



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REACH FOR YOUR POTENTIAL

WINTER AQUATICS PROGRAMS  
LA PORTE COUNTY FAMILY YMCA



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follow us on Facebook.

# AQUATICS PROGRAMS

## Learn to swim in a safe and fun environment!

America's favorite swim instructor! More people learn how to swim at the Y than anywhere else in the USA! At the Y, your child will be introduced to a wide variety of swim instruction including water adjustment, stroke development, water safety, and water sports and games. Our instructors are trained as YMCA of the USA Swim Lesson Instructors.

	<u>Member</u>	<u>Non-Member</u>
MON./WED. OR TUE./THUR. CLASSES	\$40/session	\$80/session
SATURDAY CLASSES	\$36/session	\$72/session

Registration deadline is the Friday prior to the start of the session (Registrations after that day will be assessed a \$10 late fee).

	<u>Registration</u>	<u>Classes Begin</u>	<u>Classes End</u>
Winter I Session	Dec. 19-30	Jan. 2	Feb. 19
Winter II Session	Feb. 6-17	Feb. 20	April 14 (no class April 2-7)

## Parent & Child Lessons (For Ages 6 months-3 years)

Parents help children build confidence in the water as they become aware of moving in the water and its difference to moving on land. There are age-appropriate games and songs that use basic water movements. This class is not designed to teach babies to swim, but rather to introduce them to the aquatic environment and provide a special fun time for adults and infants to interact. Lessons are 30 minutes long.



kipper

### **SKIPPERS**

Tuesday/Thursday	9-9:30 a.m.	Saturday	9-9:30 a.m.
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## Preschool Lessons (For Ages 3-5)

### **PIKE (LEVEL 1)**

This is a beginner level for children who are comfortable in the water, but have no formal instruction. Children work on front and back floats, kicking with a kickboard, front and back paddle strokes, jumps, water and boat safety.



pike

Monday/Wednesday	4-4:30 p.m.	Saturday	9-9:30 a.m.
Tuesday/Thursday	9:30-10 a.m.		9:35-10:05 a.m.
	10-10:30 a.m.		11-11:30 a.m.
	4-4:30 p.m.		
	5:25-5:55 p.m.		

### **EEL (LEVEL 2)**

In this class, we will review Pike skills, swim without floatation device, practice rhythmic breathing, water games, somersaults, treading water, and continuing work on endurance.



eel

Monday/Wednesday	4-4:30 p.m.	Saturday	9-9:30 a.m.
Tuesday/Thursday	9:30-10 a.m.		9:35-10:05 a.m.
	4-4:30 p.m.		

### **RAY (LEVEL 3)**

In this class, we continue to build on the skills learned in the Eel level, front and back crawl the length of the pool, start dives, sidestroke, introduction to breast stroke, water games, introduction to mask and fins and emergency procedures.



rays

Tuesday/Thursday	4-4:30 p.m.	Saturday	9:35-10:05 a.m.
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## Progressive Lessons (For Ages 6-12)

### **POLLIWOG (LEVEL 1)**

This class is for beginning swimmer, who may or may not be comfortable in the water and may not have previous swim instruction. The class will focus on basic swim skills such as kicking, floating, stroke development and water safety.



polliwogs

Monday/Wednesday	4:35-5:20 p.m.	Saturday	10:10-10:55 a.m.
Tuesday/Thursday	4:35-5:20 p.m.		11-11:45 a.m.

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## GUPPY (LEVEL 2)

In this class, children will continue to build upon the basic skills they learned in Polliwog. They will work on swimming on their front and back 20 feet without assistance. This class will focus on stroke development, rhythmic breathing and rescue skills.



Monday/Wednesday	4:35-5:20 p.m.	Saturday	10:10-10:55 a.m.
Tuesday/Thursday	4:35-5:20 p.m.		11-11:45 a.m.

## MINNOW (LEVEL 3)

This class is for intermediate swimmers who are able to swim 25 yards of front crawl with rhythmic breathing and back crawl. This class focuses on continued stroke development, introduction to breaststroke and continued emphasis on rescue skills.



Monday/Wednesday	4:35-5:20 p.m.	Saturday	10:10-10:55 a.m.
			11-11:45 a.m.

## FISH/FLYING FISH (LEVEL 4)

This class is for intermediate/advanced swimmers you are able to swim 25 yards of front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke using proper technique. Swimmers will continue to focus on stroke refinement and endurance. Butterfly stroke is introduced.



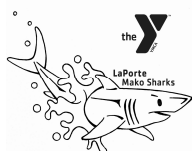
Monday/Wednesday	4:35-5:20 p.m.	Saturday	10:10-10:55 a.m.
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## Private Lessons for all ages

Private swim lessons are available for any experience level. Private lessons work well for children who need one-on-one attention to work through challenges of fear and also for adults who have never learned how to swim. Call the aquatics department for more information and to schedule lessons.

