

aquatics

PRE-PIKE

(ages 2-5 with parent) Instructors will focus on training for parents on when to use flotation devices and how to teach the back stroke, side stroke and front stroke.

Session 1: July 5-July 15

01115-60	Mon-Thurs	9:10-9:40am
Session 3: July 10-August 28		
01115-61	Saturdays	8:50-9:20am
Session 4: July 19-July 29		
01115-62	Mon-Thurs	8:30-9:00am
Session 7: August 16 – August 26		
01115-63	Mon-Thurs	9:10-9:40am

PARENT AND CHILD

This class is an introduction to basic swimming and safety skills. Instructors work with parents to help their child become more safe in the water. One or both parents may swim with their child.

Age Requirement: 6 mo - 5 yrs (with parent)

Session 2: July 6-July 29

01113-01	Tues & Thurs	6:20-6:50pm
Session 6: August 3-August 26		
01113-02	Tues & Thurs	6:20-6:50pm

FAMILY SWIM LESSONS

Is it difficult to schedule the entire family for swim lessons? We created a forty-five minute family swim lesson at your convenience. Students will work with an instructor to develop their current swimming skills. Students will work together to achieve their goals. The group can be made up of children and adults. Max of 4 students in each group per session. For more information please contact Sean Anne, Aquatics Director, at 341-4024.

Fees: YMCA Members \$160

Program Members \$225

Program No. 01715-01

Time: By Appointment

PIKE

(ages 3-5 without parent) Instructors will focus on getting swimmers acclimated to the water, how to balance in the water using a flotation device and how to maneuver through the water using a barbell.

Session 1: July 5-July 15

01120-60	9:10-9:40am	Mon-Thurs
01120-61	9:50-10:20am	Mon-Thurs
Session 2: July 6-July 29		
01120-62	Tues & Thurs	5:00-5:30pm
01120-63	Tues & Thurs	5:40-6:10pm
01120-64	Tues & Thurs	6:20-6:50pm
Session 3: July 10-August 28		
01120-65	Saturdays	8:50-9:20am
01120-66	Saturdays	9:30-10:00am
01120-67	Saturdays	10:10-10:40am
01120-68	Saturdays	10:50-11:30am
Session 4: July 19-July 29		
01120-69	Mon-Thurs	8:30-9:00am
01120-70	Mon-Thurs	9:10-9:40am
01120-71	Mon-Thurs	9:50-10:20am
Session 5: August 2-August 12		
01120-72	Mon-Thurs	9:10-9:40am
01120-73	Mon-Thurs	9:50-10:20am
Session 6: August 3-August 26		
01120-74	Tues & Thurs	5:00-5:30pm
01120-75	Tues & Thurs	5:40-6:10pm
01120-76	Tues & Thurs	6:20-6:50pm
Session 7: August 16 – August 26		
01120-77	Mon-Thurs	9:10-9:40am
01120-78	Mon-Thurs	9:50-10:20am

EEL

(ages 3-5 without parent) Instructors will focus on refining body position in the water, stroke development on the front and back and being able to swim 15 feet without a flotation device.

Session 1: July 5-July 15

01125-60	Mon-Thurs	8:30-9:00am
01125-61	Mon-Thurs	9:50-10:20am
Session 2: July 6-July 29		
01125-62	Tues & Thurs	5:00-5:30pm
01125-63	Tues & Thurs	6:20-6:50pm
Session 3: July 10-August 28		
01125-64	Saturdays	8:50-9:20am
01125-65	Saturdays	9:30-10:00am
01125-66	Saturdays	10:10-10:40am
01125-67	Saturdays	10:50-11:30am
Session 4: July 19-July 29		
01125-68	Mon-Thurs	8:30-9:00am
01125-69	Mon-Thurs	9:10-9:40am
Session 5: August 2-August 12		
01125-70	Mon-Thurs	8:30-9:00am
01125-71	Mon-Thurs	9:10-9:40am
Session 6: August 3-August 26		
01125-72	Tues & Thurs	5:40-6:10pm
Session 7: August 16 – August 26		
01125-73	Mon-Thurs	8:30-9:00am
01125-74	Mon-Thurs	9:50-10:20am

RAY/STARFISH

RAY - (ages 3-5 without parent) Swimmers will no longer be wearing flotation devices at this level and instructors will teach them to swim 20 feet unassisted using the front, back and side stroke.

