

**FIRST STROKES
PARENT CHILD SWIM CLASSES**

MAIL-IN OR DROP OFF
REGISTRATION ONLY!

NO ONLINE
REGISTRATION

PARENT/CHILD SWIM

6- 36 months

NO ROLLOVER PERMITTED FOR THESE CLASSES! Registration for these classes is by lottery system and not by online registration. In-water participation of parent/guardian & child required. Includes water adjustment, breath control, balance, locomotion, and water fun. **Members who miss 2 free classes in a row without notifying instructor will lose their class spot.**

SKI

6-18 months
(1/2 hour water only)

Wednesday
10:00-10:30 am
Thursday
10:00-10:30
Saturday
8:30-9:00 am
Sunday
10:00-10:30 am

**Family: FREE;
Youth: \$110;
Non-Member: \$189**

PERCH

**19- 36 months
(1/2 hour water only)**

Thursday
11:00-11:30 am
Sunday
10:30-11:00 am
11:00-11:30 am

**Family: FREE;
Youth: \$110;
Non-Member: \$189**



PERCH GYM & SWIM

**19 - 36 months
(1/2 hour in gym; 1/2 hour in pool)**

Parent & child participate in gym class followed by 30 minutes of swim instruction. In-water participation of parent / guardian required. Attendance is required for both the Gym and Swim portions of class. Absence from either will count as a missed class. Members who miss 2 free classes in a row without notifying instructor, will lose their class spot.

NO ROLLOVER PERMITTED FOR THIS CLASS!

Wednesday
10:00-11:00 am
Thursday:
10:00-11:00 am
Saturday
8:30-9:30 am
9:00-10:00 am

**Family: FREE; Youth: \$137
Non-Member: \$221**

SEA HORSE

Ages 2 1/2 - 3 1/2 (1/2 hour water only)

A 30 minute class for children not ready for group classes OR not ready to separate from parent. Parent has the option to start out in water and then slowly separate allowing the child to gain confidence.

Monday
1:00-1:30 pm
1:50-2:20 pm
Tuesday
10:00-10:30 am
10:35-11:05 am
11:05-11:35 am
3:30-4:00 pm
Wednesday
1:00-1:30 pm
1:50-2:20 pm
3:30-4:00 pm
Thursday
3:30-4:00 pm
Friday
3:30-4:00 pm
Saturday
10:00-10:30am
Sunday
11:30-12:00 pm

**Family: \$105;
Youth: \$137;
Non-Member: \$221**



GYM & SWIM - AGES 3-5

Parents/guardians are required to stay in the lobby/viewing area during swim lessons. Half hour gym program followed by 40 minute swim instruction. In-water evaluation is required for placement in all levels except PIKE I.

**PIKE I
(Beginner I)**

Tuesday
10:30-11:45am

Saturday
9:45-11:15am

**PIKE II
(Beginner II)**

Tuesday
10:30-11:45am

Saturday
9:45-11:15am

**SHRIMP
(Beginner III)**

Tuesday
10:30-11:45am

Saturday
9:45-11:15am

EELS (Intermediate)

Tuesday
10:30-11:45am

Saturday
9:45-11:15am

Family: \$110; Youth: \$147; Non-Member: \$231

PEACE OF MIND

PRE SCHOOL SWIM SCHOOL - AGES 3-5

**MAIL-IN OR DROP OFF
REGISTRATION ONLY!**

**NO ONLINE
REGISTRATION**

Parents/guardians are required to stay in the lobby/viewing area during swim lessons. Bathing caps required. In-water evaluation is required for placement in all levels except PIKE I.

PIKE I (BEGINNER I)

No swim evaluation necessary

Child cannot swim independently. He/she is apprehensive as it may be a first-time in-water experience. This class focuses on basic swimming (paddle stroke, blowing bubbles, kicking, floating) and water safety.

Monday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm 4:20-5:05pm	Thursday 3:30-4:15 pm 4:20-5:05pm
Tuesday 10:00-10:45am 3:30-4:15pm 4:20-5:05pm	Friday 3:30-4:15pm 4:20-5:05pm
Wednesday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm	Saturday 10:30-11:15am 11:20-12:05pm 12:10-12:55pm

PIKE II (BEGINNER II)

Swim evaluation required

Child is comfortable putting face in water, and can move independently in the water with a bubble. Child is not apprehensive and is beginning paddle strokes.

