



## Y Aquatic Center at Randallstown

Spring I: 2/28/11 – 4/24/11

Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Aqua Fitness (11)		Aqua Fitness (11)		Aqua Fitness (11)	
8:00am		Aqua Fitness (04)	Aqua Fitness (07)	Aqua Fitness (04)	Aqua Fitness (07)	Aqua Fitness (04)	Aqua Jog (01)
8:30am							Minnow (02) Polliwog (04)
8:45am							Pike (04) Eel (04) Ray (03)
9:00am		Aqua Fitness (01)	Aqua Fitness (02)	Aqua Fitness (01)	Aqua Fitness (02)	Aqua Fitness (01)	
9:15am	Aqua Fitness (09)						Guppy (03) Fish (02) Pike (05) Shark (01) Polliwog (10)
10:00am	Aqua Fitness (10)	Aqua Jog (04)	Aqua Arthritis (02)		Aqua Arthritis (02)		Perch (05) Ray (02) Starfish (03) Polliwog (02) Minnow (05)
10:45am							Eel (05) Fish (01) Skipper (02) Polliwog (05) Guppy (09)
11:00am		Aqua Arthritis (01)		Aqua Arthritis (01)		Aqua Arthritis (01)	
11:30am							Polliwog (11) Guppy (04) Minnow (01) Pike (06) Beg. Adult (02)
11:45am							
12:00pm							
12:15pm							Guppy (05) Starfish (02) Pike (09) Aqua Jog (02) Teen/Adult II (06)
3:00pm			Aqua Zumba (01)		Aqua Zumba (01)		Tri-Athlete Swim Clinic Boot Camp (11)
5:00pm						<b>Tri-Athlete Swim Clinic Boot Camp (01312)</b> <i>(3:00pm Four Week Mini Course)</i> In conjunction with Athlete Village <i>The Tri-Athlete Swim Clinic Boot Camp</i> will include video tape analysis of the swimmer's stroke, stroke technique evaluation and correction, endurance training and interval training specifically geared for the needs of the tri-athlete swimmer.  \$120.00 Member enrollment fee \$250.00 Non-Member enrollment fee \$50.00 for taping and Website Evaluation Only	
5:30pm				Eel (03)			
5:45pm			Minnow (04) Guppy (01) Polliwog (05)		Minnow (03) Guppy (02) Polliwog (07) Teen/Adult I (03) Teen/Adult II (05)		
6:30pm	<b>PLEASE NOTE:</b> All swim lessons operate on a 7 week cycle, week 8 is designated for make-up classes, if needed.	Teen/Adult I (04)					
7:00pm							
7:30pm			Aqua Arthritis (03)		Aqua Arthritis (03)		
8:00pm							
8:15pm		Aqua Fitness (05)	Aqua Fitness (06)	Aqua Fitness (05)	Aqua Fitness (06)		



### Aquatic Program Fees

Swim Lesson Fees	Member Rate	Youth Rate	Open Rate
30 min lessons	\$58	\$73	\$116
45 min lessons	\$68	\$83	\$136
45 min teen/adult lessons	\$68	\$83	\$136
Individual lessons (4)	\$90	\$105	\$180

*Each private lesson is for 30 minutes.*

#### Lap Swim/Family Swim - FREE to Members

The Y offers convenient pool times throughout the week for lap swimming and family fun. Call 410-496-4272 and speak with a member service representative to get times and schedules.

All water exercise classes are FREE to members

Water Exercise Fees	Open Rate	Sr. Ctr/AFM
Aqua Fitness 1x/wk	\$98	
2x/wk	\$119	
3x/wk	\$135	
Aqua Jog 1x/wk	\$98	
Aqua Arthritis 2x/wk	\$70	\$59
3x/wk	\$91	\$75
Aqua Zumba 2x/wk	\$119	-

Registration for water exercise classes is required for ALL participants. Due to demand, if you cannot attend the first class, you must notify the instructor in advance. Failure to do so will result in immediate withdrawal from the class.