STARFISH - (ages 3-5 without parent) Swimmers will learn how to swim the full length of the pool unassisted using the front, back and side stroke. The instructors will also focus on teaching level body positions, rhythmic breathing and rotary head movement.

Session 1: July 5-July 15

01135-60	Mon-Thurs	9:10-9:40am
Session 2: July 6-July 29		
01135-61	Tues & Thurs	5:40-6:10pm
Session 3: July 10-August 28		
01135-62	Saturdays	8:50-9:20am
01135-63	Saturdays	10:10-10:40am
Session 4: July 19-July 29		
01135-64	Mon-Thurs	9:50-10:20am
Session 5: August 2-August 12		
01135-65	Mon-Thurs	8:30-9:00am
01135-66	Mon-Thurs	9:50-10:20am
Session 6: August 3-August 26		
01135-67	Tues & Thurs	5:00-5:30pm
Session 7: August 16 – 26		
01135-68	Mon-Thurs	9:10-9:40am

Backyard Swim

1712 Qualtrough Rd. • Penfield

Prog. No. 01500	Session 1: June 28-July 8	Times:
Fees: Members \$30	Session 2: July 12-22	9:05-9:35
Prog. Members \$60	Session 3: July 26-Aug. 5	10:50-11:20
Days: Mon - Thurs	Session 4: Aug. 9-19	9:40-10:10
		10:15-10:45
		11:25-11:55
		12:00-12:30

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Youth Programs

The YMCA youth swimming program for 6 to 12 year olds is recognized as the best of its kind. This program offers various levels of progression.

Youth Lesson Fees

	1 Session	2 Sessions	3 Sessions
Member	\$57	\$114	\$142.50
Prog. Member	\$103	\$206	\$257.50

POLLIWOG

Class designed for children who are just learning how to swim. Instructors will use floatation device up to four tears to assist the swimmer with water safety and orientation while focusing on the front and back crawl.

Session 1: July 5-July 15

01200-60 Mon-Thurs 8:30-9:05am

Session 2: July 6-July 29

01200-61 Tues & Thurs 5:00-5:35pm

Session 3: July 10-August 28

01200-62 Saturdays 9:30-10:05am

01200-63 Saturdays 10:10-10:45am

Session 4: July 19-July 29

01200-64 Mon-Thurs 9:10-9:45am

01200-65 Mon-Thurs 9:50-10:25am

Session 7: August 16 – August 26

01200-66 Mon-Thurs 8:30-9:05am

GUPPY I

(ages 6-12 without parent) Specially designed for children who may still need assistance in the pool. Swimmers will learn how to swim the length of the pool on their front and back without stopping or assistance, master rotary breathing techniques and be introduced to the breaststroke.

Session 1: July 5-July 15

01205-60 Mon-Thurs 9:50-10:25am

Session 2: July 6-July 29

01205-61 Tues & Thurs 5:40-6:15pm

Session 3: July 10-August 28

01205-62 Saturdays 8:50-9:25am

01205-63 Saturdays 10:50-11:35am

Session 4: July 19-July 29

01205-64 Mon-Thurs 8:30-9:05am

Session 5: August 2-August 12

01205-65 Mon-Thurs 9:10-9:45am

Session 6: August 3-August 26

01205-66 Tues & Thurs 5:00-5:35pm

01205-67 Tues & Thurs 5:40-6:15pm

01205-68 Tues & Thurs 6:20-6:55pm

Session 7: August 16 – August 26

01205-69 Mon-Thurs 9:50-10:25am



GUPPY 2

(ages 6-12 without parent) Specially designed for children who may still need assistance in the pool. Swimmers will learn how to swim the length of the pool on their front and back without stopping or assistance, master rotary breathing techniques and be introduced to the breaststroke.

