

# Aquatics

## Laps for Life

```

@font-face {
font-family: Cambria Math;
}
@page WordSection1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin:
.5in; mso-paper-source: 0; }
P.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
LI.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
DIV.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
.MsoChpDefault {
FONT-SIZE: 10pt; mso-style-type: export-only; mso-default-props: yes; mso-ansi-font-size: 10.0pt; mso-bidi-font-size:
10.0pt
}
DIV.WordSection1 {
page: WordSection1
}

```

Tired of just swimming lap after lap and feeling like you are getting no where? This program will allow members and non-members to track their laps for a 6 month period. All interested should register through the front desk. Session September 13 &ndash; March 13 Cost: Members: FREE Non-members : \$5

## Arthritis Aquatics Class

Class is designed to help relieve pain and stiffness, and is helpful to individuals with any type of arthritis, multiple sclerosis, physical disability, or injury.

## Classes offered

Monday/Wednesday/Friday 1:00 - 2:00pm

\*\*Pricing information available through the front desk

## Water Aerobics Classes

Enjoy the benefits of exercising in the water with our water aerobics classes. Exercising in water has a cushioning effect and can be a great alternative to land-based exercise. Just 30 minutes of aerobic water exercise will help you burn around 300 calories! This class will help improve flexibility and strength, lose weight, and increase endurance and muscle tone.

## Classes offered

Monday - Friday 9-10am

Monday 10-11am (Aqua Zumba)

Monday 5:45-6:30pm

Tuesday and Thursday 5:30-6:30pm

Wednesday 6:30-7:30pm (Aqua Zumba)

Saturday 10:00-10:45am (Water Yoga)

Bring the PARTY to the POOL

AQUA ZUMBA

Aqua Zumba will combine the fun and passion of Zumba with the science and buoyancy of aqua. This is an Aqua Aerobics class with all the Zumba fun!!

CLASSES WILL BEGIN JULY 14TH

Classes offered

Monday 10-11am

Wednesday 6:30-7:30pm

All Participants must be water aerobics members

-or-

pay a daily water aerobics fee to take the Aqua Zumba class.

Cost per class:

FREE - members

\$5 - non-members

\$2.25 - seniors (62 and older)

#### Pool Rentals

Pool rentals are available for birthday parties, church gatherings, scouts, teens, and special groups. For pricing information contact the front desk.

#### Times offered:

Saturdays and Sundays 1:00-3:00pm

Contact Brenda at 323-7134 ext 42 to schedule your party.

#### Private Swimming Lessons

30 minute or hour lessons with one-on-one instructor attention. For pricing information contact the front desk. Save \$10 if you sign up for 5 lessons.

To set-up an appointment with an instructor contact Laura Barnsley at 323-7134 ext 25.

### Personal Training in the Water **\*\*NEW Program\*\***

Hottest NEW personal fitness option making waves at the Williamsport YMCA!

Take your fitness routine to new depths. Whether your goal is increased strength, improved endurance or weight loss, our Aquatic Personal Trainers will customize a water fitness program just for you. The water's natural resistance and balance provides the perfect setting to get a great total body workout.

Contact the Aquatics Director to set-up an appointment with a Trainer

Pricing information available through the front desk.

### GROUP SWIMMING LESSONS

```
@font-face {
font-family: Cambria Math;
}
@page WordSection1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin:
.5in; mso-paper-source: 0; }
P.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
LI.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
DIV.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Times New Roman","serif"; FONT-SIZE: 12pt; mso-style-parent: ""; mso-style-
unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: "Times New Roman"
}
.MsoChpDefault {
FONT-SIZE: 10pt; mso-style-type: export-only; mso-default-props: yes; mso-ansi-font-size: 10.0pt; mso-bidi-font-size:
10.0pt
}
DIV.WordSection1 {
page: WordSection1
}
```

The YMCA is a national leader in swim instruction and water safety. The national YMCA aquatics programs are designed to teach personal water safety and swimming skills to everyone. Classes are divided first by age and then by skill level.

Swim Lessons are the YMCA's third most widely offered program nationwide. It uses a problem-solving, guided-discovery teaching approach in a positive, caring environment. Swimming levels are categorized by age groups: 6mon-3 years, 3-5 years, 6-12 years, 13-17 years and adults.

