



Start Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Aqua Fitness (04)	Aqua Fitness (07)	Aqua Fitness (04)	Aqua Fitness (07)	Aqua Fitness (04)	Aqua Jog (01)
8:30am							Minnow (02) Polliwog (04)
8:45am							Pike (04) Eel (04)
9:00am	Aqua Fitness (09)	Aqua Fitness (01)	Aqua Fitness (02)	Aqua Fitness (01)	Aqua Fitness (02)	Aqua Fitness (01)	
9:15am							Guppy (03) Fish (02) Pike (05) Shark (01)
10:00am	Aqua Fitness (10)	Water Adjustment (04)	Aqua Arthritis (02)		Aqua Arthritis (02)		Perch (05) Ray (02) Starfish (04) Polliwog (02)
10:45am							Eel (05) Fish (01) Skips (03) Polliwog (05)
11:00am		Aqua Arthritis (01)	Pike (01)	Aqua Arthritis (01)	Eel (02)	Aqua Arthritis (01)	
11:30am			Skips (01)		Perch (04)		Guppy (04) Minnow (01) Pike (06) Adult (01)
12:15pm							Adult (02) Guppy (05) Starfish (02) Pike (09) Aqua Jog (02)
5:00pm			Pike (02) Polliwog (01)		Pike (03) Guppy (02)		
5:30pm			Eel (01)		Eel (03)		
5:45pm			Guppy (01)		Polliwog (07)		
6:00pm			Ray (01)		Pike (07)		
6:30pm		Aqua Fitness (08) Aqua Jog (03)	Pike (08) Polliwog (06)		Minnow (03) Adult (03)	Aqua Fitness (08)	PLEASE NOTE: All swim lessons operate on a 7 week cycle, week 8 is designated for make-up classes, if needed.
7:15pm		Aqua Fitness (03)				Aqua Fitness (03)	
7:30pm			Aqua Arthritis (03)		Aqua Arthritis (03)		
8:00pm		Aqua Fitness (05)				Aqua Fitness (05)	
8:15pm			Aqua Fitness (06)		Aqua Fitness (06)		

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 teen/adult lessons	\$68	\$83	\$136
Individual lessons (4)	\$90	\$125	\$135

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 and speak with a member service representative to get times and schedules.

Stroke and Turn Clinic

April 12 - May 28
 Monday, Wednesday, Friday
 Ages 5-18
 10 and under
 6:00pm - 7:00pm
 11 and over
 7:00pm - 8:00pm
 Member: \$65
 Youth Member: \$80
 Open Rate: \$130

All water exercise classes are FREE to members

Water Exercise Fees	Open Rate	Sr. Ctr/AFM
Aqua Fitness 1x/wk	\$98	
2x/wk	\$119	
3x/wk	\$135	
Aqua Jog 1x/wk	\$98	
Aqua Arthritis 2x/wk	\$70	\$59
3x/wk	\$91	\$75

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.**

Class Length

- 30 Minute Lessons:** Skips (01101) • Perch (01102) • Pike (01103) • Eel (01104) • Ray (01105) • Starfish (01106)
- 45 Minute Lessons:** Polliwog (01301) • Guppy (01302) • Minnow (01303) • Fish (01304) • Shark (01306) • Teen/Adult I (01312)
 Aqua Fitness (01401) • Aqua Arthritis (01702) • Aqua Jog (01403) • Water Adjustment (01312)



Parent/Child Lessons

(Parents must accompany child in the water)

Skips (6 months - 3 yrs)

Water adjustment program. Very basic skills taught such as kicking, floating and blowing bubbles. Program designed for playtime fun.

Perch (2 - 3 yrs)

Includes water skills such as breath control, floating, kicking, paddling and water entries.

Preschool Lessons

Pike (3 - 5 yrs)

A beginner class for children with little to no experience. Basic skill instruction includes floating, kicking and breath control.

Eel (3 - 5 yrs)

Children work on independent swimming with a floatation device. Some skills include paddle stroke, back float and improving known skills.

Ray (3 - 5 yrs)

Children work on rotary breathing, front crawl, back crawl and improving known skills. Children begin swimming without a floatation device.

Starfish (3 - 5 yrs)

Children are able to swim one length of the pool without a floatation device. Continue work on rotary breathing.

Youth Lessons

Polliwog (6 - 12 yrs)

For children with little to no experience. Basic skill instruction includes floating, body position, breath control and paddle stroke.

Guppy (6 - 12 yrs)

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

Minnow (6 - 12 yrs)

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

Fish (6 - 12 yrs)

New skills include the breaststroke and elementary backstroke.

Shark (6 - 12 yrs)

Work on stroke technique and refinement, competitive turns and side stroke.

Teen/Adult Lessons

Teen/Adult I (13 & up)

Introductory course for beginners.

Water Adjustment

A beginner class for adults that focuses on becoming comfortable in the water without distress.

Water Exercise Programs

Aqua Arthritis

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

Aqua Fitness

Aerobic and toning exercises performed in water.

Aqua Jog

High cardiovascular exercise performed in deep water.

Aquatic Clinics

Summer at the Y means a summer of fun! Summer aquatic clinics are designed for children with moderate to advanced swim levels. Clinics consist of water sports and games, skill development like strokes, flip turns, rotary breathing, water safety education and more. Registration going on now! Go to ymaryland.org for details or stop by the member service desk.

Ages: 7 – 12

Weekly Sessions: 6/18 – 7/2, 7/12 – 8/6

Price Range: \$65 - \$180 per week