



# aquatics programs

Winter 2018

## **WINTER PROGRAM GUIDE**

AT YWCA WHITE PLAINS & CENTRAL WESTCHESTER

eliminating racism  
empowering women

**ywca**

White Plains & Central Westchester

American Red Cross Learn-to-Swim program provides school-age children and young teens with positive, developmentally appropriate aquatic learning experiences.

## Parent/Toddler & Pre-school Levels

**Wee Splash 1** (6 months -2 years) Parents or caregivers are in the water with child for these instructor-facilitated courses which use songs, games, group and individual activities to support the introduction of basic swimming skills and water safety. Children are challenged at their developmentally appropriate level.

**Wee Fish** (3 - 5 years) This is a transition class. The session begins with parents, children, and instructor in the water practicing water exploration skills, preparing children for independent swim. By the end of the session children continue their exploration independently with instructor; parents are not in the water.

**Preschool Level 1** (3-5 years old) Class is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

**Preschool Level 2** (3-5 years old) Class builds on the basic aquatic and water safety skills and concepts learned in Level 1. Participants begin to perform at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

**Preschool Level 3** (3-5 years old) Instructors continue the development of the skills learned in Levels 1 and 2. Participants are able to perform basic swim stroke elements with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

## Youth Levels

**Level 1** (Ages 6 & up) **Introduction to Water Skills.** Designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

**Level 2** (Ages 6 & up) **Fundamental Aquatic Skills.** Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

**Level 3** (Ages 6 & up) **Stroke Development.** Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors, dolphin kicks, survival float, rules for headfirst entries and begin to learn to enter the water headfirst. On successful completion of Level 3, participants have achieved basic water competency.

**Level 4** (Ages 6 & up) **Stroke Improvement.** Participants perform strokes learned in Level 3 at increased proficiency. In addition, they learn the arm actions that accompany the kicks. Participants also learn the back crawl and butterfly at rudimentary proficiency levels in addition to the basics of performing a simple open turn at a wall.

**Level 5** (Ages 6 & up) **Stroke Refinement.** Focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back.

**Level 6** (Ages 6 & up) **Swimming And Skill Proficiency.** Focuses on refining strokes and turns and building endurance.

**Neptunes Swim Club** (Ages 7 & up) A club perfect for kids in levels 5 & 6, ideal for swimmers looking for an introductory swim team program as well as for those looking for a workout. Neptunes participate in the Westchester Fairfield Swim League. Club meets twice a week Sept 11, 2017 through March 14, 2018. Payment plan avail.

**Mon & Wed** 4:15 - 5:15pm AQNEP Call for pricing

## Adult Swim

Overcome your fears, set your goals, and learn in a supportive environment. Instructors work with adults at all levels to accomplish individual goals.

**Beginner Learning the Basics** is designed to help participants gain basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke.

**Intermediate Improving Skills and Swimming Strokes** seeks to improve participants' proficiency in basic aquatic skills and the five basic swimming strokes (i.e., front crawl, back crawl, breaststroke, elementary backstroke and sidestroke).

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**Fri (Intermediate)** 7:45 - 8:25pm F1A1 \$276/\$324

## YWCA Middies Swim Team

A year-round United States swimming team run out of the Metropolitan Zone. The team follows the meets and time standards of these two governing bodies which are geared toward the inclusion and improvement of all swimmers.

Swimmers compete at local, regional and national events. Contact the YWCA Middies Head Coach at (914) 949-6227 x 151 or jyearwood@ywcawpcw.org