Monday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm 4:20-5:05pm	Thursday 3:30-4:15pm 4:20-5:05pm
Tuesday 10:00-10:45am 3:30-4:15pm 4:20-5:05pm	Friday 1:00-1:45pm 3:30-4:15pm 4:20-5:05pm
Wednesday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm	Saturday 10:30-11:15am 11:20-12:05pm 12:10-12:55pm

SHRIMP

Swim evaluation required

Child must be able to swim comfortably with their face in the water with a yellow or purple floatation device and without teacher's assistance.

Monday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm 4:20-5:05pm	Thursday 3:30-4:15pm 4:20-5:05pm
Tuesday 10:00-10:45am 3:30-4:15pm 4:20-5:05pm	Friday 1:00-1:45pm 3:30-4:15pm 4:20-5:05pm
Wednesday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm	Saturday 10:30-11:15am 11:20-12:05pm 12:10-12:55pm

EEL

Swim evaluation required

Child must be able to swim independently without a bubble or assistance half the width of the pool using alternating arms, kicking, and breathing. Child must also be comfortable floating on their back and in deep water.

Monday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm	Thursday 3:30-4:15pm 4:20-5:05pm
Tuesday 10:00-10:45am 3:30-4:15pm 4:20-5:05pm	Friday 1:00-1:45pm 3:30-4:15pm
Wednesday 1:00-1:45pm 1:50-2:35pm 3:30-4:15pm	Saturday 10:30-11:15am 11:20-12:05pm

RAY

Swim evaluation required

Child must be able to swim the width of the pool without assistance using alternating arm action with arms breaking the surface of the water consistently and the flutter kick. Child must be able to kick on their back the width of the pool and be comfortable in the deep end.

Monday 1:00-1:45pm 3:30-4:15pm	Thursday 4:20-5:05pm
Tuesday 3:30-4:15 PM	Friday 1:00-1:45pm 4:20-5:05pm
Wednesday 1:00-1:45pm	Saturday 10:30-11:15am 12:10-12:55pm



STARFISH

Swim evaluation required

Child must successfully demonstrate all skills required at the ray level. This class solidifies the child's skills in rotary breathing, elementary backstroke, front crawl, introduces back crawl and breaststroke kick.

Tuesday 4:20-5:05pm	Thursday 3:30-4:15pm
Wednesday 3:30-4:15pm	Friday 3:30-4:15pm
	Saturday 11:20-12:05pm

Please note: Classes are subject to cancellation due to insufficient enrollment.

Session IV schedule may change. Please check website for updates.

**Family: \$105; Youth: \$137;
Non-Member: \$221**



LEARNING AN ESSENTIAL LIFE SKILL
YOUTH SWIM SCHOOL - AGES 6 & UP

**MAIL-IN OR DROP OFF
 REGISTRATION ONLY!**

**NO ONLINE
 REGISTRATION**

Parents/guardians are required to stay in the lobby/viewing area during swim lessons. Bathing caps required - In-water evaluation is required for placement in all levels except POLLIWOG I

POLLIWOG I (Beginner I)

No Swim Evaluation Necessary

Child is a beginner swimmer and will focus on basic swimming skills such as kicking the length of the pool and swimming independently without assistance half the length of the pool using paddle strokes, kicking, and breathing. Class will also focus on skills on their back such as floating and kicking.

Monday 4:20-5:05pm	Thursday 5:10-5:55pm
Tuesday 5:10-5:55pm	Friday 4:20-5:05pm
Wednesday 4:20-5:05pm	Saturday 12:10-12:55 pm

POLLIWOG II (Beginner II)

Swim Evaluation Required

Child must be comfortable in deep water. Child can swim 15 yards independently without assistance using paddle strokes, kicking, and breathing. Class will focus on front crawl using alternating arm action and rhythmic side breathing for 25 yards. Class will also focus on kicking on their back and backstroke arms for 25 yards and water safety skills

Monday 5:10-5:50pm	Thursday 5:10-5:50pm
Tuesday 5:10-5:50pm	Friday 4:20-5:05pm
Wednesday 4:20-5:05pm	Saturday 5:10-5:50pm
5:10-5:50pm	1:00-1:45pm

GUPPY I (Advanced Beginner)

Swim Evaluation Required

Child is able to complete 15 yards front crawl with over arm recovery and rotary breathing. Class is focused on improving front crawl, backstroke basics and building endurance.

