



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## NEWARK 2019 YMCA WINTER SWIMMING LESSONS



### PRESCHOOL 3-5 YEARS

**Pike (Beginner):** Children learn basic paddle stroke, kicking skills, safety, and flotation.

**Mon/Wed: 5:25-6:05**

**Sat: 11:05-11:45**

**Eel (Adv. Beginner):** Children build on their Pike skills and begin to swim independently.

**Mon/Wed: 5:25-6:05**

**Sat: 11:05-11:45**

**Ray: (Adv):** An introduction to rhythmic breathing, front and back crawl, treading water, back and breaststroke.

**Mon/Wed: 5:25-6:05**

**Sat: 11:05-11:45**

### YOUTH LESSONS 6-12 YEARS

**Poliwog (Beginner):** For those with little or no swimming skills. Children will learn to perform paddle stroke on front/side/ back for 25 yards with flotation device and 15 yards independently. Personal safety and rescue is introduced.

**Mon/Wed: 4:40-5:20 or 6:10-6:50**

**Sat: 10:20-11:00, 11:50-12:30, or 1:20-2:00**

**Guppy:** For those who have passed the Ray or Poliwoog class. Children will learn how to perform the freestyle and backstroke with proper technique.

**Mon/Wed: 4:40-5:20 or 6:10-6:50**

**Sat: 10:20-11:00, 11:50-12:30, or 1:20-2:00**

**Minnow:** Children will learn to swim 25 yards freestyle, backstroke, breaststroke, and sidestroke independently. Rotary breathing, diving, float for 1 minute, and safety are taught.

**Mon/Wed: 4:40-5:20 or 6:10-6:50**

**Sat: 10:20-11:00, 11:50-12:30, or 1:20-2:00**

### TEENS & ADULTS 13+ YEARS

**Beginner:** For adults, who have little or no swim experience seeking to learn the fundamentals of swimming.

**Mon/Wed: 6:55-7:35**

**Sat: 12:35-1:15**

**Adult Int.:** For adults, who can submerge, swim 25 yards and are comfortable in the water. Adults should leave with knowledge on performing Freestyle, Backstroke, and Breaststroke.

**Mon/Wed: 6:55-7:35**

**Sat: 12:35-1:15**

### BABY AND ME

This is an introduction to the aquatic environment for parents and their infants. They will learn basic aquatic safety and gain a positive experience swimming with their children.

**Sat: 9:35-10:05**

#### Registration:

You must register in person at the Newark YMCA located at 600 Broad Street Newark NJ 07102 .

Registration begins on 12/19/2018

Payment by MASTERCARD, VISA, AMERICAN EXPRESS are accepted.

#### For more information

email [mporter@newarkymca.org](mailto:mporter@newarkymca.org) or call

(973) 624-8900 ext. 6853

(973) 624-8900 ext. 6893 Español

Classes must meet the minimum enrollment of 3 participants. Classes may be combined or moved to a different time to meet enrollment minimums.

#### Program fee (Mon/Wed) \$105 (8 Classes)

Classes begin 1-07-19 until 1-30-19

Classes are twice a week

#### Program fee (Saturday) \$105 (8 Classes)

Classes begin 1-05-19 until 2-23-19

Classes are once a week

### NEWARK 2019 WINTER SWIM LESSONS REGISTRATION

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Primary Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I give permission to the YMCA to photograph me and my children for publicity purposes.

The YMCA may print and/or display pictures taken by and for the association. (Initial)\_\_\_\_\_

My child has permission to attend \_\_\_\_\_ on the dates registered above. I agree not to hold the Newark YMCA, its staff or affiliates liable for any claim or damages due to injury incurred while participating in the class. The Newark YMCA's facilities, services and programs shall be undertaken at his/her own risks. I will be responsible for any medical or other charges in connection with attendance and participation in this program.