

# THE AQUATICS PROGRAM AT THE YMCA

## Beginning Levels: All of these lessons last ½ hour

Sunbury YMCA Unisex Changing Area is near the pool entrance on the second floor.

- **Waterbabies:** Introduces safety awareness and develops pre-swimming skills in a fun atmosphere. Parent- child (6 mos – 36 mos)
- **Skippers:** (Sunbury YMCA only) – for preschool age child with no water experience at all. Age 3-5
- **Pike:** This class is for the preschooler who has completed the skipper class or has some water experience. Age 3-5
- **Eel:** This is for the child who can swim with her head above water without assistance or a floatation device at least 5 feet. Age 3-5
- **Stingray:** This is a transitional class from Eel to Ray. We work with belts to build endurance and strength. Age 3-5 **SUNBURY ONLY**
- **Ray:** This is an advanced preschool class for children who can swim at least 15 feet without assistance or a floatation device. Age 3-5
- **Starfish:** This is the most advanced preschool swimming class with a focus on endurance and stroke refinement. Age 3-5

## Progressive Swim Lessons (Ages K5 to 14): All of these lessons last 45 minutes

Private Swim Lessons are available at both branches Call for information

- **Polliwog:** This is the beginner level for the child who has little or no water experience.
- **Guppy:** This level introduces front crawl with rotary breathing.
- **Minnow:** Child must be able to swim front crawl with rotary breathing to enter this level. This class refines front crawl and introduces back crawl and diving.
- **Fish:** Child must be able to swim 25 yards front and back crawl. Introduces breaststroke kick and elementary backstroke.
- **Flying Fish/Shark:** These advanced levels concentrate on technique and endurance. It introduces the butterfly stroke and flip turns.
- **Porpoise:** Introduces basic lifeguarding. Must have completed all previous levels or test out of them.

## Adult( Age 15 and up)

- There are 3 levels for adults. Beginner, Intermediate and Advanced.

### 8 WEEK SWIM LESSONS

\$40 Family Member  
\$62 Adult/Youth  
\$90 Non-member

Pool schedules can be picked up at the member service desk. Times for family swim and lap swim are listed.

### SUNBURY Y WATER WALKING/JOGGING!

W/F 8:00 -9:00am  
T/TH 6:30pm – 7:00pm  
Join us in this self instructed hour walking or jogging at your own pace!

## Swim Class Times at Sunbury YMCA: ( Adult lessons available by appointment with the Aquatics Coordinator )

	Saturdays	Wednesday
Waterbabies	9:00 – 9:30	11:00-11:30
Skippers	9:30 – 10:00	10:30-11:00
Pike/Eel	10:00 – 10:30	
Ray/Starfish	10:00 – 10:30	
Polliwog/Guppy	10:45 – 11:30	
Minnow	10:45 – 11:30	
Fish	10:45 – 11:30	
Flying Fish	10:45 – 11:30	
Shark	10:45 – 11:30	

### Aquacise Classes at the Sunbury YMCA

**Shallow Water** 9:00am M/W/F & 9:45am T/TH  
**Deep Water\*** 9:00am T/TH 9:45am M/W  
**Advanced Aquacise** M/W 7:30pm-8:15pm  
**Evening Mix** 7:00pm & 7:45pm T/TH

\*Incorporates water exercise, toning & cardiovascular workout without joint stress or impact. A floatation belt is used.

## Swim Class Times at Milton YMCA:

<b>Waterbabies</b> Saturday 9:00-9:30	<b>Ray and Starfish</b> Saturday 11:00 – 11:30	<b>Private Lessons</b> Tues & Thurs. by appt.
<b>Pike</b> Saturday 9:30-10:00	<b>Polliwog &amp; Guppy</b> Saturday 10:00 -10:45	
<b>Eel &amp; Pike</b> Saturday 9:30-10:00	<b>Minnow &amp; Fish</b> Saturday 11:00- 11:45	
<b>Day Care Swim</b> Wednesday 10:00 – 11:00	<b>Flying Fish &amp; Shark</b> Friday 4:45 – 5:30 Saturday 11:00-11:45	

### SUNBURY'S AFYAP CLASS!

THURSDAY 1:30pm-2:30pm  
Members: FREE Non-Members: \$30.00  
**Arthritis Foundation YMCA Aquatic Program** is a non-aerobic class that will help relieve the pain and stiffness caused by arthritis. It will also help improve joint flexibility, rang of motion and increase endurance in a fun social atmosphere!

### Scuba Diving at Milton YMCA – The PADI Open Water Scuba Course

- 4 week course. Call for dates.
- Instructor Rich Best of Sunken Treasure Scuba
- Classroom , pool and open water dives

### Aquacize Classes at Milton YMCA

Monday – Friday 9:00 – 10:00am  
Monday – Thursday 6:30 – 7:30pm

#### Aqua Pilates

Monday and Thursday 10:00-11:00

**Aqua Cycling/Water Walking** –Self guided hour of cycling or walking at your pace  
Tuesday and Friday 10:00-11:00

#### Arthritis Foundation YMCA Aquatic Program

Mon- Wed -Fri 1:00 – 2:00 & 2:00 – 3:00

Members – FREE

Non-Mem - 1 time per wk \$25.00 2 times per wk \$40 per month  
3 times per wk \$54 month

Seniors - 1 time per wk \$22.00 2 times per wk \$35 per month  
3 times per wk \$43 per month