Monday 5:10-5:55	Thursday 5:10-5:55pm
Tuesday 5:10-5:55pm	Friday 5:10-5:55pm
Wednesday 4:20-5:05pm	Saturday 1:00-1:45pm
5:10-5:55pm	

GUPPY II

Swim Evaluation Required

Child is able to complete 25 yards front crawl with over arm recovery and rotary breathing. Class is focused on improving front crawl skills. The class introduces the elementary backstroke and standing dive.

Monday 4:20-5:05pm	Thursday 5:10-5:55pm
5:10-5:55pm	Friday 4:20-5:05pm
Tuesday 5:10-5:55pm	5:10-5:55pm
Wednesday 4:20-5:05pm	Saturday 1:00-1:45pm
5:10-5:55 pm	

Please note: Classes are subject to cancellation due to insufficient enrollment.

Session IV schedule may change. Please check website for updates.

MINNOW (Intermediate)

Swim Evaluation Required

Child is able to complete 50 yards of front crawl and back crawl and tread water for one minute. Class is focused on continuing to improve back and front crawl skills, the elementary backstroke and standing dive. The class introduces breast stroke, racing starts and flip turns.

Monday 4:20-5:05pm	Friday 5:10-5:55pm
5:10-5:55pm	Saturday 1:00-1:45pm
Wednesday 4:20-5:05pm	
5:10-5:55pm	

FISH (Intermediate II)

Swim Evaluation Required

Child must be able to complete 100 yards of front crawl, back crawl, breast stroke and tread water for 2 minutes. Class introduces the dolphin kick and focuses on building endurance and continued refinement of front & back crawl, breast stroke, competitive starts and turns.

Monday 4:20-5:05 pm	Friday 5:10-5:55pm
	Saturday 1:00-1:45pm
Wednesday 4:20-5:05pm	

FLYING FISH/SHARK (Advanced I & II)

Swim Evaluation Required

Child must be able to swim 150 yards of front crawl, back crawl and breaststroke with the appropriate starts and flip turns, complete 25 yards of the dolphin kick and tread water for 3 minutes. This class focuses on stroke development, coordination of the butterfly stroke and endurance swimming. The individual medley is introduced at this level.

FLYING FISH (Advanced)

Swim Evaluation Required

Monday 5:10-5:55pm
Wednesday 5:10-5:55pm

SHARK (Advanced II)

Swim Evaluation Required

Friday 5:10-5:55pm
Monday 5:10-5:55pm



Family: \$105; Youth: \$137; Non-Member: \$221

**A SAFE AND ACTIVE FUTURE
YOUTH, TEEN AQUATICS & PRIVATE LESSONS**

**MAIL-IN OR DROP OFF
REGISTRATION ONLY!**

**NO ONLINE
REGISTRATION**

YOUTH & TEEN SWIM LESSONS

Youth: 10-12 Teens: 13-17

Have you always wanted to learn to swim or improve your strokes? **JUST DO IT!!!** These 9-week classes are geared to various swimming abilities. Bring swim suit, goggles and bathing cap. **In water evaluation is required for class placement.**

Beginner: This class is designed for beginner swimmers. Class will focus on all skills necessary to perform 25 yards of front crawl with rotary breathing and 25 yards of backstroke.

Intermediate: Child can swim 25 yards of front crawl with rotary breathing and backstroke. Class will focus stroke technique and development, building endurance, and learning breaststroke.

Advanced: Child can swim 75 yards of freestyle and backstroke and 50 yards of breaststroke comfortably. Class will focus on endurance, butterfly, and racing starts and turns.

YOUTH - AGES 10-12

Beginner

Saturday: 12:10-12:55pm

Intermediate:

Saturday: 12:10-12:55pm

Advanced:

Saturday: 1:00-1:45pm

TEEN - Ages 13-17

Beginner

Saturday: 12:10-12:55pm

Intermediate

Saturday: 12:10-12:55pm

Advanced

Saturday: 1:00-1:45pm

Family: \$120; Youth: \$145; Non-Member: \$175

GUARD START

Ages 11-14

Program is designed for youth to gain aquatic and leadership knowledge in addition to positive attitudes and skills for future successful completion of the American Red Cross Lifeguard Training course. Learning objectives focus on prevention, fitness, response, leadership and professionalism. **The Guard Start program does not give participants the information and skills they need to be certified as a lifeguard.**

Class meets once per week for nine weeks (45 minute class).