Session 1: July 5-July 15

01206-60 Mon-Thurs 8:30-9:05am

01206-61 Mon-Thurs 9:10-9:40am

Session 2: July 6-July 29

01206-62 Tues & Thurs 6:20-6:55pm

Session 3: July 10-August 28

01206-63 Saturdays 8:50-9:25am

01206-64 Saturdays 9:30-10:05am

01206-65 Saturdays 10:10-10:45am

01206-66 Saturdays 10:50-11:35am

Session 4: July 19-July 29

01206-67 Mon-Thurs 8:30-9:05am

01206-68 Mon-Thurs 9:10-9:45am

01206-69 Mon-Thurs 9:50-10:25am

Session 5: August 2-August 12

01206-70 Mon-Thurs 8:30-9:05am

01206-71 Mon-Thurs 9:10-9:45am

01206-72 Mon-Thurs 9:50-10:25am

Session 6: August 3-August 26

01206-73 Tues & Thurs 6:20-6:55pm

Session 7: August 16-August 26

01206-74 Mon-Thurs 8:30-9:05am

01206-75 Mon-Thurs 9:10-9:40am

MINNOW

(ages 6-12 without parent): Specially designed for children who can swim without assistance. Swimmers will learn how to complete 1-2 lengths in the pool without stopping, master the breast stroke and be introduced to over-arm recovery and the flutter kick.

Session 1: July 5-July 15

01210-60 Mon-Thurs 8:30-9:05am

01210-61 Mon-Thurs 9:50-10:25am

Session 2: July 6-July 29

01210-62 Tues & Thurs 5:00-5:35pm

01210-63 Tues & Thurs 6:20-6:55pm

Session 3: July 10-August 28

01210-64 Saturdays 9:30-10:05am

01210-65 Saturdays 10:10-10:45am

Session 4: July 19-July 29

01210-66 Mon-Thurs 9:10-9:45am

01210-67 Mon-Thurs 9:50-10:25am

Session 5: August 2-August 12

01210-68 Mon-Thurs 8:30-9:05am

01210-69 Mon-Thurs 9:10-9:45am

Session 6: August 3-August 26

01210-70 Tues & Thurs 5:00-5:35pm

Session 7: August 16 – August 26

01210-71 Mon-Thurs 8:30-9:05am

01210-72 Mon-Thurs 9:50-10:25am

FISH

(ages 6-12 without parent) Specially designed for children who can swim without assistance. Swimmers will learn how to swim each stroke (breast, front, back and side) 50 yards without stopping and be introduced to open-turns and the dolphin kick.

Session 1: July 5-July 15

01215-60 Mon-Thurs 9:10-9:40am

01215-61 Mon-Thurs 9:50-10:25am

Session 2: July 6-July 29

01215-62 Tues & Thurs 5:40-6:15pm

Session 3: July 10-August 28

01215-63 Saturdays 8:50-9:25am

01215-64 Saturdays 9:30-10:05am

Session 5: August 2-August 12

01215-65 Mon-Thurs 9:50-10:25am

Session 6: August 3-August 26

01215-66 Tues & Thurs 5:40-6:15pm

Session 7: August 16 – August 26

01215-67 Mon-Thurs 9:10-9:40am

01215-68 Mon-Thurs 9:50-10:25am

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FLYING FISH/SHARK

(ages 6-12 without parent) Specially designed for children can swim without assistance. Swimmers will learn how to swim each stroke (breast, front, back and side) 100 yards without stopping, will refine open-turns and pull-outs, and be introduced to the butterfly stroke.

Session 3: July 10-August 28

01220-67	Saturdays	10:10-10:45am
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Session 5: August 2-August 12

01220-68	Mon-Thurs	8:30-9:05am
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Session 6: August 3-August 26

01220-69	Tues & Thurs	6:20-6:55pm
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SPECIAL NEEDS SWIMMING LESSONS

Aquatic exercise is highly recommended for children with special needs. Most children can learn to swim with patient, caring swim instructors. The program is open to children with, but not limited to, Autism, Cerebral Palsy, MS, ADHD and physical limitations. Volunteers and parent helpers will keep the student/teacher ratio low. For more details call the Aquatics Department at 341-4024.

