



ATTENTION:

In an effort to alleviate some of the congestion of online and in-person program registration, our **SPRING I PROGRAM REGISTRATION FOR DANCEL FAMILY CENTER Y MEMBERS WILL BE:**

- **Monday, February 13th:** Online and in-person registration for PRESCHOOL-AGE SWIM LESSONS ONLY (*skipper, perch, pike, eel, ray, starfish*)
- **Tuesday, February 14th:** Online and in-person registration for PRESCHOOL-AGE AND YOUTH SWIM LESSONS ONLY (*skipper, perch, pike, eel, ray, starfish, polliwog, guppy, minnow, fish, flying fish, starts turns, shark, porpoise club*)
- **Wednesday, February 15th:** Online and in-person registration for ALL Y PROGRAMS (all aquatics, all health & wellness, all sports, all youth, teen, & family, etc.). Programs not requiring registration still do not require registration.

This program registration schedule is for member registration for Dancel only. Open registration will proceed as usual beginning February 20th.

Parent/Child Lessons (30 min.)

(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.

(11) Thur 10:20 – 10:50am (22) Sat 9:00 – 9:30am

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.

(13) Thur 10:55 – 11:25am (17) Sat 9:35 – 10:05am

Pre-school Lessons (30 min.)

(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.

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| (32) Sun 10:00 – 10:30am | (22) Thur 9:45 – 10:15am |
| (35) Mon 9:45 – 10:15am | (29) Sat 9:00 – 9:30am |
| (42) Mon 10:55 – 11:25am | (30) Sat 9:35 – 10:05am |
| (12) Mon 3:55 – 4:25pm | (26) Sat 10:10 – 10:40am |
| (13) Mon 5:00 – 5:30pm | (14) Sat 11:20 – 11:50am |
| (17) Tue 10:55 – 11:25am | (31) Sat 11:20 – 11:50am |
| (34) Tue 11:30am – 12:00pm | (28) Sat 11:55am – 12:25pm |
| (41) Wed 9:45 – 10:15am | (33) Sat 11:55am – 12:25pm |

Eel (01104) (Level II)

Children are taught to sit dive, float, and perform the progressive paddle stroke.

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| (31) Mon 10:20 – 10:50am | (10) Sat 9:35 – 10:05am |
| (12) Mon 4:25 – 4:55pm | (20) Sat 9:35 – 10:05am |
| (15) Tue 10:20 – 10:50am | (27) Sat 10:10 – 10:40am |
| (32) Wed 10:20 – 10:50am | (21) Sat 10:45 – 11:15am |
| (14) Thur 10:55 – 11:25am | (30) Sat 10:45 – 11:15am |
| (22) Thur 11:30am – 12:00pm | (28) Sat 11:20 – 11:50am |
| (24) Fri 3:50 – 4:20pm | (25) Sat 11:55am – 12:25pm |
| (26) Sat 9:00 – 9:30am | (29) Sat 11:55am – 12:25pm |

Ray 01105 (Level III)

Improve stroke skills, build endurance on their front and back, learn to tread water and perform kneeling dives.

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| (17) Sun 10:40 – 11:10am | (16) Sat 9:00 – 9:30am |
| (13) Tues 9:45 – 10:15am | (20) Sat 10:10 – 10:40am |
| (23) Wed 10:55 – 11:25am | (19) Sat 10:45 – 11:15am |
| (18) Thur 10:20 – 10:50am | (15) Sat 11:20 – 11:50am |
| (14) Fri 4:25 – 4:55pm | |

Starfish 01106 (Level IV)

Endurance of front and back crawl, develop a modified breaststroke and butterfly, personal safety, and rescue skills.

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| (15) Thur 9:45 – 10:15am | (13) Sat 11:20 – 11:50am |
| (16) Fri 5:00 – 5:30pm | (18) Sat 11:55 am – 12:25pm |
| (11) Sat 10:45 – 11:15am | |

Youth Lessons (45 min.)

(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.

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| (13) Sun 10:00 – 10:45am | (19) Sat 10:40 – 11:25am |
| (18) Sun 11:20am – 12:05pm | (17) Sat 12:20 – 1:05pm |
| (16) Tue 3:50 – 4:35pm | (11) Sat 12:30 – 1:15pm |

Guppy 01302 (Level II)

Develop front and back float and paddle stroke. Children are introduced to rotary breathing and front crawl.

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| (18) Sun 10:50 – 11:35am | (19) Sat 9:50 – 10:35am |
| (14) Tue 4:40 – 5:25pm | (17) Sat 11:30 am – 12:15pm |
| (11) Wed 3:55 – 4:40pm | (15) Sat 12:30 – 1:15pm |

Minnow 01303 (Level III)

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

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| (15) Sun 10:00 – 10:45am | (23) Fri 3:55 – 4:40pm |
| (24) Sun 11:45am – 12:30pm | (12) Sat 9:00 – 9:45am |
| (17) Sun 12:15 – 1:00pm | (13) Sat 12:30 – 1:15pm |
| (11) Wed 4:45 – 5:30pm | (14) Sat 12:30 – 1:15pm |
| (16) Thur 6:15 – 7:00pm | |

Fish 01304 (Level IV)

New skills include the breaststroke and elementary backstroke.

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| (15) Sun 11:45 am – 12:30pm | (13) Sat 9:50 – 10:35am |
| (11) Wed 3:55 – 4:40pm | (16) Sat 10:40 – 11:25am |
| (14) Thur 7:05 – 7:50pm | |

Flying Fish 01305 (Level V)

Build endurance and refine strokes. New skills include the butterfly and open turns.

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| (15) Sun 10:50 – 11:35am | (13) Sat 9:00 – 9:45am |
| (11) Mon 3:55 – 4:40pm | (14) Sat 9:50 – 10:35am |
| (27) Fri 4:45 – 5:30pm | (12) Sat 11:30 am – 12:15pm |

Starts and Turns 01150 (Ages 6 - 15 yrs)

Learn proper diving technique and work on backstroke starts and flip turns.

Must be in swimming level Minnow or above.

(02) Sat 10:30 – 11:15am

Swim Lesson Fees

| Lesson Length | 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 |
| Teen/Adult IV (1 hr.) 1x/wk | \$70 | \$85 | \$140 |
| Teen/Adult IV (1 hr.) 2x/wk | \$105 | \$127.50 | \$210 |
| Master's Swimming (1 hr.) | \$37 | N/A | \$74 |

If you are unsure what skill level, please call the aquatic office x250 Mon, Wed, or Fri to schedule a swim test. 7 week classes. Swim classes cancelled due to weather related incidents will not be made up.

Schedules subject to change without notice.

Online Registration Available • ymaryland.org



Pre-competitive (45 min.)

(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.

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|----------|---------------|-----------|-----------------|
| (12) Mon | 4:45 – 5:30pm | (11) Thur | 6:15 – 7:00pm |
| (17) Tue | 6:15 – 7:00pm | (18) Sat | 10:40 – 11:25am |
| (13) Wed | 4:45 – 5:30pm | (16) Sat | 12:20 – 1:05pm |

Porpoise Club 01308 (Level II)

Develop competitive stroke technique and introduces water safety techniques in preparation for swim team or life guard class. Will continue to work on flip turns and underwater pullouts for Breaststroke.

No online registration. Pre-authorization is required to register.

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|-----------|---------------|----------|----------------|
| (01) Thur | 7:05 – 7:50pm | (03) Sat | 12:30 – 1:15pm |
| (02) Tue | 7:05 – 7:50pm | | |

Teen/Adult Lessons (45 min.)

(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.

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| (21) Tue | 5:30 – 6:15pm | (20) Sat | 9:00 – 9:45am |
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Teen/Adult II 01312

Develop front crawl with rotary breathing, introduces basic backstroke, breaststroke and butterfly drills.

