

# aquatics

## Preschool Programs

### SKIPS

#### SHRIMP KIPPER/INIA-PERCH SHRIMP/KIPPER

(ages 6-12 months with parent) Instructors will focus on water comfort and safety for both the parent and child and structure the class to include songs, games, instruction and free time.

#### INIA/PERCH

(ages 12-36 mos. with parent) Instructors will focus on water comfort and safety for both the parent and child and structure the class to include songs, games, instruction and free time.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                   | Time         |
|-----------------------|--------------|
| Tuesday at Maplewood  | 6:00-6:30pm  |
| Saturday at Maplewood | 9:30-10:00am |

### PIKE

(ages 3-5 without parent)

Instructors will focus on getting swimmers acclimated to the water, how to balance in the water using a floatation device and how to maneuver through the water using a barbell.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                    | Time         |
|------------------------|--------------|
| Tuesday at Wilson      | 4:45-5:15pm  |
| Tuesday at Maplewood   | 6:00-6:30pm  |
| Wednesday at Maplewood | 3:45-4:15pm  |
| Saturday at Maplewood  | 9:30-10:00am |

### 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 floatation device.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                    | Time         |
|------------------------|--------------|
| Tuesday at Wilson      | 5:15-5:45pm  |
| Tuesday at Maplewood   | 6:00-6:30pm  |
| Wednesday at Maplewood | 3:45-4:15pm  |
| Saturday at Maplewood  | 9:30-10:00am |

### RAY

(ages 3-5 without parent)

Swimmers will no longer be wearing floatation devices at this level and instructors will teach them to swim 20 feet unassisted using the front, back and side stroke.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                    | Time         |
|------------------------|--------------|
| Tuesday at Wilson      | 5:45-6:15pm  |
| Tuesday at Maplewood   | 6:00-6:30pm  |
| Wednesday at Maplewood | 3:45-4:15pm  |
| Saturday at Maplewood  | 9:30-10:00am |



### 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.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                    | Time         |
|------------------------|--------------|
| Tuesday at Wilson      | 5:45-6:15pm  |
| Tuesday at Maplewood   | 6:00-6:30pm  |
| Wednesday at Maplewood | 3:45-4:15pm  |
| Saturday at Maplewood  | 9:30-10:00am |

Swimsuits and "Little Swimmer" diapers are required for SKIP classes. "Little Swimmer" diapers are available at the Member Service desk. Parents must remain in the pool area with children 5 years of age and under.

Swimming classes offered at both the Wilson Foundation Academy and the Maplewood Family YMCA Branch. Call 328-9330 to register for both locations.

# aquatics

## Youth Programs

### POLLIWOG

(Ages 6-12 without parent) Specially designed for children who are just learning how to swim. Instructors will use floatation devices, up to 4 tiers, to assist the swimmer with water safety and orientation while focusing on the front and back crawl.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                    | Time          |
|------------------------|---------------|
| Thursday at Wilson     | 4:45-5:15pm   |
| Tuesday at Maplewood   | 6:35-7:10pm   |
| Wednesday at Maplewood | 4:20-4:55pm   |
| Saturday at Maplewood  | 10:05-10:40am |

### GUPPY

(Ages 6-12 without parent) Specially designed for children who may still need assistance in the pool. Swimmers will learn how to swim 15 yards with minimal assistance, master rhythmic breathing and be introduced to rotary breathing techniques.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                    | Time          |
|------------------------|---------------|
| Thursday at Wilson     | 5:15-5:45pm   |
| Tuesday at Maplewood   | 6:35-7:10pm   |
| Wednesday at Maplewood | 4:20-4:55pm   |
| Saturday at Maplewood  | 10:05-10:40am |

### 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.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                   | Time          |
|-----------------------|---------------|
| Thursday at Wilson    | 5:45-6:15pm   |
| Tuesday at Maplewood  | 7:15-7:50pm   |
| Saturday at Maplewood | 10:45-11:20am |

### 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.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                   | Time          |
|-----------------------|---------------|
| Tuesday at Maplewood  | 7:15-7:50pm   |
| Saturday at Maplewood | 10:45-11:20am |

### FLYING 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) 100 yards without stopping, will refine open-turns and pull-outs, and be introduced to the butterfly stroke.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                   | Time          |
|-----------------------|---------------|
| Tuesday at Maplewood  | 7:15-7:50pm   |
| Saturday at Maplewood | 10:45-11:20am |

### SHARK

(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, side and butterfly) 200 yards without stopping, master starts and flip turn pull outs, and be able to complete a 200 individual medley.

Members: Free at Wilson Foundation Academy  
Maplewood Lessons \$25

| Day                   | Time          |
|-----------------------|---------------|
| Tuesday at Maplewood  | 7:15-7:50pm   |
| Saturday at Maplewood | 10:45-11:20am |

## Adult

### WATER FITNESS AQUAFIT LEVEL 1 & 2

Swimmers and non-swimmers alike can benefit from this total body workout. Strength, endurance, and flexibility are gained from the use of the water's buoyancy and resistance. Adaptable to all ability levels. (Register at Branch, class held at Wilson Foundation Academy.)\*

Members: FREE at Wilson Foundation

| Day      | Time        |
|----------|-------------|
| Thursday | 6:15-7:15pm |
| Thursday | 6:15-7:15pm |

### ADVANCED LESSONS

Held in the deep end of the pool for swimmers young and old.

Members: Free at Wilson Foundation

| Day      | Time        |
|----------|-------------|
| Tuesday  | 6:15-7:45pm |
| Thursday | 6:15-7:45pm |



All Swim Lessons for all age groups are available on Saturday from 11am - 2pm or by appointment. Call 328-9330 to confirm.