



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

AQUATICS

SCHENECTADY YMCA

518.881.0117

2011 Fall (Session II) Programs • Oct 31 – Dec 18
Registration Begins October 10 for Full Members
and October 17 for Program Members

Strengthening Community

Helping people is what we're all about at the Y, and has been from the start. We strengthen the foundations of community by nurturing the potential in every child, by promoting healthy living, and by giving back to our community. The Capital District YMCA is a charitable, non-profit organization. Please join, give, volunteer, and advocate for the Y today.

Now Open! Schenectady High School Pool

Before you swim, please get your swim pass at the Y.

The Schenectady school district and the Capital District YMCA have teamed up to re-open the high school pool to the community. To swim in the pool, you need a swim pass (which can be purchased at the new Schenectady YMCA located at 433 State Street), or you need to be a full member of the Capital District YMCA. The monthly rate for the swim pass is provided below. The cost to swim in the pool allows us to cover the cost to staff and open the pool to the public.

Monthly rates for Schenectady city school district residents & employees

Adult \$12.50
Family \$20
Youth \$7.50

Monthly rates for the general public

Adult \$25
Family \$40
Youth \$15

Rates for Capital District YMCA members

Full members of the Capital District YMCA don't pay an additional rate to swim in the pool.

Location

Schenectady High School
1445 The Plaza
Schenectady, NY 12308

Open Swim Hours

Monday thru Friday 5:30 – 7:30AM and 6 – 9PM
Saturday 8AM – 12PM

Additional hours may be added as membership grows.

YMCA Swim Lessons

Swim Lesson Registration

We teach all National YMCA Swim Lesson program levels. To ensure that your child receives lessons that best match her/his ability, on the first day of lessons, children will be evaluated and placed in the appropriate level according to ability. Please register your child by age and session time for Parent/Child, Pre-School, or Youth lessons.

Parent & Child Swim Lesson

Parent Participation Class
Ages 6 – 36 Months

Enjoy this fun way to get a head start acclimating young child to the water. We create a special time for parents and children to interact through water games, songs, and basic movements. Children won't learn how to swim, but have fun in the water. Children must wear swim diapers under their swim suits.

Schedule Saturdays 9 – 9:30AM
Cost Full Members \$33
Non-Member \$53

Pre-School Swim Lessons 30 Minutes

Ages 3 – 5 Years

Pike

Welcome beginners with little experience in the water. Children work on water basics: blowing bubbles, front and back floating with support, paddling on their front, back, and side. • Swim belts will be used.

Eel

Welcome children comfortable in the water, as they develop skills learned at the Pike level. Plus, learn to put their faces in the water, floating, jumping in, and paddling without support. • Swim belts and noodles will be used.

Ray

Welcome swimmers able to move through the water independently, and ready to begin learning front and back crawl strokes, sidestroke, and breast stroke, rhythmic breathing, kneeling dives and somersaults. • Noodles will sometimes be used to build endurance.

Continued...

REGISTER ONLINE

CDYMCA.ORG

Starfish

Welcome swimmers ready to continue to develop front and back crawl strokes, side-stroke, and breast stroke.
• Noodles may be used.

Cost Members \$33
 Non-Member \$53

Sessions Monday 4:30 – 5PM
 or Monday 6 – 6:30PM
 or Thursday 6 – 6:30PM
 or Saturday 9 – 9:30AM
 or Saturday 9:35–10:05AM
 or Saturday 10:55–11:25AM

Youth Swim Lessons 30 Minutes Ages 6 – 12 Years

Polliwog

For the beginner with little or no experience in the water, to learn bubble blowing, front and back floats, jumping in, getting their faces wet, and paddling on the front, back, and side. • Swim belts or noodles will be used.

Guppy

For the child comfortable in the water and deep end, who will learn the front and back crawl, sidestroke, breast stroke, and elementary backstroke. Rhythmic breathing, kneeling dives, and somersaults also introduced. • Noodles will be used.

Minnow

For swimmers familiar with the basic strokes and ready to develop those strokes. Rotary breathing, standing dives and the resting stroke are also introduced.
• Noodles sometimes used to help build endurance.

Fish

For swimmers continuing to develop strokes taught in the guppy and minnow levels, and ready to learn the butterfly stroke. Open turns and surface dives are introduced.

Flying Fish

For advanced swimmers who have developed the front and back crawl strokes, side stroke, breast stroke, and are ready to develop the butterfly stroke. Flip turns are introduced for the front and back crawl strokes.

Cost Members \$33
 Non-Member \$53

Sessions Monday 5:10–5:40PM
 or Monday 6 – 6:30PM
 or Thursday 6:30 – 7PM
 or Saturday 9:35–10:05AM
 or Saturday 10:10–10:40AM
 or Saturday 10:55–11:25AM

Private Swim Lessons

One to two people of comparable skill are welcome to customized swim lessons with our qualified instructor. Minimum age is 3. Class is offered as a block of six, 30-minute lessons. Please call our Aquatics Department to arrange your lessons.

Cost Members \$108
 Non-Member \$155

Developmental Swim Clinic

Swimmers, here is your chance to improve your competitive skills through specialty stroke drills. This is your clinic if you who want to discover if being on a swim team is for you, or you want to improve your skills, but have advanced beyond regular lessons. Ages Minnow level and above.

Cost Member \$38
 Non-Member \$58
Schedule Saturday 10:10 –10:50AM

Water Aerobic Classes

Take the plunge! Pool Members and YMCA members enjoy our adult water aerobic classes for FREE! We will start by offering two evening classes and then add more classes as needed to meet our members' needs! Please see our Aerobic Schedule for class descriptions.

Schedule Monday 7– 7:45PM
 Thursday 7 – 7:45PM

Aqua Personal Training

Love the water? Looking for a creative way to enhance your workouts? Let our aqua personal training staff help you improve your cardiovascular conditioning, strength and flexibility during one-on-one sessions in the pool. Contact the Schenectady YMCA for more information.