Session 2: July 6-July 29

01655-60	Tues & Thurs	7:00-7:30pm
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Session 6: August 3-August 26

01655-61	Tues & Thurs	7:00-7:30pm
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One Week Lessons-C Monday, August 30-Thurs, Sept. 2

PRESCHOOL

Fees: Members \$32.50

Program Members \$53

Prog. No.	Day	Time
01112-15	Mon-Thurs	9:00-9:30am
01112-16	Mon-Thurs	9:40-10:10am
01112-17	Mon-Thurs	10:20-10:50am
01112-18	Mon-Thurs	4:10-4:40pm
01112-19	Mon-Thurs	4:50-5:20pm
01112-20	Mon-Thurs	5:30-6:00pm
01112-21	Mon-Thurs	6:10-6:40pm

YOUTH

Fees: Members \$32.50

Program Members \$53

Prog. No.	Day	Time
01228-12	Mon-Thurs	9:00-9:35am
01228-13	Mon-Thurs	9:40-10:15am
01228-14	Mon-Thurs	10:20-10:55am
01228-15	Mon-Thurs	4:10-4:45pm
01228-16	Mon-Thurs	4:50-5:25pm
01228-17	Mon-Thurs	5:30-6:05pm
01228-18	Mon-Thurs	6:10-6:45pm

SPECIALTY WORKSHOPS

Fees: Members \$10/day • \$35/all 4 days

Program Members \$20/day • \$70/all 4 days

Prog. No.	Day	Time
01234-25	Mon-Freestyle	9:00-10:00am
01234-26	Tues-Backstroke	9:00-10:00am
01234-27	Wed-Breaststroke	9:00-10:00am
01234-28	Thurs-Butterfly	9:00-10:00am
01234-29	Mon-Freestyle	10:20-11:20am
01234-30	Tues-Backstroke	10:20-11:20am
01234-31	Wed-Breaststroke	10:20-11:20am
01234-32	Thurs-Butterfly	10:20-11:20am
01234-33	Mon-Freestyle	4:10-5:10pm
01234-34	Tues-Backstroke	4:10-5:10pm
01234-35	Wed-Breaststroke	4:10-5:10pm
01234-36	Thurs-Butterfly	4:10-5:10pm
01234-37	Mon-Freestyle	5:30-6:30pm
01234-38	Tues-Backstroke	5:30-6:30pm
01234-39	Wed-Breaststroke	5:30-6:30pm
01234-40	Thurs-Butterfly	5:30-6:30pm

COMPETITIVE SWIM PACKAGES

Students must meet the same requirements as for the Competitive Swimmer class.

Program No. 01305

Fees: YMCA Members \$75

Program Members \$125

SESSION 2: July 6-July 29

Prog. No.	Days	Time
01305-13	Tues, Thurs	5:00-6:00pm
01305-13	Sun	3:00-4:00pm

SESSION 6: August 3-August 26

Prog. No.	Days	Time
01305-14	Tues, Thurs	5:00-6:00pm
01305-14	Sun	3:00-4:00pm

FANTASTIC FUN FRIDAY

Ages 6-12. Children will participate in one and a half hours of activities, games, and a half hour of swim lessons. Some of the activities include water polo, noodle races, and sharks and minnows.

Fees: YMCA Members \$50

Program Members \$100

Prog. No.	Day	Time
01233	Friday	4:30-6:30pm

CATCH THE WAVE

This program is designed to get students ages 8 – 12 moving in the water. The program is a mixture of aquatic fitness and games. Students will participate in a five minute warm up, then play an active game, finishing with a fitness program. This process continues for 1 full hour of great fun.

Age Requirements: 8-12 years old

Fees: YMCA Member Benefit

Program Members \$65

Prog. No.	Day	Time
01232-60	Sunday	4:00-5:00pm

AQUA FUN

Join the Eastside Aquatic Staff each Wednesday from 5pm to 6pm as they set up structured games and activities in the water. Some of the programs may include wet ball, relay races, and sharks and minnows. Participants 6 and older may be signed into the program or they can bring their parent with them. Children under the age of 6 must have an adult in the water to participate in the program.

Fees: YMCA Members Benefit

Program Member \$5/drop week

Day	Time
Wednesday	5:00-6:00pm

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

Students will work to improve the skill base they currently have using drills, techniques, and fun activities to succeed. A minimum of 4 lessons is required. For an appointment, contact Sean Anne, Aquatics Director, at 341-4024. Semi-private lessons will need two students to sign up for class.