PRIVATE LESSONS	<u>Members</u>	<u>Non-Members</u>
	\$18/30-minute lesson	\$25/30-minute lesson
	\$45 for 3 30-minute lessons	\$60 for 3 30-minute lessons

## MAKO Sharks Swim Team (ages 5—18 yrs)



The MAKO Shark Swim Team is not a class, but a competitive swim team that practices and participates in meets year-round in two different seasons. Swimmers must be able to swim without a floatation device, be at least 5 years old, and be a Y member. The fall season practices begin in September with meets being held October-March. During the season, the team works on stroke development so every swimmer will walk away from the program with the knowledge of all the strokes as well as a love of swimming. Our goal is to give your child the confidence and competitive swimming skills they need to compete as well as to be prepared for middle school and high school level competition, in addition to developing a life-long love for the sport.

MAKO SHARKS SWIM TEAM*	\$225/ENTIRE SEASON (Sept. 12 - March 12)
	\$135/FALL-WINTER PORTION (Sept. 12 - Dec. 17)
	\$135/WINTER-SPRING PORTION (Jan. 2 - March 12)
	* - Program fees must be paid before swimming with team.

## Y Family Swim 7:30-9:30 pm

A Y tradition! Each Friday evening, as part of our commitment to building strong families, we have designated times for family swim time in our indoor pool. This is a great way to introduce your children to swimming as a lifelong exercise ... and it's fun too! Free to Y members. Children under age 12 must have an adult with them to swim at this time. **Visit our website, [www.lpymca.org](http://www.lpymca.org), for a current pool schedule to view additional open swim times.**

# AQUATICS PROGRAMS

## **Swim Lessons at South Central School**

As part of our commitment to build stronger communities, the Y offers swim lessons, water aerobics and open swim at South Central School. Swim lessons cost \$40 per seven-week session. Classes are held Tuesdays and Thursdays, on the following schedule:

PARENT/CHILD (Ages 6 mos.-3 yrs.)	4-4:30 p.m.
MINNOW AND FISH (Ages 6-12)	4-4:45 p.m.
PIKE, EEL AND RAY (Ages 3-6)	4:50-5:20 p.m.
POLLIWOG AND GUPPY (Ages 6-12)	5:30-6:15 p.m.

**Water aerobics will be from 5:30-6:15 p.m.** Tuesdays and Thursdays. The class is free for Y members or \$2 for non-members. **Open swim times will be from 6:30-8:30 p.m.** Tuesdays and Thursdays. Admission is free for Y members or \$3 for non-members.

## **Aquacise Classes (Offerings and schedules subject to change)**

**AQUA-BURN** — Warning: This class will make you sweat! This program challenges everyone from basic to advanced fitness levels. It is a mix of deep-water and shallow-water exercise with the combination of weights and noodles. If getting fit is what you really want to do, then here is your workout. Held Tuesdays and Thursdays from 6:30-7:30p.m. and Mondays and Wednesdays from 12:15-1 p.m.

**A.M. AQUACISE** — An aerobic workout that challenges both beginner and advanced levels of fitness. This class will allow you to strengthen your whole body with the natural resistance of the water. The faster you move, push and pull, the greater the resistance will be in your workout. Get up early and make a splash! Held Mondays, Wednesdays and Fridays from 7:45-8:45 a.m.

**ARTHRITIS CLASS** — Certified by the arthritis foundation, this is a beginning level fitness which requires your physicians consent. Slow movements in shoulder deep water help to increase strength and flexibility. Come swim away your aches and pains! Held Mondays, Wednesdays and Fridays from 9:30-10:30 a.m.

**SILVERSPLASH®** — This water fitness class is designed to enhance each individual's quality of life and daily function. A variety of exercises utilizing the physical properties of water will help you increase agility, range of movement and cardiovascular conditioning. No swimming skills are necessary. Join in fitness, fun and friends! Mondays and Wednesdays from 8:45-9:30 a.m.

**FRIDAY FITNESS** — Great for the person new to water exercise as well as the intermediate fitness level. This workout in the low impact water environment provides participants with a terrific strength and cardio-respiratory program. Water bells, aqua joggers and wall work are all used in this class. Held Fridays from 8:45-9:30 a.m.

## **CPR/AED & First-Aid Class (For Ages 16 and Up)**

Program utilizes the American Red Cross materials. Participants are required to have 100 percent attendance and must pass written and practical examinations to receive certification. Call the aquatics office at (219) 325-9622, ext. 106, for class dates.

	<u>Member</u>	<u>Non-Member</u>
CPR/AED & FIRST-AID CLASS (RECERTIFICATION)	\$40/class	\$60/class
CPR/AED & FIRST-AID CLASS (CERTIFICATION)	\$60/class	\$80/class

## **Lifeguarding Class (For Ages 16 and Up)**

Program certifies individuals to become lifeguards using the American Red Cross materials. Prerequisites include standard first-aid and CPR/AED for the Professional Rescuer. Advanced swim skills are necessary and participants must be able to pass a swim skill test the first night of class. Call the aquatics office at (219) 325-9622, ext. 106, for class dates.

	<u>Member</u>	<u>Non-Member</u>
LIFEGUARDING CLASS	\$175/class	\$225/class