Sessions Dates:

Fall Sessions

September 13th - October 30th

Registration: 8/16 - 9/7

\*\* any registrations after 9/7 will have limited class options and will be subject to a \$5 late fee

November 1st - December 18th (no class 11/22-11/27)

Registration: 10/4 - 10/25

\*\* any registrations after 10/25 will have limited class options and will be subject to a \$5 late fee

### Winter Sessions

January 3rd - February 19th

Registration: 12/6 - 12/27

\*\* any registrations after 12/27 will have limited class options and will be subject to a \$5 late fee

February 21st - April 9th

Registration: 1/17 - 2/14

\*\* any registrations after 2/14 will have limited class options and will be subject to a \$5 late fee

### Spring Session

April 11th - May 21st

Registration: 3/14 - 4/4

\*\* any registrations after 4/4 will have limited class options and will be subject to a \$5 late fee

```
v\.* {  
BEHAVIOR: url(#default#VML)  
}
```

```

o\.* {
BEHAVIOR: url(#default#VML)
}
b\.* {
BEHAVIOR: url(#default#VML)
}
.shape {
BEHAVIOR: url(#default#VML)
}
@font-face {
font-family: Georgia;
}
@page {mso-hyphenate: auto; }
P.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
LI.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
DIV.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
OL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in; MARGIN-LEFT: -2197in
}
UL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in; MARGIN-LEFT: -2197in
}

```

## Class Descriptions

## Parent Tot Class (6 months-3 years)

This program for infants & toddlers is a water orientation program designed to help both parent and child to become more comfortable in the water. The parent guides the child to learn aquatic skills. Games and songs that use basic movements are incorporated.

30 min.      \$25 Member      \$40 Non-member

\*\* 6 week session classes will be prorated

```
v\:* {
BEHAVIOR: url(#default#VML)
}
o\:* {
BEHAVIOR: url(#default#VML)
}
b\:* {
BEHAVIOR: url(#default#VML)
}
.shape {
BEHAVIOR: url(#default#VML)
}
@font-face {
font-family: Georgia;
}
@page {mso-hyphenate: auto; }
P.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
LI.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
```

```

}
DIV.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
OL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in; MARGIN-LEFT: -2197in
}
UL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in
}Wednesday: 5:45-6:15 pm

```

```

@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.Section1 {
page: Section1
}

```

```

@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.Section1 {
page: Section1
}

```

Thursday: 10:00-10:30am

Saturday: 11:00-11:30am

```
@font-face {
```

```

font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.Section1 {
page: Section1
}

```

## Preschool Class (3-5 years)

These lessons are taught by caring YMCA swim instructors using the guidelines of the YMCA Preschool program. Children are taught water safety, stroke development, water sports and games and acquire aquatic independence. There are four levels that children can progress through: Pikes (beginner/non-swimmer); Eels (advanced beginner); Rays (intermediate); and Starfish (intermediate-advanced).

30 min.      \$25 Member      \$40 Non-member

\*\* 6 week session classes will be prorated

```

v\.* {
BEHAVIOR: url(#default#VML)
}
o\.* {
BEHAVIOR: url(#default#VML)
}
b\.* {
BEHAVIOR: url(#default#VML)
}
.shape {
BEHAVIOR: url(#default#VML)
}
@font-face {
font-family: Georgia;
}
@page {mso-hyphenate: auto;}
P.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendnya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
LI.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendnya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
DIV.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendnya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
OL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in; MARGIN-LEFT: -2197in
}
UL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in
}Monday: 5:30-6:00 pm or 6:00-6:30pm

```

```

@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.Section1 {
page: Section1
}

```

```

@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}

```

```
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.Section1 {
page: Section1
}
```

Wednesday: 5:15-5:45pm or 5:45-6:15pm

Friday: 10:00-10:30am

Saturday: 10:30-11:00am or 11:00-11:30am

Youth Class (6-12 years)

These lessons follow the National YMCA Youth Swim lesson format. There are six levels of progressively challenging YMCA swim classes emphasizing personal safety and growth, stroke development, and fun in the water. The levels are: Polliwog (beginner/non-swimmer); Guppy (intermediate beginner); Minnow (advanced beginner); Fish (intermediate); Flying Fish (advanced intermediate); Shark (advanced)