Prerequisite: Swim front crawl for 25 yards continuously while breathing to the front or side. Tread water for one minute using arms and legs. Submerge and swim a distance of ten feet underwater. Skills evaluation will occur on the first day of the program.

Wednesday 5:10-5:55 pm.

Family: \$100; Youth: \$130; Non-Member: \$160

PRIVATE SWIM LESSONS

One on one instruction from 3 years old through adult (all swimming abilities). Each lesson is 1/2 hour in length. Lessons can be arranged back to back for a one-hour session if desired.

Member: \$42 per half hour, 4-sessions: \$160;

6-sessions: \$237; 8-sessions; \$304

Non-Member (adults only): \$50 per half hour,

4-sessions: \$192; 6-sessions: \$285; 8-sessions; \$368



SEMI-PRIVATE LESSONS (MAXIMUM TWO PARTICIPANTS OF SIMILAR AGE AND ABILITY)

PLEASE NOTE THAT YOU MUST PROVIDE THE SECOND PARTICIPANT

Member: \$31 per half hour per person

4-sessions: \$120; 6-sessions: \$178; 8-sessions: \$232

Request forms must be submitted for all private aquatic programs. No voicemail please. Forms at Member Service Desk or at www.ryeymca.org (click on aquatics tab)

Please Note: Pre-payment and a minimum of 24 hours cancellation notice is required for private and semi-private lessons. Otherwise, payment for lesson is non-refundable and cannot be applied to future lessons.

YOUTH LAP SWIM

Ages 10-12 - Brookside Pool

Must be able to swim laps. **See pool schedule for specific times.**

Parent must be present and observe from the lobby.

TEEN LAP SWIM

Ages 13-15 - Brookside Pool

Teens must be able to swim laps. See pool schedule for specific times.

SCUBA

Ages 10 and older

There's a whole new world waiting for you to explore underwater. Instruction provided by the dive professionals at Aqua Visions Scuba, Ltd. Upon successful completion, participants receive PADI certification. **For details, registration and fees,** contact Aqua Visions Scuba, Ltd at: 381-1884 or visit their website: www.aquavisions.biz

**TEAMWORK AND FRIENDLY COMPETITION
YOUTH/TEEN COMPETITIVE AQUATICS AND SWIM CLINICS**

**NO ONLINE
REGISTRATION**



WAVE RYEDERS SPRING CONDITIONING TEAM

Ages 5-18

The Rye YMCA Wave Ryeders is offering a Spring Conditioning Swim Team for current Wave Ryeder swimmers, and for qualified newcomers as space allows.

This is a tremendous opportunity for swimmers to stay in shape and prepare for summer swimming. Additional time spent in the water only enhances a swimmer's performance and preparation going into the next season of competitive swimming, so please consider taking advantage of this special opportunity. Once we reach maximum registration, we will not take additional swimmers. This applies to both current and new swimmers.

Please note, as a new swimmer of the spring conditioning team, you will still be required to tryout for the 2012 competitive swim team in the fall.

TRYOUT IS REQUIRED FOR NEW SWIMMERS! Tryouts will be held on the following days/times:
April 2, 3, 4 from 6:00-7:00 pm

Practice Schedule: April 16— June 8, 2011
10 & Unders – Monday-Thursday – 6:00-7:00 pm
11 & Olders – Monday-Thursday – 7:00-8:00 pm

Current Swimmers: \$305 per swimmer (\$280 for siblings)
NEW swimmers (Members): \$315 (No sibling discount)
NEW Swimmers (Non-Member): \$365 (No sibling discount)

WAVE RYEDERS SPRING PRE TEAM

Ages 5-10 - April 16 - June 8

This developmental Pre-Team is designed to be a bridge to participation on a competitive swim team. Participants must be able to swim 50 yards of continuous freestyle and backstroke with good form. Emphasis will be placed on building stamina and racing, competitive starts and turns, and the rules of competitive swimming. Breaststroke and butterfly will be introduced and refined to meet the requirements of competitive swimming. Participants must complete a stroke evaluation prior to registration.

