



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 7:00am Master Swim Team (01)		6:00 – 7:00am Master Swim Team (01)		6:00 – 7:00am Master Swim Team (01)	
	9:00 – 9:30am Pike (01)		9:00 – 9:30am Pike (01)			9:00 – 9:30am Pike (05) Polliwog (14)
	9:00 – 10:00am Aquacize (01)		9:00 – 10:00am Aquacize (01)		9:00 – 10:00am Aquacize (01)	9:00 – 9:45am Teen/Adult I (01)
10:00 – 10:45am Teen/Adult I (04)		10:30 - 11:30am SilverSneakers SilverSplash® (01)		10:30 - 11:30am SilverSneakers SilverSplash® (01)		9:45 – 10:30am Minnows (21) Skipper (01) Ray (02)
	10:30 – 11:30am Aqua Arthritis (01)		10:30 – 11:30am Aqua Arthritis (01)		10:30 – 11:30am Aqua Arthritis (01)	10:30 – 11:00am Perch (01) Polliwog(13)
11:00 – 11:30am Pike (02)						10:30 – 11:15am Eel (02)
11:45am – 12:30pm Polliwog (03)		Aquatic Mini-Sessions <ul style="list-style-type: none"> Classes offered on Saturday or Sunday will be held once a week for 7 weeks (<i>week 8 is designated for make-up classes if needed</i>) Monday and Wednesday swim lessons will be held twice a week for 4 weeks (<i>7 classes with one make-up day if needed</i>) Tuesday and Thursday swim lessons will be held twice a week for 4 weeks (<i>7 classes with one make-up day if needed</i>) 				11:15am – 12:00pm Fish (01) Guppy (01) Starfish (01)
12:30pm – 1:00pm Eel (08)						12:00 – 12:45pm Polliwog (11) Pike (08) Competitive Stroke (01)
	5:00 – 5:30pm Pike (03), (06)	5:00 – 5:30pm Eel (03), (04)	5:00 – 5:30pm Pike (03), (06)	5:00 – 5:30pm Eel (03), (04)	5:00 – 5:30pm Pike (11)	
	5:45 – 6:30pm Polliwog (01), (05)	5:30 – 6:15pm Polliwog (02), (06)	5:45 – 6:30pm Polliwog (01), (05)	5:30 – 6:15pm Polliwog (02), (06)	5:30 – 6:15pm Polliwog (07)	
	6:30 – 7:30pm Aqua Challenge (01)	6:15 – 7:00pm Guppy (02), (03)	6:30 – 7:30pm Aqua Challenge (01)	6:15 – 7:00pm Guppy (02), (03)	6:30 – 7:30pm Aqua Challenge (01)	
		7:15 – 8:00pm Teen/Adult I (05), (06)		7:15 – 8:00pm Teen/Adult I (05), (06)		

Aquatic Program Fees

Swim Lesson Fees

	Family Members	Youth Members	Open Rate
30 min lessons	\$60	\$75	\$120
45 min lessons	\$70	\$85	\$140
Individual lessons			
1 Lesson	\$25	\$40	\$50
4 Lessons	\$90	\$135	\$180
<i>Each private lesson is for 30 minutes.</i>			
Master's Swim Team (members only)	FREE	N/A	N/A

All water fitness classes are FREE to members

Water Fitness Fees (8 week programs)	Open Rate
Aquacize 3x/wk (M/W/F)	\$75
Aqua Arthritis 3x/wk (M/W/F)	\$75
Aqua Challenge 3x/wk (M/W/F)	\$75
SilverSneakers SilverSplash® 2x/wk (T/Th)	\$65

Lap/Family Swim

FREE to members. The Y offers convenient pool times throughout the week for lap swimming and family fun. Call 410-889-9622 and speak with a member service representative to get times and schedules.

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) • Flying Fish (01305) • Shark (01306) • Teen/Adult Classes (01312)

60 Minute Lessons: Competitive Stroke Development (01505)

60 Minute Water Fitness Programs: Aquacize (01402) • Aqua Arthritis (01702) • Aqua Challenge Classes (01405) • Master's Swim Team (01501) • SilverSplash® (01419)

PLEASE NOTE: All swim lessons operate on a 7 week cycle, week 8 is designated for make-up classes, if needed. Contact John Clark, Aquatic Director at 410-889-9622 or johnclark@ymaryland.org for more information.

Schedules subject to change without notice.

Online Registration Available • 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)

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.

Competitive Stroke Development (01505)

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.

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 Fitness Programs

Aquacize (01402)

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

Aqua Arthritis (01702)

This Arthritis Foundation aquatic fitness program focuses on complete range of motion exercises.

Aqua Challenge (01405)

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

Master's Swim Team (01501)

A structured practice lead by an experienced swim coach.

SilverSneakers SilverSplash® (01419)

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

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