45 min.      \$35 Member      \$50 Non-member

\*\* 6 week session classes will be prorated

```

v\:* {
BEHAVIOR: url(#default#VML)
}
o\:* {
BEHAVIOR: url(#default#VML)
}
b\:* {
BEHAVIOR: url(#default#VML)
}
.shape {
BEHAVIOR: url(#default#VML)
}
@font-face {
font-family: Georgia;
}
@page {mso-hyphenate: auto; }
P.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
LI.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
DIV.MsoNormal {
TEXT-ALIGN: left; LINE-HEIGHT: 125%; MARGIN-TOP: 0pt; TEXT-INDENT: 0pt; FONT-FAMILY: Georgia; MARGIN-
BOTTOM: 9pt; COLOR: black; FONT-SIZE: 9.186pt; MARGIN-RIGHT: 0pt; mso-style-parent: ""; mso-default-font-family:
Georgia; mso-ascii-font-family: Georgia; mso-latin-font-family: Georgia; mso-greek-font-family: Georgia; mso-cyrillic-font-
family: Georgia; mso-armenian-font-family: Sylfaen; mso-hebrew-font-family: "Times New Roman"; mso-arabic-font-
family: "Times New Roman"; mso-devanagari-font-family: Mangal; mso-bengali-font-family: Vrinda; mso-gurmukhi-font-
family: Raavi; mso-oriya-font-family: Sendhya; mso-tamil-font-family: Latha; mso-telugu-font-family: Gautami; mso-
kannada-font-family: Tunga; mso-thai-font-family: "Angsana New"; mso-georgian-font-family: Sylfaen; mso-hangul-font-
family: Batang; mso-kana-font-family: "MS Mincho"; mso-bopomofo-font-family: PMingLiU; mso-han-font-family: SimSun;
mso-halfwidthkana-font-family: "MS Mincho"; mso-syriac-font-family: "Estrangelo Edessa"; mso-thaana-font-family: "MV
Boli"; mso-latinext-font-family: "Times New Roman"; mso-font-kerning: 14.0pt; mso-char-tracking: 100%; mso-font-width:
100%; mso-bidi-font-size: 10.0pt
}
OL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in; MARGIN-LEFT: -2197in
}
UL {
MARGIN-TOP: 0in; MARGIN-BOTTOM: 0in
}

```

}Monday: 5:45-6:30pm

```

@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.Section1 {
page: Section1
}

```

```

@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}

```

```

}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.Section1 {
page: Section1
}

```

Wednesday: 5:30-6:15pm

Saturday: 10:45-11:30am

Young Adult and Adult Class (13-17 years and 18 and older)

This class is for teens and adults and teaches the basics of swimming and/or helps participants to overcome any fear of water

45 min.      \$35 Member      \$50 Non-member

\*\* 6 week session classes will be prorated

Monday 5:00-5:45pm

#### SWIM LESSON REFUND/CREDIT POLICY

There are NO Refunds for any reason. Credits CAN be issued for illness ONLY. These requests should be presented to the Aquatic Director. Thank You

## Home School Swimming Lesson Program

This is a swimming lesson program is for those pupils who are home schooled. They will get progressive swim lessons taught by certified instructors. We offer a variety of levels for the participants. Ages 3yrs-18yrs.

### Classes offered

Thursdays from 1:00-1:45pm.

### Fall Sessions

September 16th - October 28th

Registration: 8/16 - 9/16

November 4th - December 16th (no class 11/25)

Registration: 10/4 - 11/4

### Winter Sessions

January 6th - February 17th

Registration: 12/6 - 1/6

February 24th - April 7th

Registration: 1/17 - 2/24

Spring Session

April 14th - May 19th

Registration: 3/14 - 4/14

\*\*Pricing information available through the front desk

Mini Swim Team

A YMCA program that is offered for participants who want to stay active, learn more about competitive swimming, and better their technique. This is a non-competitive program, but will teach children the basics of the sport of competitive swimming. Stroke development and basic skills will be emphasized. Participant must be able to swim 25 meters front crawl and 25 meters back stroke. Ages 5-17 years old.

This program will run over 4, 8 week sessions.

Classes offered

Tuesday and Thursdays 4:30-5:30pm.