**Winter 2018 Session:** Dec. 4 - Mar. 18

No class dates: Dec. 24-31; Jan. 1,15; Feb. 19-25

Classes are once a week. Wee classes are 30 minutes; all other classes are 40 minutes. Schedule and instructors are subject to change. Member and non-member rates offered.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Parent/Toddler Fees</b>							<b>\$286/\$330</b>
Wee Splash 1 (6 months - 2 years)							9:05am U1WS 10:35am U2WS
Wee Fish (3 - 5 years; must be 3 by first day of class)							9:50am U1WF
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Preschool &amp; Youth Fees</b>	<b>\$290/\$320</b>	<b>\$348/\$384</b>	<b>\$348/\$384</b>	<b>\$348/\$384</b>	<b>\$348/\$384</b>	<b>\$348/\$384</b>	<b>\$319/\$352</b>
Preschool 1 (3 - 5 years)	3:50pm M1P1		4:35pm W1P1	4:00pm H1P1		9:05am S1P1 11:20am S2P1	10:35am U2P1
Preschool 2 (3 - 5 years)		4:00pm T1P2	3:50pm W1P2			9:05am S1P2 1:05pm* S2P2	9:05am U1P2
Preschool 3 (3 - 5 years)	4:35pm M1P3	4:45pm T1P3		4:45pm H1P3		9:50am S2P3	9:50am U1P3
<b>For Level classes, children must be 6 years old by the start of class.</b>							
Level 1 (6 years and above)		4:00pm T1L1		4:45pm H1L1	4:20pm F1L1	10:35am S1L1	
Level 2 (6 years and above)	4:35pm M1L1	4:45pm T1L2	3:50pm* W1L2	4:00pm H1L2		9:50am S1L2 11:20am S2L2	9:50am U1L2
Level 3 (6 years and above)	3:50pm M1L1	4:00pm T1L3		3:15pm H1L3	2:50pm F1L3	9:05am S1L3 10:35am S2L3 11:20am S3L3	9:05am U1L3
Level 4 (6 years and above)	3:00pm M1L4 4:35pm M2L4		4:35pm W1L4	4:00pm H1L4	3:35pm F1L4	9:05am S1L4 9:50am S2L4	10:35am U1L4
Level 5 (6 years and above)	3:50pm M1L5	4:45pm T1L5		4:45pm H1L5	4:20pm F1L5	9:50am S1L5	
Level 6 (6 years and above)	3:00pm M1L6			3:15pm H1L6		10:35am S1L6	

**\* Available as Small Group Classes:** Instructors focus attention to 3-4 students enrolled for a 40 minute lesson.

**Youth: Level 2** **Wed** 3:50 -4:30pm W1L2 \$408/\$456

**Preschool 2** **Sat** 1:05 - 1:45pm S2P2 \$408/\$456



## American Red Cross Lifeguarding Training (LGT)

Certification includes: LGT/First Aid/CPR/AED

**\*\* CPR/AED Certification is only valid for 1 year in New York State\*\***

Only candidates who successfully complete the swim test, which includes a 300yd swim, 2 minutes tread and timed brick retrievals, will qualify for the class. A non-refundable pre-test fee holds your class spot. Participants must be 15 years of age by the end of the class. Class fee includes pocket mask and lifeguard manual. There must be at least 4 participants to conduct the class.

For more information call the Aquatics Office at (914) 949-6227 ext. 152.

**Pre-Test Fee:** \$40 (non-refundable)

**Class Fees:** \$410/\$425

### Class #1: Winter Break AQPT1

Pre-test: 12/27 8:00am-9:00am  
 Class: 12/27-12/29 9:00am-5:00pm  
 12/30 9:00am-2:00pm

### Class #2: February Break AQPT2

Pre-test: 2/20 8:00am-9:00am  
 Class: 2/20-2/23 9:00am-5:00pm

### Class #3: Mon/Wed/Sat AQPT3

Pre-test: 3/5 8:30pm-9:30pm  
 Class: 3/7, 3/12, 6:00pm-9:45pm  
 3/14, 3/19 6:00pm-9:45pm  
 3/10, 3/17 9:00am-5:00pm

### Class #4: Spring Break AQPT4

Pre-test: 4/2 8:00am-9:00am  
 Class: 4/2-4/5 9:00am-5:00pm

### Class #5: Sundays AQPT5

Pre-test: 4/8 10:00am-12:00pm  
 Class: 4/15, 4/29, 5/6 8:00am-12:00pm  
 5/13, 5/20, 6/3 8:00am-12:00pm  
 4/22 9:00am-5:00pm

**\*no class 5/27**

### Class #6: Mon/Wed/Sat AQPT6

Pre-test: 5/7 8:30pm-9:30pm  
 Class: 5/9, 5/14, 6:00pm-9:45pm  
 5/16, 5/21 6:00pm-9:45pm  
 5/12, 5/19 9:00am-5:00pm

### Class #7: Tues/Thurs/Sat AQPT7

Pre-test: 5/29 8:30pm-9:30pm  
 Class: 5/31, 6/5, 6:00pm-9:45pm  
 6/7, 6/12 6:00pm-9:45pm  
 6/2, 6/9 9:00am-5:00pm

### Class #8: June Break AQPT8

Pre-test: 6/18 8:00am-9:00am  
 Class: 6/18-6/21 9:00am-5:00pm

## Reminders:

All participants must wear a swim cap while in the pool.

One piece swim suits are recommended for females.

Goggles are allowed for the 300 yard swim during the pretest, but are not allowed at any other time. If the participant wears contacts, please ensure glasses are worn on the day of class.

