



Y Aquatic Center at Randallstown

Spring I: 2/27/12 – 4/22/12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00 – 7:45am Aquacize (11)	7:00 – 7:45am Aquacize (14)	7:00 – 7:45am Aquacize (11)	7:00 – 7:45am Aquacize (14)	7:00 – 7:45am Aquacize (11)	
	8:00 – 8:45am Aquacize (04)	8:00 – 8:45am Aquacize (07)	8:00 – 8:45am Aquacize (04)	8:00 – 8:45am Aquacize (07)	8:00 – 8:45am Aquacize (04)	8:00 – 8:45am Deep Water Jog (01)
9:15 – 10:00am Aquacize (09)	9:00 – 9:45am Aquacize (01)	9:00 – 9:45am Aquacize (02)	9:00 – 9:45am Aquacize (01)	9:00 – 9:45am Aquacize (02)	9:00 – 9:45am Aquacize (01)	9:00 – 9:30am Pike (04) Eel (04) Ray (03)
10:00 – 10:45am Aquacize (10)	10:00 – 10:45am Aquacize (13)	10:00 – 10:45am Aqua Arthritis (02)	10:00 – 10:45am Y Wet and Sweat (01) <i>(must sign up through Sr. Center)</i>	10:00 – 10:45am Aqua Arthritis (02)	10:00 – 10:45am Y Wet and Sweat (01) <i>(must sign up through Sr. Center)</i>	9:35 – 10:20am Guppy (03) Fish (02) Polliwog (05) Shark (01)
						10:25 – 10:55am Perch (05) Ray (02) Starfish (03) Pike (05)
	11:00 – 11:45am Aqua Arthritis (01)		11:00 – 11:45am Aqua Arthritis (01)		11:00 – 11:45am Aqua Arthritis (01)	11:00 – 11:45am Fish (01) Polliwog (06) Guppy (09) Minnow (01)
	12:00 – 12:45pm Senior Intermediate (01)		12:00 – 12:45pm Senior Beginner (08)		12:00 – 12:45pm Senior Intermediate (02)	12:00 – 12:30pm Eel (05) Skipper (02) Pike (06) Starfish (02)
Stroke and Turn Clinic <i>(Ages 5-18)</i> All technique for butterfly, breaststroke, sidestroke and backstroke- starts, dives, turns and finishes. Participants must be able to swim one full length of the pool. Dates: April 9 – May 25 Monday, Wednesday, Friday Time: 10 and under 6:00 – 7:00pm 11 and over 7:00 – 8:00pm Fee: Member: \$75 Open Rate: \$150						12:35 – 1:20pm Fish (03) Guppy (04) Polliwog (07) Beg. Adult (02)
		3:00 – 3:45pm Aqua Zumba (01)		3:00 – 3:45pm Aqua Zumba (01)		1:25 – 2:10pm Guppy (05) Polliwog (08) Deep Water Jog (06) Intern. Adult (06)
		4:00 – 4:45pm Aquacize (12)		4:00 – 4:45pm Aquacize (12)		3:00 – 4:00pm Porpoise Club (04)
		5:00 – 5:30pm Eel (01) Pike (02) Ray (01)		5:00 – 5:30pm Eel (03) Pike (03) Starfish (01)	Y Wet & Sweat (01705) <i>(ages 50+ yrs) (45 min.)</i> Gentle Aerobic and strengthening activities in water offered in cooperation with Baltimore County Recreation & Parks. Please see your participating Senior Center for registration information. Y members may attend this class for free.	
5:30 – 6:15pm Polliwog (01) Guppy (07) Beg. Adult (04)		5:30 – 6:15pm Guppy (02) Polliwog (03) Intern. Adult (07)				
PLEASE NOTE: All swim lessons operate on a 7 week cycle, week 8 is designated for make-up classes, if needed.		6:15 – 7:00pm Guppy (01) Polliwog (02) Intern. Adult (05)		6:15 – 7:00pm Minnow (03) Polliwog (04) Intern. Adult (08)		
	7:15 – 8:00pm Aquacize (03)	7:30 – 8:15pm Aqua Arthritis (03)	7:15 – 8:00pm Aquacize (03)	7:30 – 8:15pm Aqua Arthritis (03)		
	8:15pm – 9:00pm Aquacize (05)	8:15pm – 9:00pm Aquacize (06)	8:15pm – 9:00pm Aquacize (05)	8:15pm – 9:00pm Aquacize (06)	<i>Schedules subject to change without notice.</i>	

Class Length

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

45 Minute Lessons: Polliwog (01301) • Guppy (01302) • Minnow (01303) • Fish (01304) • Shark (01306) • Adult I (01312) • Adult II (01312) • Senior Beginner (01312) • Senior Intermediate (01312) • Aqua Arthritis (01702) • Deep Water Jog (01403) • Aqua Zumba (01401) • Aquacize (01402) • Wet and Sweat (01705)

60 Minute Lessons: Porpoise Club (01308)



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 adult lessons	\$68	\$83	\$136
60 min lessons	\$75	\$97	\$150
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 or go online at ymaryland.org.

All water exercise classes are FREE to members

Water Exercise Fees	Open Rate	Sr. Ctr/AFM
Aquacize 1x/wk	\$98	
2x/wk	\$119	
3x/wk	\$135	
Deep Water Jog 1x/wk	\$98	
Aqua Arthritis 2x/wk	\$70	\$59
3x/wk	\$91	\$75
Aqua Zumba 2x/wk	\$119	-
Y Wet & Sweat 2x/wk	NA	-

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.

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.

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.

Porpoise Club (01308) (Level II)
Develop and refine competitive stroke techniques and introduces water safety techniques in preparation for swim team or life guard class. This program will focus on flip turns and underwater pullouts for Breaststroke, Butterfly competitive starts and turns and increasing yard mileage. *No online registration. Pre-authorization is required to register.*

Adult Lessons *(ages 13 yrs and up)*

Beginner 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.

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

Senior Beginner (01312)
A beginner level swim lesson for senior aged participants. 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.

Senior Intermediate (01312) Level II
An intermediate level swim lesson for senior aged participants. Participants will receive an introduction to the frog kick, breaststroke and elementary backstroke. The class will continue to help participants develop rotary breathing skills and overcoming fear of deep water. Students will develop swimming skills without the aid of a floatation device.

Water Exercise Programs

Aqua Arthritis (01702)
An Arthritis Foundation/Y Aquatic program. Includes walking, 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)
High cardiovascular exercise performed in deep water.

Aqua Zumba (01401)
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.

Schedules subject to change without notice.

Online Registration Available • ymaryland.org