Session One: September 14th - November 4th

Registration: 8/16 - 9/14

Session Two: November 16th - January 18th

\*\*no classes 11/23, 11/25, 12/23

Registration: 10/18 - 11/16

\*\*Pricing information available through the front desk

Williamsport Competitive Swim Team

Port Tidal Waves

```

font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page WordSection1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin:
.5in; mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri","sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.WordSection1 {
page: WordSection1
}

```

The Williamsport Branch Y&rsquo;s competitive team is a co-ed, YMCA league team for children ages 5-18, which stress individual improvement in both skills and achievements while learning to train and compete as a member of a team. Whether your goal is to compete on a national and international level or you want to play for fun, and take advantage of an opportunity to stay in shape and meet new friends, the Williamsport Branch Y is the place for you.

The Williamsport Branch Y is founded on the belief that a child's involvement in competitive swimming offers an exciting opportunity and a valuable experience; one that will help shape athletes as both competitors and individuals.

Our mission is to offer a multi-level competitive program that stresses individual improvement and team achievement, while teaching its swimmers to train and compete according to the YMCA core values. As a member of the Williamsport Branch Y Swim team, a swimmer will have the opportunity to develop a work ethic and healthy sense of competition and community that together can provide the backbone for success in the pool, the classroom, and beyond!

Our practice season runs from October through February with championship meets through March, if the swimmer qualifies. The team competes in Central Pennsylvania YMCA Swim League meets and is open to all swimmers who can complete at least a 25 yard freestyle and 25 yard backstroke.

Contact Laura Barnsley for more information.

```
@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page Section1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin: .5in;
mso-paper-source: 0; }
P.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent: ""; mso-style-unhide: no;
mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: Calibri; mso-fareast-theme-font: minor-
latin; mso-bidi-font-family: "Times New Roman"
}
LI.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent: ""; mso-style-unhide: no;
mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: Calibri; mso-fareast-theme-font: minor-
latin; mso-bidi-font-family: "Times New Roman"
}
DIV.MsoNormal {
MARGIN: 0in 0in 0pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent: ""; mso-style-unhide: no;
mso-style-qformat: yes; mso-pagination: widow-orphan; mso-fareast-font-family: Calibri; mso-fareast-theme-font: minor-
latin; mso-bidi-font-family: "Times New Roman"
}
.MsoChpDefault {
FONT-SIZE: 10pt; mso-style-type: export-only; mso-default-props: yes; mso-ansi-font-size: 10.0pt; mso-bidi-font-size:
10.0pt
}
DIV.Section1 {
page: Section1
}
```

The purpose of this course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Upon successful completion of the course participants will receive a Lifeguard/First Aid certification valid for 3 years and a CPR/AED certificate valid for 1 year.

This upcoming course will run in September and October. The course runs approximately 31 hours.

Course dates and times:

Friday - September 24th - 7-8pm (Eastern Lycoming YMCA)

Saturday - September 25th - 9-4pm (Williamsport YMCA)

Sunday - September 26th - 9-3pm (Williamsport YMCA)

Friday - October 8th - 4-8pm (Williamsport YMCA)

Saturday - October 9th - 4:30-8:30pm (Eastern Lycoming YMCA)

Sunday - October 10th - 8-11:30am (Eastern Lycoming YMCA)

Requirements:

Participant must be 15 years old by the last day of the class to participate. ID's will be checked to verify age.

Registration Information:

Registration will begin on 8/30/2010. \$10 is due to register and balance will be due on the first class. (\$10 is non-refundable). Cost for YMCA members will be \$150 and for Non-Members \$170

Any further questions can be directed to Laura at 570-323-7134 ext 25 or [aquatics@williamsportymca.org](mailto:aquatics@williamsportymca.org)

Lifeguard Challenge Course

Red Cross Course to obtain Lifeguarding for the professional rescuer and first aid certification. This course is a self-study course. There will be no instruction.

Date: October 15th

Time: 4-7pm

Place: Williamsport Branch YMCA

Registrations taken through the front desk

CPR for the Pro Recertification

CPR for the Pro recertification class. All participants must have previous knowledge (been certified before) to take the class.

Dates:

9/21

10/19

11/16

Time: 6-9pm

Place: Williamsport Branch YMCA

Cost: Members: \$30

Non-members: \$45

Registration is through the front desk.

## Job Opportunities

The Williamsport Branch YMCA currently has openings for the following positions:

### Lifeguards

\*\*must be have Lifeguarding, First Aid, AED, and CPR for the Pro certifications (current)

To apply for this position contact Laura Barnsley at the YMCA 323-7134 ext 25 or [aquatics@willamsportymca.org](mailto:aquatics@willamsportymca.org) or fill out an application through the front desk.