Tuesday & Thursday: 3:30-4:15 pm

Family: \$236 Youth: \$263 Non-Member: \$300

**YOUTH FREESTYLE/BACKSTROKE
STROKE CLINIC**

Session IV Only

Ages 11-17

This stroke clinic is geared towards competitive age-group swimmers with basic knowledge of and ability in freestyle and backstroke. The clinic will feature extensive stroke technique instruction in freestyle and backstroke, as well as stroke specific turns. Proper mechanics, increased efficiency and speed is emphasized. **In water evaluation is required for class placement.**

Please call the Aquatics

Department, x108, to schedule an evaluation.

Prerequisites: Prior swim team experience is strongly advised.

Participants should have basic knowledge of and ability in freestyle, backstroke and should be familiar with swimming turns. Please wear competitive swim suit, goggles and bathing cap.

Tuesday: 4:20 - 5:05 pm

Family: \$179; Youth: \$205; Non-Member: \$231



**YOUTH BREASTSTROKE/
BUTTERFLY STROKE CLINIC**

Session IV Only

Ages 11-17

This stroke clinic is geared towards competitive age-group swimmers with strong knowledge of and ability in breaststroke and butterfly. The clinic will feature extensive stroke technique instruction in breaststroke and butterfly, as well as stroke specific turns. Proper mechanics and increased efficiency is emphasized to achieve greater speed and reduce opportunities for injury.

Prerequisites: IN WATER EVALUATION IS REQUIRED AND MUST BE SCHEDULED WITH THE AQUATICS DEPARTMENT (EXT. 108).

Prior competitive swim team experience is strongly advised.

Participants should have knowledge of and ability in breaststroke and butterfly and should be familiar with swimming turns. Please wear competitive swimsuit, goggles and bathing cap.

Thursday: 4:20-5:05 pm

Family: \$179; Youth: \$205; Non-Member: \$231

GOOD HEALTH & BUOYANCY

PRIVATE SWIM LESSONS, AQUATIC PERSONAL & SMALL GROUP TRAINING

PRIVATE SWIM LESSONS

One on one instruction from 3 years old through adult (all swimming abilities). Each lesson is 1/2 hour in length. Lessons can be arranged back to back for a one-hour session if desired.

**Member: \$42 per half hour, 4-sessions: \$158;
6-sessions: \$237; 8-sessions: \$305
Non-Member (adults only): \$50 per half hour,
4-sessions: \$198; 6-sessions: \$297; 8-sessions: \$386**

SEMI-PRIVATE SWIM LESSONS

For two participants of similar age and ability. You must provide second participant.

**Member: \$31 per half hour per person; 4 sessions: \$115
6 sessions: \$176; 8 sessions: \$228.
Non-Member: (adults only) \$41 per half hour per person
4-sessions: \$159; 6 sessions: \$236, 8 sessions: \$308.**

ONE-ON-ONE HYDRO PILATES:

Certified Hydro-Pilates instructors are available on an individual basis for members interested in non-impact strengthening and stretching movements in the pool. Pilates in the water helps develop trunk stabilization, enhances muscle strength, helps correct posture and relieves stress.

**Membership required. Ages 16 & up
1 session: \$75; 3 sessions: \$220; 5 sessions: \$360;
10 sessions: \$720**

All Aquatic Personal Training, private and semi-private lessons: You must cancel 24 hours in advance or you will be charged for the session. If one member of a semi-private lesson does not attend the lesson, the other participant MUST purchase a private swim lesson ticket. Sessions are good for 6 months from date of purchase.

SWIM STROKE CHECK UP

Video Stroke Analysis Ages 12 & up

Have you ever had your stroke videotaped and analyzed by a swim coach? Improve your swimming technique with our underwater digital video camera analysis. You will get a breakdown of your stroke mechanics and recommendations for improvement. Above water video will also be shot for a complete picture of your stroke.

Private 60-minute session

Member: \$95; Non-Member: \$120

AQUA EXERCISE PERSONAL TRAINING:

Aquatic training offers advantages one cannot achieve on dry land, regardless of the participant's condition. By combining low-impact aerobics and strength training with the buoyancy of the water, exercisers obtain cardiovascular and muscle toning benefits without straining joints and muscles.

Membership required. Ages 16 & up

**1 session: \$75; 3 sessions: \$220; 5 sessions: \$360;
10 sessions: \$720**



AQUATIC SMALL GROUP TRAINING: Big results happen in small groups - Groups of 3-5 people are formed with a trainer who will customize a workout program designed to fit the group's needs. **Groups meet for 45 minutes twice a week.**

\$108.00 per person for 3-week sessions **Call x107 for more information**

Water Exercise 101: New to water exercise? This group is designed for the beginner. Learn how to make the water work for your exercise needs. Improve balance, coordination and range of motion, and then graduate into other classes!

