



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Swim Nights March 10 April 14 6:00 – 9:00pm (see Youth, Teen and Family page for dates and more information.)	8:30 – 9:15am Aquacize (01)		8:30 – 9:15am Aquacize (01)		8:30 – 9:15am Aquacize (01)	8:30 – 9:15am Skipper (01) Pike (01) Ray (01) Guppy (01) Minnow (01)
		9:00 – 9:45am Swim Fit (01)		9:00 – 9:45am Swim Fit (01)		
	9:15 – 10:00am Aqua Arthritis (01)		9:15 – 10:00am Aqua Arthritis (01)		9:15 – 10:00am Aqua Arthritis (01)	9:15 – 10:00am Pike (02) Ray (03) Eel (01) Polliwog (01) Aquacize (03)
						10:00 – 10:45am Pike (03) Eel (02) Starfish (01) Polliwog (02) Flying Fish (01)
	10:30 – 11:00am Pike (07)					
	11:00 – 11:30am Skipper (07)					10:45 – 11:30am Pike (04) Ray (03) Polliwog (03) Minnow (02) Shark (01)
	12:00 – 12:30pm Skipper (06)					
	12:30 – 1:00pm Pike (06)					11:30am – 12:15pm Skipper (02) Pike (05) Guppy (03) Fish (01) Eel (03)
	1:00 – 1:45pm Aquacize (10)					
	1:00 – 2:30pm MS Swim & Social (01)	1:30 – 2:15pm Aqua Arthritis (03)			1:30 – 2:15pm Aqua Arthritis (03)	
Skill Evaluation If you aren't sure what swim level your child is ready for, we offer evaluations on Tuesday and Thursday from 7:00 – 7:15pm.		6:00 – 6:30pm Polliwog (09) Pike (09) Level I Aquacize (02)		6:00 – 6:30pm Eel (04) Minnow (04) Level II Aquacize (04)	MS Swim & Social Sponsored by US against MS. Those with Multiple Sclerosis can enjoy a swim at the Y followed by a social hour. Aid to participant ratio is 1:1. Physician permission slip required. Participants must bring an in-water aide. Call Joan Peters at 410-747-9622 x302.	
		6:30 – 7:00pm Ray (09) Level I Aquacize (09)		6:30 – 7:00pm Starfish (04) Level II Aquacize (07)		
		7:00 – 7:45pm Deep Water Jog (03)		7:00 – 7:45pm Deep Water Jog (03)		
	9:00 – 9:50pm Master's Swim	7:15 – 8:00pm Teen/Adult I (02)	9:00 – 9:50pm Master's Swim	7:15 – 8:00pm Teen/Adult I (04)		

Aquatic Program Fees

Swim Lesson Fees

	Member	Youth Member	Open Rate
30 min lessons	\$60	\$75	\$120
45 min lessons	\$70	\$85	\$140
45 min teen/adult lessons	\$70	\$85	\$140
Individual lessons (4)	\$90	\$105	\$135

- 30 Minute Lessons:** Skipper (01101) • Pike (01103) • Eel (01104) • Ray (01105) • Starfish (01106)
- 45 Minute Lessons:** Polliwog (01301) • Guppy (01302) • Minnow (01303) • Fish (01304) • Flying Fish (01305) • Shark (01306) • Teen/Adult (01312) • Aqua Arthritis (10702) • Aquacize (01401) • Deep Water Jog (01403) • Swim Fit (01409)
- 50 Minute Lesson:** Master's Swim (01501)
- 90 Minute Lesson:** MS Swim & Social (01701)

Lap Swim/Family Swim — FREE to Members

Call 410-747-9622 for lap swim and family rec swim times.

All water exercise classes are FREE to members

Water Exercise Fees	Open Rate	Sr. Ctr/AFM
Aquacize 1x/wk	\$98	
3x/wk	\$135	
Deep Water Jog 2x/wk	\$119	
Swim Fit 2x/wk	\$119	
Aqua Arthritis 2x/wk	\$70	\$59
3x/wk	\$91	\$75

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.

CPR and First Aid Certification Trainings

Please contact Mark Strube at 410-747-9622 for more information.

Fee: \$40 for CPR, \$40 for First Aid
\$70 for CPR and First Aid

CPR (02610) Ages 10+ yrs

March 5	6:00 - 9:00pm
April 2	6:00 - 9:00pm

First Aid (02611) Ages 12+ yrs

March 19	6:00 - 9:00pm
April 16	6:00 - 9:00pm

Schedules subject to change without notice.



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.

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.

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.

Individual Swim Lessons

One-on-one instruction.

Water Exercise Programs

Aqua Arthritis (10702)

An Arthritis foundation/Y Aquatics program. Includes wading, stretching and complete range of motion exercises. (Physician referral required.)

Aquacize (01401)

Shallow water exercising to music with concentrated exercises to strengthen and tone the upper and lower torso.

Deep Water Jog (01403)

A zero impact, deep water exercise class focusing on strength, endurance and aerobic fitness.

Master's Swim (01501)

A structured practice lead by an experienced swim coach.

MS Swim & Social (01701)

A US Against MS developed and sponsored program for Multiple Sclerosis patients. The program combines elements of aqua therapy and exercise, followed by a social hour with refreshments. Participation in the program is contingent upon physician approval.

Swim Fit (01409)

A combination of lap swimming and aquafit exercises to promote overall fitness.

CPR (02610)

Ages 10+ yrs

C.P.R. certification at some level - must attend entire class to receive certification.

First Aid (02611)

Ages 12+ yrs

First aid certification. Must attend all classes to receive certification.