### Swimming lesson instructors

\*\* experiance preferred but will train if needed

To apply for this position contact Laura Barnsley at the YMCA 323-7134 ext 25 or [aquatics@willamsportymca.org](mailto:aquatics@willamsportymca.org) or fill out an application through the front desk.

### Water Aerobics Instructors Wanted:

\*\* experiance preferred but will train if needed

Experiance and certification preferred but will train those committed and enthusiastic. Times/classes vary throughout the week

To apply for this position contact Laura Barnsley at the YMCA 323-7134 ext 25 or [aquatics@willamsportymca.org](mailto:aquatics@willamsportymca.org) or fill out an application through the front desk.

### Head Swim team Coach

```

@font-face {
font-family: Cambria Math;
}
@font-face {
font-family: Calibri;
}
@page WordSection1 {size: 8.5in 11.0in; margin: 1.0in 1.0in 1.0in 1.0in; mso-header-margin: .5in; mso-footer-margin:
.5in; mso-paper-source: 0; }
P.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
LI.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
DIV.MsoNormal {
LINE-HEIGHT: 115%; MARGIN: 0in 0in 10pt; FONT-FAMILY: "Calibri", "sans-serif"; FONT-SIZE: 11pt; mso-style-parent:
""; mso-ascii-font-family: Calibri; mso-style-unhide: no; mso-style-qformat: yes; mso-pagination: widow-orphan; mso-
fareast-font-family: Calibri; mso-fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family:
Calibri; mso-hansi-theme-font: minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
A:link {
COLOR: blue; TEXT-DECORATION: underline; mso-style-priority: 99; mso-themecolor: hyperlink; text-decoration: single
}
SPAN.MsoHyperlink {
COLOR: blue; TEXT-DECORATION: underline; mso-style-priority: 99; mso-themecolor: hyperlink; text-decoration: single
}
A:visited {
COLOR: purple; TEXT-DECORATION: underline; mso-style-priority: 99; mso-themecolor: followedhyperlink; text-
underline: single; mso-style-noshow: yes
}
SPAN.MsoHyperlinkFollowed {
COLOR: purple; TEXT-DECORATION: underline; mso-style-priority: 99; mso-themecolor: followedhyperlink; text-
underline: single; mso-style-noshow: yes
}
.MsoChpDefault {
mso-ascii-font-family: Calibri; mso-fareast-font-family: Calibri; mso-style-type: export-only; mso-default-props: yes; mso-
fareast-theme-font: minor-latin; mso-ascii-theme-font: minor-latin; mso-hansi-font-family: Calibri; mso-hansi-theme-font:
minor-latin; mso-bidi-font-family: "Times New Roman"; mso-bidi-theme-font: minor-bidi
}
.MsoPapDefault {
LINE-HEIGHT: 115%; MARGIN-BOTTOM: 10pt; mso-style-type: export-only
}
DIV.WordSection1 {
page: WordSection1
}

```

Great opportunity to join the YMCA staff team! The YMCA of Williamsport is seeking a part-time head coach for our competitive winter swim team. Primary responsibilities include conducting and coordinating practices, events and swim meets for a swim team of approximately 40-50 swimmers. Schedule will include nights and weekends. Some meets will be located off site, so some travel will be involved. The head coach will also be responsible for doing meet entries, writing workouts and communicating with parents/swimmers/coaches. This position will be approximately a 13-15 hr/week time commitment. All candidates should have a swimming background and experience with supervision/coaching. They should have good communication skills and work well with school age children. Requirements \*\*Candidates must have strong communication & organizational skills, ability to maintain control with little distraction, & to work w/diverse group of

people. \*\* Candidates must be at least 21 years of age or older.

\*\* Candidates are preferred to have current certifications in Lifeguarding, CPR/AED, and PRINCIPLES OF YMCA COMPETITIVE SWIMMING & DIVING. If applicant does not hold current certifications, they may still be considered if they can obtain these certifications prior to the season beginning.

\*Excellent human relation skills and communication skills.

All interested applicants are asked to submit a resume and cover letter directly to Laura Barnsley, Aquatics Director at [aquatics@williamsportymca.org](mailto:aquatics@williamsportymca.org)

For more information, please call 570-323-7134 ext. 25.

Join Our Email List

Email:

