



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		6:00 – 7:00am Master's Swim (01)		6:00 – 7:00am Master's Swim (01)			
	8:15am – 9:00am Water Walking (01)		8:15am – 9:00am Water Walking (01)		8:15am – 9:00am Water Walking (02)	8:30 – 9:30am Aquacize (07) Level 3	
	9:00am – 10:00am Aquacize (01) Level 3	9:00am – 10:00am Swim Fit (01)	9:00am – 10:00am Aquacize (01) Level 3	9:00am – 10:00am Swim Fit (01)	9:00am – 10:00am Aquacize (02) Level 3	8:55 – 9:30am Teen/Adult II (01)	
9:30am – 10:30am Aqua Zumba (02)	10:00 – 11:00am Aquacize (03) Level 2	10:00 – 10:35am Skipper (02)	10:00 – 11:00am Aquacize (03) Level 2	10:00 – 10:35am Pike (02) Eel (02)		9:35 – 10:10am Pike (10) Eel (10) Polliwog (06) Guppy (06)	
		10:20 – 11:05am Deep Water Jog (01)		10:20 – 11:05am Deep Water Jog (02)		10:15 – 10:50am Pike (11) Ray (10) Minnow (06) Fish (06) Flying Fish (06) Shark (06)	
10:35 – 11:10am Pike (12)		10:40 – 11:15am Perch (02)		10:40 – 11:15am Ray (02)		10:55 – 11:30am Skipper (04) Perch (03)	
11:15 – 11:50am Eel (11)	11:00am – 12:00pm Aquacize (04) Level 2	11:20am – 12:20pm Aquacize (05) Level 4	11:00am – 12:00pm Aquacize (04) Level 2	11:20am – 12:20pm Aquacize (05) Level 4	11:00am – 12:00pm Aquacize (08) Level 1	10:55 – 11:40am Competitive Stroke Development (02)	
Aquatic Schedule Tuesday/Thursday evening swim lessons run as four week mini-sessions. There are seven classes total, 35 minutes each. The last Thursday of the mini-session is used as a facility make up day if needed for pool closures. If both nights do not fit your schedule you may sign up for lessons on just Tuesday nights for seven weeks or just Thursday nights for seven weeks. Mini-session I* 2/28 – 3/20 <i>Tu/Th 6:00 – 6:35pm classes</i> <i>Tu/Th 6:40 – 7:15pm classes</i> <i>*The makeup day will be 3/22, if needed.</i> Mini-session II** 3/27 – 4/17 <i>Tu/Th 6:00 – 6:35pm classes</i> <i>Tu/Th 6:40 – 7:15pm classes</i> <i>**The makeup day will be 4/19, if needed.</i>			12:40 – 1:15pm Ray (03) Home School(01) (6-12 yrs)			10:55 – 11:55am Competitive Stroke Development (03)	
			1:20 – 1:55pm Pike (03) Eel (03)				
		6:00 – 6:35pm Pike (04)(05)(06) Eel (04)(05)(06) Polliwog (01)(02)(03) Guppy (01)(02)(03)		6:00 – 6:35pm Pike (04)(05)(07) Eel (04)(05)(07) Polliwog (01)(02)(04) Guppy (01)(02)(04)	6:00 – 6:35pm Skipper (03) Pike (08) Eel (08) Ray (08) Polliwog (05) Guppy (05)		
		6:40 – 7:15pm Ray (04)(05)(06) Minnow (01)(02)(03) Fish (01)(02)(03) Flying Fish (01)(02)(03) Shark (01)(02)(03)		6:40 – 7:15pm Ray (04)(05)(07) Minnow (01)(02)(04) Fish (01)(02)(04) Flying Fish (01)(02)(04) Shark (01)(02)(04)	6:40 – 7:15pm Pike (09) Eel (09) Ray (09) Minnow(05) Fish(05) Flying Fish(05) Shark(05)		
	8:05 – 9:05pm Aquacize (06) Level 3		8:05 – 9:05pm Aquacize (06) Level 3		7:20 – 7:55pm Teen/Adult I (01)		
					7:20 – 8:20pm Aqua Zumba (01)		

Inclement Weather: Tune into WTTR AM 1470
Lap/Rec Swim: FREE to members.
 Call 410-848-3660 for more information.

Aquatic Program Fees

Swim Lesson Fees	Mbr.	Yth Mbr.	Open Rate
35 minute lessons	\$51	\$63	\$79
45 minute lessons	\$61	\$75	\$91
60 minute lessons	\$66	\$82	\$98
Individual lessons (Four 30 min. lessons)	\$83	\$114	\$125

PLEASE NOTE: All Aquatic programs operate on a 7 week cycle, week 8 is designated for make-up classes, if needed for pool closures.

