

Winter Session:
January 4 - February 14

Registration Dates:
Member Registration:
December 7

Rate Guide:
F = Family Member
M = Member
N = Non-Member

AQUATICS

PRESCHOOL SWIM

F: \$50 M: \$70

Parent/Child Swim (18-36 months)

30 minutes

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

Stage 1 (3-6)

30 minutes

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2 (3-6)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (3-6)

30 minutes

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

Stage 4 (3-6)

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.

YOUTH SWIM

F: \$50 M: \$70

Stage 1 (6-18)

30 minutes

This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2 (6-18)

30 minutes

This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (6-18)

30 minutes

Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

Stage 4 (6-18)

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Stage 5/6 (6-18)

30 minutes

Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

PRIVATE SWIM LESSONS

Private swim instruction is available from the pool deck for children in swim stages 4-6. For more information, contact Aquatics Director, Drew Sidell, at dsidell@metronorthymca.org.

LIFEGUARD TRAINING

M: \$325

Students will be trained in the nationally recognized Red Cross Lifeguard Course including CPR, First Aid, and AED.

Lifeguard Training Course
December 28-30
Mon-Wed 9:00am-5:00pm

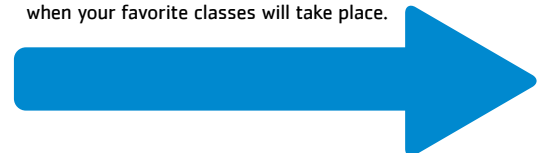
Lifeguard Training Course
January 9-23
Saturdays 9:00am-5:00pm

Lifeguard Training Course
February 6-20
Saturdays 9:00am-5:00pm

Lifeguard Training Course
February 16-18
Tue-Thu 9:00am-5:00pm

Please Note: Stages 1-3 a parent is required to be in the water with the children. Goggles are highly recommended. Instructors will be teaching from the pool deck to insure safe distances are kept at all times. Classes will be limited to a max of 5 per class. Private lessons the instructor may be in the water with the child. For all non-swimmers an adult must enter the water with the participant. Safety measures that you and the instructor feel comfortable will be discussed on a case by case basis.

Please refer to the class schedule on the reverse side for more information on when your favorite classes will take place.



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AQUATICS

PARENT CHILD SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Parent Child 1							
Parent Child 2							

PRESCHOOL SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Stage 1 & 2		5:10pm					
Stage 3		4:30pm					
Stage 4							

YOUTH SWIM

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Stage 1					5:10pm		
Stage 2				5:10pm			
Stage 3				4:30pm			
Stage 4				5:50pm	5:50pm		
Stage 5 & 6		5:50pm		5:50pm	5:50pm		

CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.

Please refer to the class descriptions on the reverse side for more information about what each class entails.