There are NO make up classes. If a participant misses part of or a full day of class, he/she will not be allowed to continue with the course.

Certifications are sent directly from the American Red Cross. For questions regarding your certification, please call 1-800-RED CROSS (1-800-733-2767)

## Lifeguard Review Course

**\*\*Current ceretification cannot be expired\*\***

The Lifeguard review class is a review of lifeguarding and CPR/AED skills. Your lifeguarding rescue skills must be up to standard before the class. There must be at least 4 participants to conduct the class.

For more information call the Aquatics Office at (914) 949-6227 ext. 152.

**Class Fee: \$250**

## CPR/AED Training Courses for the Professional Rescuer

Bring your own pocket mask and LGT book for review.

We can provide mask and book for an additional fee if needed.

**Class Fee: \$ 125**

<b>Thursday</b>	<b>December 28</b>	9:00am - 2:00pm	CPR1
<b>Wednesday</b>	<b>February 21</b>	9:00am - 2:00pm	CPR2
<b>Saturday</b>	<b>March 10</b>	9:00am - 2:00pm	CPR3
<b>Tuesday</b>	<b>April 3</b>	9:00am - 2:00pm	CPR4
<b>Sunday</b>	<b>April 22</b>	9:00am - 2:00pm	CPR5
<b>Saturday</b>	<b>May 12</b>	9:00am - 2:00pm	CPR6
<b>Saturday</b>	<b>June 2</b>	9:00am - 2:00pm	CPR7
<b>Tuesday</b>	<b>June 19</b>	9:00am - 2:00pm	CPR8



# check out our new swim school

\* schedule a free evaluation to enroll in our new swim school



## Cunningham Aquatics LLC. The “ABC’s of Swimming Instruction”

**Diaper Dip** (6 months - 3 years) This is an Adult with Infant/Child instructional Course. If a child can sit alone on the side and listen to an instructor without a parent present, please move to Level A.

**Skills learned:** Parents/Infants will learn how to float, enter & exit the water, arm and leg movements specific to stroke techniques through singing songs, introduction to games, toys, and swimming gear. Intended purpose is to make an infant comfortable in the water

**Level A Around the Pool.** This is a child instructional course. Child must be able sit alone on the side and listen to an instructor without a parent present. Usually 1-2 sessions to complete requirements

**Skills learned:** Child will learn how to float, enter & exit the water, arm and leg movements specific to stroke techniques, introduction to games, toys, and swimming gear, blowing bubbles, jumping in from the side of pool, and pool safety rules. Intended purpose is to make a child comfortable in and around the water.

**Level B Breathing and Buoyancy.** This is a child/youth instructional course. Child must be able sit alone on the side and listen to an instructor without a parent pre-sent. Must be able to complete all Level A skills consistently. Usually 2-3 sessions to complete requirements

**Skills learned:** Child/youth will learn breath holding techniques, jumping from side of the pool and resurface on their own, float unassisted, kicking techniques, streamlining, gliding, and deep water exploration.

**Level C Combining Arms & Legs.** This is a child/youth instructional course. Child/youth must be able to float and face down breath holding for a minimum of 5 seconds. Must be able to complete all Level B skills consistently. Usually 2-3 sessions to complete requirements

**Skills learned:** Child/youth will learn the Freestyle stroke with a focus on bent elbow recovery, elementary backstroke, regular backstroke, turning over from front to back while swimming, surface diving to retrieve object(s), comfortable in deep water, and familiarization with pool rules.

**Level D Determined to Swim.** This is a child/youth/teen instructional course. Child/youth must be able to survive in deep water by freestyle, backstroke, and turning over front to back, and must be able to hold breath a minimum of 10 seconds. Must be able to complete and have retained knowledge of all Level C skills consistently. Usually 3-6 sessions to complete requirements

**Skills learned:** Child/youth will learn the Freestyle stroke with rhythmic breathing, elementary backstroke, regular backstroke, breast stroke with frog kick, butterfly stroke with dolphin kick, side stroke scissors kick, diving from side of the pool, treading water, and flip turn introductions.

**Level E Efficient Stroke Techniques.** This is a youth/teen instructional course. Youth/teen must be able to swim freestyle, backstroke for a minimum of 50 yards. Reasonably complete breast stroke and butterfly for 10-15 yards. Must be able to complete and have retained knowledge of all Level D skills consistently. Average of 4-6 sessions to complete requirements

**Skills learned:** Child/youth/teen will learn endurance through swimming Freestyle, back, breast, butterfly and (IM) Individual Medley strokes. Participants will also finalize survival techniques of floating, treading water, and side stroke. Introduction to starting block dives, pullouts, along with flip turns.

**Level F Final Phase.** This is a youth/teen instructional course. Youth must be able to swim all four competitive strokes in IM order for a minimum of 100 yards. Must have sound swimming techniques for each stroke and have retained knowledge of all Level E skills thoroughly. Average of 6 – 12 months to complete requirements

**Skills learned:** Child/youth/teen will learn endurance through swimming Freestyle, back, breast, butterfly and (IM) Individual Medley strokes. Participants will also finalize survival techniques of floating, treading water, and side stroke. Introduction to starting block dives, pullouts, along with flip turns

**Adult Beginner** This is designed to help participants gain basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke.

**Adult Intermediate** seeks to improve participants' proficiency in basic aquatic skills and the five basic swimming strokes (i.e., front crawl, back crawl, breaststroke, elementary and backstroke.)

**Winter 2018 Session:** Dec. 4 - Mar. 18  
 No class dates: Dec. 15-Jan. 3, 15; Feb. 19-25  
 Thursday, Friday and Saturday classes begin: Jan. 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Parent/Child Fees 30 Minute Program</b>	<b>\$225/\$261</b>		<b>\$275/\$319</b>	<b>\$225/\$261</b>	<b>\$225/\$261</b>	<b>\$225/\$261</b>	
Diaper Dip	9:30am M100		10:45am W123	9:30AM H124	10:00am F108	9:00am S112	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Preschool &amp; Youth Fees 30 Minute Program</b>	<b>\$225/\$261</b>		<b>\$275/\$319</b>		<b>\$225/\$261</b>	<b>\$225/\$261</b>	
Level A	10:00am M101				9:30am F107 10:30am F109	9:30am S113 1:30pm S118	
Level B	10:30am M102				11:00am F110	10:00am S114 2:00pm S119	
Level C	11:00am M103		4:30pm W106		11:30am F111	2:30pm S120	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Youth &amp; Teen Fees 45 Minute Program</b>			<b>\$374/\$418</b>			<b>\$306/\$342</b>	
Level D			3:45pm W105			10:30am S115 3:00pm S121	
Level E			3:00pm W104			12:45pm S117	
Level F			3:00pm W104			12:45pm S117	
Adult Beginner						11:15am S116	
Adult Intermediate						3:45pm S122	



**YWCA**  
**IS ON A**  
**MISSION**

# AQUATICS

## Come Swim with us!

Director.....(914) 949-6227 x 110  
Assistant Aquatics Director.....x 152  
Swim School Principal/Safety Director.....x 152  
Middies Swim Team.....x 151

Our swim facility consists of a six-lane heated 25-yard pool with men's, women's and family locker rooms. Swim instructors and lifeguards are certified under New York State Department of Health requirements. Swim team coaches are members of USA Swimming.



### Swim Lesson Guidelines:

- 1. Proper Attire Required.** All patrons must wear proper swimming attire. Proper attire includes swim diapers and shorts for non-toilet trained persons. No cut-off shorts or hanging strings will be permitted.
- 2. Bathing Caps Required**
- 3. No Cell Phone/Camera photography or video allowed in the pool**
- 4. Showering:** All swimmers are required to shower with soap prior to entering pool
- 5. Illness:** Any persons suspected or having an infectious or communicable disease **MUST NOT** enter the pool
- 6. Changing/Showering:** Any child over age 3 must use the appropriate gender locker room. A family locker room is provided for your convenience. It is suggested by the YWCA to shower with bathing suit on.
- 7. Posted Rules:** Agree to follow all posted rules and regulations within aquatic areas and locker rooms

*The YWCA is not responsible for cancellations due to inclement weather. All funds used in registration are considered donations and may be non-refundable. For YWCA refund or credit policies and procedures, please see a front desk associate. Refunds and credits will be issued to participants when enrollment does not meet participant minimums. Participants may also choose another time slot without any penalties. Management reserves the right to refuse any participant who they deem disruptive to instructional/recreational classes.*

### Private & Semi-Private Lessons

Lessons are based on availability of instructor and pool space. Private and semi-private fees are based on ½ hour lesson. Lessons run concurrently with program swim lessons. For information or to schedule a lesson please contact our Swim School Principal via email [lessons@ywcapcw.org](mailto:lessons@ywcapcw.org).

Lessons	Private		Semi-Private	
	mbr	non	mbr	non
1 Visit	\$50	\$60	\$80	\$95
5 Visits	\$225	\$270	\$375	\$425
10 Visits	\$420	\$510	\$720	\$820