Water Exercise Classes	Member	Open Rate
Aquacize	1x/wk FREE	\$40
	2x/wk FREE	\$66
Aqua Zumba	1x/wk FREE	\$50
Deep Water Jog	1x/wk FREE	\$36
Master's Swim	2x/wk FREE	\$95
Swim Fit	2x/wk FREE	\$66
Water Walking	1x/wk FREE	\$36
	2x/wk FREE	\$61

35 Minute Lessons	
Skipper (01101)	Fish (01304)
Perch (01102)	Flying Fish (01305)
Pike (01103)	Shark (01306)
Eel (01104)	Teen/Adult I (01312)
Ray (01105)	Teen/Adult II (01312)
Polliwog (01301)	Home School (01399)
Guppy (01302)	
Minnow (01303)	

45 Min Water Exercises
Deep Water Jog (01403)
Water Walking (01406)

60 Min Water Exercises
Aquacize (01402)
Master's Swim (01501)
Swim Fit (01409)
Aqua Zumba (01420)

45 Minute Lessons
Competitive Stroke Development (01501) Ages 4 - 8 yrs
60 Minute Lessons
Competitive Stroke Development (01501) Ages 9 - 16 yrs

Create your own Group Swim Lesson!

None of our Swim Lessons fit with your family's busy schedule?

Get your own group together for a session of 7 private 35 minute swim lessons! Details below...

- Group must be a minimum of 3 people and maximum of 6 people
 - All participants in the group must be within one skill level of each other
 - Scheduling lessons is based on the availability of pool space
 - Rate is per participant for all 7 lessons: Member: \$71, Youth Member: \$90, Open Rate: \$104
- Please call Courtney Ayres, Aquatics Director, at (410) 848-3660 ext. 233 for more information.





Parent/Child Lessons

(Parents must accompany child in the water)

Skipper (01101) (Level I: 6 – 24 months)
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.

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 4 – 16 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.

Competitive Stroke Development (01501)
This class is designed to bridge younger swimmers from swimming lessons to swim team. This program develops swimmers by combining stroke technique with an emphasis on endurance.
(02) Saturday 10:55 – 11:40am Ages 4 – 8 yrs
(03) Saturday 10:55 – 11:55pm Ages 9 – 16 yrs

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 lesson is for 30 minutes.

Home School Swim (01399)

The Y provides structured swim time for children who are not enrolled in the public school system. Kids and teens will receive basic skills instruction as well as time to practice those skills through games and free play.

Water Exercise Programs

Aquacize (01402)
See box below.

Aqua Zumba (01420)
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.

Deep Water Jog (01403)
A zero impact, deep water exercise class focusing on strength, endurance and aerobic fitness.

Master's Swimming (01501)
A structured practice lead by an experienced swim coach.

Swim Fit (01409)
A combination of lap swimming and aquafit exercises to promote overall fitness.

Water Walking (01406)
Water exercise program using water resistance for a great total body workout.



Spring Stroke Technique Clinics (01201)

This program is designed for swimmers who have a working knowledge of all four strokes and intend to swim in a summer league. This is preparation for the competitive summer season.

Dates: April 2 - May 26

Groups:	Days	Times	Ages
(01) *Qualifiers:	Tuesday and Thursday	7:15 – 8:45pm	Ages 12 – 18 yrs
(02) Competitive Stroke:	Tuesday and Thursday	4:25 – 5:55pm	Ages 9 – 16 yrs
(03) Competitive Stroke:	Monday and Wednesday	6:00 – 7:00pm	Ages 9 – 16 yrs
(04) Competitive Stroke:	Tuesday and Thursday	5:00 – 5:45pm	Ages 5 – 8 yrs

**By invitation only*

Fees:

90 minutes (01/02): Member: \$105; Open Rate: \$135
60 minutes (03): Member: \$85; Open Rate: \$110
45 minutes (04): Member: \$75; Open Rate: \$95

Aquacize Levels (01402)

Level 1: Shallow water exercising to music. Program includes stretching, walking and complete range of motion exercises.

Level 2: Shallow water exercising to music. Program includes stretching, walking and concentrated exercises to strengthen the upper and lower torso.

Level 3: Shallow water exercising to music. Program includes concentrated exercises to strengthen and tone the upper and lower torso with more focus on cardiovascular exercise.

Level 4: Shallow water exercising to music. Program includes challenging exercises to strengthen and tone the upper and lower torso with a heavy focus on cardiovascular exercise.

Schedules subject to change without notice.

Online Registration Available • ymaryland.org