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| (22) Tue | 6:15 – 7:00pm | (19) Sat | 11:30am – 12:15pm |
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Teen/Adult III 01312 (1 hour)

Triathlon training with a heavy focus on freestyle using front quadrant swimming techniques with the development of all 4 competitive strokes through technique reviews.

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| (28) Sat | 8:00 – 9:00am |
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Teen/Adult IV 01312 (1 hour)

Main focus will be development of competitive strokes and techniques including starts and turns. Workouts will include practice sets and intervals while continuing to develop triathlon training, overall swimming endurance and speed in preparation for Master level swimming. Must be pre-approved to enter class. No online registration.

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| (30) Tues | 6:15 – 7:15am | (31) Thur | 6:15 – 7:15am |
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Master's Swim 01501 (1 hour)

A structured practice lead by an experienced swim coach.

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| (01) Tues/Thur | 8:45 – 9:45pm |
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Water Exercise Programs

Drop-In Classes — MEMBERS ONLY*:

Aquacize* 01402 (45 min.)

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

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| (02) Tues/Thur | 2x/wk | 7:00 – 7:45pm |
| (03) Tues/Thur | 2x/wk | 9:00 – 9:45am |
| (04) Mon/Wed/Fri | 3x/wk | 9:45 – 10:45am (previously named Aqua Combo) |
| (05) Tues/Thur | 2x/wk | 9:45 – 10:45am (previously named Aqua Combo) |

AquaFusion* 01407 (45 min.)

A blend of challenging cardio exercises, muscle conditioning, and stretching to achieve a total body workout. Class includes shallow and deep water exercises.

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| (02) Wed | 7:30 – 8:15pm | (03) Sun | 9:00 – 9:45am |
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Aqua Challenge* 01405 (1 hour)

Program uses a variety of aquatic exercise equipment to tone upper and lower torso.

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| (01) Mon | 7:45 – 8:45pm | (02) Wed | 7:45 – 8:45pm |
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Deep Water Jog* 01403 (45 min.)

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

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|------------------|---------------|----------------|---------------|
| (01) Mon/Wed/Fri | 9:00 – 9:45am | (04) Sat | 9:00 – 9:45am |
| (02) Mon/Wed | 6:45 – 7:30pm | (05) Tues/Thur | 6:15 – 7:00pm |
| (03) Tues/Thur | 7:00 – 7:45pm | (06) Tues/Thur | 9:00 – 9:45am |

Water Exercise Programs: Members Free*

* Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.

To participate in water exercise programs, please sign in on the laminated sheets located on the pool deck and check the day of the week you attend that class. The class sign-in sheet will be used to alert participants in the event of an unexpected pool closing, to chart pool usage, and for pool safety purposes.

Due to the demand of the M/W/F morning Aquacize (01402) (01) 9:00 – 9:45am, registration for this class will be required. Please refer to the registration form for registration dates, process and policies.

Registration Required Classes:

Aquacize* 01402 (45 min.)

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

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|------------------|-------|---------------|
| (01) Mon/Wed/Fri | 3x/wk | 9:00 – 9:45am |
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Aqua Arthritis 01702 (45 min.)

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

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| (01) Mon/Wed/Fri | 12:45 – 1:30pm |
| (02) Tues/Thur | 6:15 – 7:00pm |
| (03) Tues/Thur | 1:00 – 1:45pm |
| (04) Mon/Wed/Fri | 1:45 – 2:30pm |
| (05) Mon/Wed | 6:45 – 7:45pm (previously named Aquatic Back) |

| Aqua Arthritis Fees | Member | Open Rate | AF Member |
|---------------------|--------|-----------|-----------|
| 2x/wk (M/W), (T/Th) | FREE | \$55 | \$35 |
| 3x/wk (M/W/F) | FREE | \$80 | \$48 |

Swim Lesson Fees

| Lesson Length | 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 |
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