Fees: YMCA Members: Prog. No. 01310 - 1/2 Hour Private \$28

Program Members: Prog. No. 01310 - 1/2 Hour Private \$56

YMCA Members: Prog. No. 01315 - 1/2 Hour Semi Private \$20

Program Members: Prog. No. 01315 - 1/2 Hour Semi Private \$40

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Teens & Adults

Available for YMCA Members 13 years and older unless otherwise noted in description. Participants of all swim levels welcome in water fitness classes. Appropriate flotation devices are provided.

TEEN/ADULT SWIM LESSONS

Two achievement levels offered to help you gain skills, confidence and endurance. Level 1: Swimmers, not comfortable in the water, not comfortable with putting the face in, not swimming a full length of the pool. Level 2: Can swim a length of the pool but needs continued beginner stroke development.

Fees: YMCA Members \$42
Program Members \$76

Prog. No.	Day	Time
01400-10	Monday	8:00-8:45pm
01400-40	Friday	9:00-9:45am

SWIM LIKE A BIGGER FISH

This class is for graduates of Swim Like a Fish or those who have completed Total Immersion™ Freestyle Workshops. Staff will begin by assessing and refining your advanced drill execution. Students will move on to refine whole stroke swimming with attention to seamless breathing while maintaining a solid “catch” connection with the student’s stroke to the power of the core-body rotation. Students will work to put entire the entire stroke together at higher and easier speed. Class runs July 5-August 23.

Fees: YMCA Members \$55
Program Members \$100

Prog. No.	Day	Time
	Thursday	6:00-7:00am
	Wednesday	6:00-7:00pm

SWIM LIKE A FISH

Our program of “guided discovery” exercise will help you become more relaxed and confident in the water, turning your struggles into smooth and flowing movement. You’ll learn how the human body naturally behaves in water and how to be balanced and streamlined—the key to efficiency in the water. Underwater Video Analysis is available. Prerequisites: Participants should be comfortable in the water and be able to swim 2 continuous lengths of the pool.

Fees: YMCA Members \$55
Program Members \$100

Prog. No.	Day	Time
01410-11	Tuesday	6:00-7:30am
01410-12	Monday	6:00-7:00pm

MASTERS SWIM PROGRAM

This aquatics program is designed to fit the needs of individuals looking to participate in triathlons, competitive swim programs or just continuing to develop their skills in a lap swim program. Coaches will be on hand to work on stroke technique and to approve a work out program each day. For more information please contact Sean Anne, Aquatics Director, at 341-4024.

Program No. 01700
Fees: YMCA Members \$35/mth
Prog. Members \$40/mth

Day	Time
Tuesday/Thursday	6:45-8:45pm
Sunday	6:30-8:30pm

INTRODUCTION TO SCUBA

Ever wonder what it would be like to swim like a fish? Here is your chance. You will work with a SCUBA instructor to learn the basics of SCUBA diving. For more information, contact Sean Anne, Aquatics Director, at 341-4024.

Program No. 01405-20
Fees: YMCA Members \$35
Program Members \$45

Date & Time: Fourth Tuesday of every month at 7pm

WATER WALKING/WATER RUNNING

Thirty minutes of water walking is equal to 2 hours of walking out of water. For a good deep water workout that’s easier on the joints try this. For days and times please refer to our pool schedule.

Aquatic Safety

FIRST AID

Learn basic First Aid skills necessary to assist an individual in need of medical care. Students will be certified by the American Red Cross. Written exam is required to complete the course.

Fees: YMCA Members \$35
Program Members \$45

Prog. No.	Day	Time
01852	Tuesday	6-10pm

INSTRUCTOR IN TRAINING (WSI)

This program is designed for individuals who are 16 or older who want to become a swimming instructor. Students will be taught how to write lesson plans, work with children in different lesson settings as well as be expected to teach with supervision by the end of the program. Please contact Sean Anne, Aquatics director, at 341-4024 for more information.

Program No. 01815
Fees: YMCA Members \$150
Program Members \$200

Dates	Day	Time
June 11	Fri	5:00-9:00pm
June 12 & 13	Sat & Sun	8:00am-6:00pm

CPR FOR PROFESSIONAL RESCUER & AED

Learn the skills necessary to perform CPR and use an AED unit. Students will be certified by the American Red Cross with successful completion of the course. Written exam is required to complete the course.