*Participants can only sign up for 2 water exercise classes per session.*

#### Class Length

**30 Minute Lessons:** Skips (01101) • Perch (01102) • Pike (01103) • Eel (01104) • Ray (01105) • Starfish (01106)

**45 Minute Lessons:** Polliwog (01301) • Guppy (01302) • Minnow (01303) • Fish (01304) • Shark (01306) • Teen/Adult I (01312) • Teen/Adult II (01312) • Aqua Fitness (01401) • Aqua Arthritis (01702) • Aqua Jog (01403) • Water Adjustment (01312) • Aqua Zumba (01402)

#### Parent/Child Lessons *(Parents must accompany child in the water)*

**Skipper (01101)** (Level I: 6 months - 2 yrs)  
Introduction to the water where the parent and child will enjoy water movements and games accompanied by songs. Basic skills will be developed using water toys and play.

**Perch (01102)** (Level II: 2 – 3 yrs)  
Children are taught to work more directly with an instructor in preparation for Preschool lessons and will learn the skills of breath control, floating, kicking, paddling and water entries.

#### Pre-school Lessons *(ages 3 – 5 yrs)*

**Pike (01103)** (Level I)  
Help the child develop safe pool behavior, adjust to the water and develop independent movement in the water with a float belt.

**Eel (01104)** (Level II)  
Children are taught to sit dive, float, and perform the progressive paddle stroke.

**Ray (01105)** (Level III)  
Improve stroke skills, build endurance on their front and back, learn to tread water and perform kneeling dives.

**Starfish (01106)** (Level IV)  
Endurance of front and back crawl, develop a modified breaststroke and butterfly, personal safety, and rescue skills.

#### Youth Lessons *(ages 6 – 12 yrs)*

**Polliwog (01301)** (Level I)  
For children with little to no experience. Basic skill instruction includes floating, body position, breath control and paddle stroke.

**Guppy (01302)** (Level II)  
Develop front and back float and paddle stroke. Children are introduced to rotary breathing and front crawl.

**Minnow (01303)** (Level III)  
Introduction to back crawl, diving, treading water and sharpening front crawl and rotary breathing skills.

**Fish (01304)** (Level IV)  
New skills include the breaststroke and elementary backstroke.

**Flying Fish (01305)** (Level V)  
Build endurance and refine strokes. New skills include the butterfly and open turns.

**Shark (01306)** (6 - 12 yrs)  
Work on stroke technique and refinement, competitive turns and side stroke.

#### Pre-competitive *(ages 9 – 15 yrs)*

**Shark (01306)** (Level I)  
Refining stroke technique, increasing endurance and will be introduced to proper competitive starts and turns in preparation for porpoise club or swim team. Will work on flip turns and underwater pullouts for Breaststroke.

#### Teen/Adult Lessons *(ages 13 yrs and up)*

**Teen/Adult I (01312)**  
Floating on front and back, kicking, arm stroking and treading water. Will introduce rotary breathing and overcoming the fear of deep water. Starts to develop swimming without the aid of a floatation device.

**Teen/Adult II (01312)**  
Develop front crawl with rotary breathing, introduces basic backstroke, breaststroke and butterfly drills.

**Water Adjustment (01312)**  
A beginner class for adults that focuses on becoming comfortable in the water without distress.

#### Water Exercise Programs

**Aqua Arthritis (01702)**  
An Arthritis Foundation/Y Aquatic program. Includes walking, stretching and complete range of motion exercises. (Physician referral required.)

**Aqua Fitness (01401)**  
Aerobic and toning exercises performed in water.

**Aqua Jog (01403)**  
High cardiovascular exercise performed in deep water.

**Aqua Zumba (01402)**  
A pool-based fusion of body sculpting movements with easy to follow dance steps to the tune of R & B and international music. Featuring aqua aerobic/fitness interval training, instructed by a Zumba certified instructor.