



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 – 10:45am Aquacize (01)		10:00 – 10:45am Aquacize (01)		
						11:15am – 12:00pm Guppy (01)
	12:00 – 12:45pm Aquacize (03)		12:00 – 12:45pm Aquacize (03)		12:00 – 12:45pm Aquacize (03)	12:00 – 12:45pm Polliwog (02)
						12:45 – 1:15pm Pike (01)
				5:00 – 5:30pm Eel (03)	5:00 – 5:30pm Pike (05)	
				5:30 – 6:15pm Guppy (03)	5:30 – 6:15pm Poliwog (01)	
		6:30 – 7:15pm Aquacize (05)		6:30 – 7:15pm Aquacize (05)	6:30 – 7:15pm Teen/Adult (01)	
		7:30 – 8:15pm Teen/Adult (02)				

### Aquatic Program Fees

Swim Lesson Fees	Family Member Rate	Youth Member Rate	Open Rate
30 min lessons	\$30	\$50	\$60
45 min lessons	\$35	\$60	\$70
Individual lessons (4)	\$50	\$65	\$100

All water exercise classes are FREE to members.

Water Fitness Fees	Open Rate
Aquacize (2x/wk)	\$40
(3x/wk)	\$50

- 30 Minute Lessons:** Skipper (01101) • Perch (01102) • Pike (01103) • Eel (01104) • Ray (01105) • Starfish (01106)
- 45 Minute Lessons:** Polliwog (01301) • Guppy (01302) • Minnow (01303) • Teen/Adult (01312)
- 45 Min Water Exercises:** Aquacize (01402)

### Lap/Family Swim

FREE to members.

The Y offers a variety of convenient pool times throughout the week for lap swimming and family fun. Call 410-728-1600 and speak with a member service representative to get times and schedules or go to [ymaryland.org](http://ymaryland.org).



### 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)

Introduction to back crawl, diving, treading water and sharpening front crawl and rotary breathing skills.

#### **Flying Fish (01305)** (Level IV)

Introduction to back crawl, diving, treading water and sharpening front crawl and rotary breathing skills.

### 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. Each private lesson is for 30 minutes. See reverse side for fees.

### Water Exercise Programs

#### **Aquacize (01402)**

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