Cardio H2O Circuit: Work with an Aquatic Personal Trainer to move the water. Get your heart rate moving and work with equipment on various resistance exercises to strengthen your muscles while burning fat and building endurance. All levels of fitness are welcome.

Deep Water Running: A class that combines jogging, running, and race walking intervals combined with overall water exercises to target aerobic conditioning with strength training. An excellent alternative to outdoor running.

Walk, Balance, Stretch and Breathe: This program will focus on keeping your impact to a minimum with grounded water exercise moves. Focus will be on abdominal core building, balance, coordination, and releasing of muscular and mental tensions.

Post Rehab H2O: After physical therapy what's next? Get your body moving in an environment that will build your endurance and strengthen weakened muscles without impact. Gradually move from no impact to minimum impact to a place where you are ready to move back into your old land routine or possibly create an all new routine in the aquatic environment.

FOSTERING CONNECTIONS

GROUP EXERCISE CLASSES - FITNESS & AQUATICS

GROUP EXERCISE CLASSES (INCLUDED IN MEMBERSHIP)

Ages 16 and up Co-Ed - No registration necessary

See schedules for times and locations. (available at the Member Services Desk or at www.ryeymca.org). Some classes are held at Wainwright House, 260 Stuyvesant Avenue, Rye

SPINNING - An indoor cycling experience set to music for all fitness levels - held in Spinning Studio on 1st floor.

MIX IT - A class designed to burn calories and sculpt muscles for all levels.

ZUMBA - A fusion of Latin and International music-dance themes that tone and sculpt the body.

MEGA ZUMBA MIX - A fusion of Latin and International music with weights and cardio intervals.

BODY BLAST - A full body workout that will burn calories and define muscle with cardio and weight techniques.

YOGA - Stretching postures, breathing techniques and meditation designed to develop strength, flexibility and a feeling of inner peace.

SUNRISE YOGA - Great way to start off your morning! An open level Yoga class moving with flowing yoga.

VINYASA YOGA - Flowing postures for all levels. Otherwise known as "power yoga."

POWER FLOW YOGA - A fast-paced class that encourages alignment, flexibility, balance, strength, and cardiovascular endurance.

PILATES - On mats, combines stretching and isometric contraction to produce a smoother, longer body silhouette.

TOTAL BODY PILATES - On mats with a focus on mind body exercises for the whole body.

YOGA/PILATES - A unique fusion of Yoga and Pilates, experience the best of both techniques!

POWER HOUR - Strengthen all your muscles using the body bar and weights along with a fresh mix of abdominal and cardio moves.

CARDIO STRENGTH TRAINING - A variety of equipment for sculpting and toning for all different levels.

CORE AND MORE - Combining cardio and various core exercises, this class gives you a full body workout.

CIRCUIT CLASS - This class offers a combination of cardio and weights using a variety of equipment.

CARDIO PUMP - Use weight and aerobic combinations to increase your cardio fitness.

CORE BLITZ - Core exercises using weights and body bars with cardio intervals.

TOTAL BODY WORKS - Step aerobics, weights and core exercises.

GROUP ACTIVE - Increase your cardio fitness, build strength and improve your balance and flexibility.

GROUP POWER - A 60 minute barbell program strengthens all your major muscles.

GROUP STEP - Utilizing the step in many positions and heights, a 60 minute cardio program strengthens and shapes the lower body.

CARDIO KICKBOXING - NEW! Cardiovascular workout with martial arts, boxing, kicks and knee strikes. Uses weights and core strength.

Member: FREE; Non-Member: N/A

AQUATIC GROUP EXERCISE CLASSES (INCLUDED IN MEMBERSHIP)

Ages 16 & up Co-Ed - No registration necessary

Water exercise is safe, effective and fun for all ages and abilities, from the basic beginner to the professional athlete. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness: aerobic training, muscular strength and endurance, flexibility and body composition. **Please visit www.ryeymca.org or stop by the Member Services Desk for a schedule of classes.**

AQUACIZE: A total body workout using shallow water segments with deep end activities to build cardiovascular endurance and enhance muscle tone and flexibility.

