>		

Program Fees	Full Facility Member	Program Member
<i>Parent/Child</i>	\$95	\$130
<i>Preschool</i>	\$95	\$130
<i>Youth</i>	\$110	\$160
<i>Teen/Adult</i>	\$125	\$180
<i>SNAP</i>	\$200	\$250
<i>Private</i>	\$255	\$310
<i>Semi-Private</i>	\$383	\$465
<i>Water Fitness</i>	Free	1x\$60 2x\$85 3x\$110

American Red Cross certification courses:

Contact Kristin Leung at kleung@princetonymca.org for more information.

Princeton Pirates Off-Season Training Program:

A stroke, turn and technique clinic designed to improve precompetitive and competitive swimmers' skills and keep them conditioned during the off-season.

All Pirates' competitive swimmers and YMCA level Y4 participants are invited to participate.

New swimmers should contact the coaches at PrincetonPirates@gmail.com

Visit our website at www.princetonymca.org to view the Pirates OST schedule and fees.



Private Swim Lessons (30 minute class) – *All ages*

YMCA Private Swim Lessons are designed for swimmers who desire weekly one-on-one instruction. Semi-private lessons are also available if students have similar swimming abilities.

SNAP Lessons (30 minute class) – *ages 5-21*

Special Needs Adaptive Program - designed for swimmers ages 5 through 21 with special needs. Recognizing the need for quality adaptive programming for individuals in the Princeton area, SNAP helps individuals gain confidence, promote independence and responsibility, as well as nurture a healthy and active lifestyle. All programs are lead by qualified, trained individuals who help promote a safe, friendly and supportive environment.

Parent/Child Class: class ratio: 1:10 – *6 months through 3 years old – with parent*

Parent and child classes are taught as a combined session with you, the parent, accompanying your child in the water to cultivate confidence in and around the pool. Skills are introduced at your child's developmental level and teach basic swimming skills. Basic water skills and safety are also taught to both you and your swimmer and reinforced through songs, water "play" and a lot of bonding and confidence building.

Pike with Parent Class: class ratio: 1:10 – *2 through 4 years old – with parent*

This class partners you and your child with an instructor to ease the transition into a class where your child will become independent. Beginning stroke skills and building confidence help the child transition to an independent preschool level class when the time is right. You and your child will learn about personal safety and basic stroke technique similar to what is learned in the Group P1 level. This class is a terrific way to instill confidence!

Preschool Swim Lessons – *3 through 6 years old – without parent*

Group P1 (Beginner): class ratio 1:6

The Group P1 class is designed for your beginner level preschool swimmer and helps your child first adjust to the water, and then develop independent movement. Basic stroke and kicking skills, floating, and pool safety is taught and confidence in the water is increased.

Group P2 (Intermediate): class ratio 1:6

This class is for your intermediate level preschool swimmer who can swim *at least* 10 feet without a floatation device. Stroke technique on front, back and side are improved and endurance built. Diving skills are introduced.

Group P3 (Advanced): class ratio 1:8

Group P3 is for your advanced level preschool swimmers, who are comfortable swimming at least 15 yards independently and swimming on both their front and back. Stroke technique, endurance and diving skills are refined.

Youth Swim Lessons – *6 through 12 years old*

Group Y1 (New swimmers): class ratio 1:6

This class is designed for your new and non-swimmer who is uncomfortable or inexperienced in the water. It teaches basic water skills including gliding with face in the water, floating, and kicking. Your child learn water safety in and around water and gain self-confidence.

Group Y2: (Beginners through advanced beginners) class ratio 1:8

This level is for your child who is comfortable in the water and able to swim *at least* 15-20 feet without a floatation device. Your swimmer should also be comfortable gliding and floating with face in water. Breath control is taught as well as stroke technique on front, back and side. Endurance is built and diving skills are taught.

Group Y3 (Intermediate): class ratio 1:8

Your child in Group Y3 is able to swim 50 - 100 yards of freestyle with rotary breathing, backstroke, sidestroke and breaststroke. These skills are refined, butterfly is taught and strength and endurance are increased.

Pirates OST (Advanced): class ration 1:10

Pirates Off-Season Training is for swimmers who are comfortable swimming at least 100 yards of freestyle, 100 yards of backstroke and 100 yards of breaststroke non-stop and have experience with butterfly. The focus of this class is improving your swimmers' stroke and turn technique as well as endurance in preparation for pre-competitive and competitive swimming.

Adult Swim Lessons

American Red Cross Lifeguard Training: *Ages 15 and up (Lifeguarding challenge also available by appointment only)*

32-hour American Red Cross training course for new or recertifying lifeguards. Participants must be 15 years of age by the end of the course and must be able to swim 300 yards continuously and retrieve a 10 lb. brick from a depth of 7-10 ft. prior to beginning the course. With the successful completion of both practical hands-on skills and a written examination, participants will earn certifications in Lifeguarding and First Aid and CPR/AED for lifeguards.

Teen/Adult Swim Classes (Beginner through Intermediate): *Ages 13 & up, class ratio 1:5*

In our adult swim classes, trained instructors review various topics for you, the adult swimmer. Sessions include skills ranging from water acclimation and basic safety skills to rotary breathing, the four competitive strokes, flip turns, and more. Sign up early to save your spot!

Water Fitness:

FREE with Full-Facility Memberships! Researchers say that working out with a group increases the chance of taking off weight, keeping it off, and staying fit. This focused cardiovascular fitness program tones, shapes, and strengthens muscles, builds endurance and burns off pounds. Class is held in both deep and shallow water.