Fees: YMCA Members \$35
Program Members \$45

Prog. No.	Day	Time
01854	Thursday	6:00-10:00pm

LIFEGUARDING CLASSES

Have you ever wanted to know how to save someone? Here is your chance to learn. With successful completion of this course, individuals will be certified in lifeguarding, CPR for the Professional Rescuer, AED and First Aid. For additional information, please contact Sean Anne, Aquatics Director, at 341-4024.

Fees: YMCA Members \$140
Program Members \$160

Program No. 01805

Dates	Day	Time
June 18, 19, & 20		
June 18	Fri	5:00-10:00pm
June 19 & 20	Sat & Sun	8:00am-6:00pm
June 21-24	Mon-Thurs	8:30am-4:30pm
Aug 30-Sept 2	Mon-Thurs	8:30am-4:30pm

AIDES IN TRAINING (AIT)

AITs will develop swim instruction skills by being paired up with a variety of instructors. AITs will demonstrate their skills while helping younger swimmers to learn. AITs will meet with the coordinator for monthly training and other activities. For further information contact Sean Anne, Aquatics Director, at 341-4024.

Fees: YMCA Member Benefit
Program Members \$10

Prog. No.	Time
01810-01	By Appointment

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Aquatic Exercise Classes

These classes are available to all YMCA Members as a member benefit.

Program Member Fees:

- One class/week \$65
- Two classes/week \$75
- Three classes/week \$85
- Five classes/week \$105

AQUA FIT I

This is an aquatics exercise program designed to meet the needs of people suffering from MS, Fibromyalgia, and other muscular ailments. Participants do not need to know how to swim. Exercising in the pool is ideal for people with joint disorders or who are overweight, since the water provides buoyancy and support. This level of Aquafit is low-impact with emphasis on balance and coordination, and flexibility. Join the program and improve physical, social and mental well-being. Minimum of 8 participants to run this class.

Prog. No.	Day	Time
01600-01	Mon/Wed/Fri	8:15-9:15am

AQUA FIT II

This class is for the aquatic exerciser who keeps a very active daily life. There is a warm-up period, aerobic section, and cool-down time. There is a strong emphasis on balance, coordination and core-muscle training. These new exercises are designed to be fun and functional using equipment for buoyancy and water-resistance.

Prog. No.	Day	Time
01620-02	M/Tu/W/Th/F	9:30-10:30am
01620-05	Mon/Wed	7:30-8:30pm

AQUA FIT III

This class is a high-energy intense workout designed to keep you in top physical condition. Using the water and equipment for resistance training to give you a great cardio and endurance workout.

Prog. No.	Day	Time
01630-50	Saturday	8:00-8:45am

AQUA BOOT CAMP

New fast paced aquatics class combining cardio and conditioning elements. This class is ideal for adults who regularly work out in the fitness center or attend aerobic or cycling classes or the off season student athlete. This 45-minute class will include cardio interval training using the water's resistance to increase cardiac work load while decreasing stress on the joints. The muscle strengthening component of the class allows opposing muscle groups to be worked in the same set, reducing the number of repetitions needed to target all the major muscle groups. This is a great cross training class providing variety to your workout and the opportunity to socialize with other fitness minded members. YMCA Members only.

Fees: YMCA Members Benefit

Day	Time
Thursdays	7:00-7:45 pm

AQUA STRETCH & TONE

This program is designed to help tone and condition joints while increasing flexibility and range of motion. Utilizing flexibility and range of motion. Utilizing non-aerobic exercise, instruction will benefit those with arthritis, osteoporosis and other rehabilitation needs.

Prog. No.	Day	Time
01635-10	Tues/Thurs	11:10am-12:10pm

SILVERSNEAKERS® SILVERSPASH®

Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance, and coordination.

Prog. No.	Days	Time
01660-03	Tues/Thurs	1:15-2:15pm



HOME SCHOOL PROGRAM

This program is designed for children between the ages of 5 and 14. Children will participate in gym and swim activities, including a 30-minute swim lesson. For more information, contact Patrick Dugan at 341-4027. Returning in September!

LOOKING FOR A WORKOUT?

Ask the lifeguard for a workout. We have swim workouts for beginners, intermediate and advanced swimmers.