AQUA-JOG: A deep water class using flotation belts. Easy on the joints. This class incorporates a warm-up, an aerobic workout, toning and cool down. Participants use water resistance equipment to tone and build body strength

WATER AEROBICS: A complete body workout that will test your endurance. Water resistance is used to develop your muscle tone, flexibility, cardiovascular fitness and general well-being. Concentrating on both upper and lower body, exercises are taught at a quicker pace to burn calories and increase endurance

PHYSICALLY CHALLENGED: The Rye Association for the Handicapped and the Rye YMCA work together to provide an adult exercise and swimming program for the physically challenged and for those with permanent physical disabilities. For more information, please contact: Rye Handicapped Association at 914-462-1121

Member: FREE; Non-Member: N/A

GAINING SKILLS & ENDURANCE

ADULT SWIM INSTRUCTION & TRAINING

ADULT SWIM INSTRUCTION

Have you always wanted to learn to swim or improve your strokes? JUST DO IT!!! These 9-week classes are geared to various swimming abilities. Bring swim suit, goggles and bathing cap. **Classes in Pa Cope Pool.**

Beginner: This class is for the non-swimmer who wishes to conquer their fear of water, and achieve comfort and movement in the water. You will learn how to be at ease and calm in the water. You will learn how to put your face in the water HAPPILY, and float on your front and back with balance. You will learn how to get air, and move from here to there in the water. You will learn how to let the deep water hold you up, and will jump into the deep end if you are ready! Once you are comfortable and in control in water, you will begin to learn basic front crawl (freestyle).

Sunday: 9:00-9:45 am

Member: \$ 132; Non-Member: \$ 174

Advanced Beginner: This class is for adults who are comfortable in deep water. The class teaches the front crawl, treading water and survival float.

Sunday- 8:15-9:00 am

Member: \$ 132; Non-Member: \$ 174

Intermediate: This class further develops the front crawl, treading water and survival float. Back crawl is introduced. Monday and/or Wednesday: 7:00-8:00 am

ONE DAY OPTION:

Monday: 7:00-8:00 am

Member: \$ 179; Non-Member: \$ 231

TWO DAY OPTION:

Mon. & Wed.: 7:00-8:00 am

Member: \$ 315; Non-Member: \$ 395

Advanced Instructional: This class further develops endurance, improves freestyle and backstroke technique, and introduces new strokes and turns. Emphasis is on building endurance for longer distance swims. Participants in the advanced class can opt for swimming one day per week or register for both days.

ONE DAY OPTION:

Friday: 7:00-8:00 am

Member: \$ 179; Non-Member: \$ 231

TWO DAY OPTION:

Wed & Fri: 7:00-8:00 am

Member: \$ 315; Non-Member: \$ 395

FIT & FAST FREESTYLE

Ages 18 and up

Join us for a midday training class designed to help triathletes and open water swimmers improve technique, endurance and speed. This class will include drills, interval training, tips on pacing and open water swimming strategies.

Prerequisites: participants should have basic knowledge of freestyle, and the ability to swim ten continuous laps with ease.

Monday - 12:00 - 1:00 pm

Members: \$ 132; Non-members: \$ 174

FREESTYLE WITH FLOW

Ages 18 and up

Are you tired of struggling through each lap you swim? This clinic is designed for adult swimmers who wish to improve their freestyle technique for increased fitness and greater confidence and satisfaction in the water. Freestyle with Flow is also ideal for Triathletes and Masters swimmers. A uniquely effective swim sequence will help you become more efficient and relaxed in the water as you learn balanced body position and proper freestyle mechanics. Class sections limited to 6 swimmers.

Prerequisites: Participants should be comfortable in the water and be able to swim 2 continuous lengths of the pool. Bring swimsuit, goggles and bathing cap. If you currently use fins, please bring them to class.

Sunday - 12:00-1:00 pm

Member: \$ 330; Non-Member: \$ 395

ADVANCED FREESTYLE WITH FLOW

Ages 18 and up

This class is for graduates of Freestyle with Flow, or those who have completed a Total Immersion™ Freestyle Workshop. This clinic will teach you the most efficient way to swim faster. We begin by assessing and refining your advanced drill execution. We then move on to refining your whole-stroke swimming with attention to: seamless breathing while maintaining a solid "catch"; connecting your stroke to the power of core-body rotation; and putting it all together at higher speeds.

Prerequisites: Participants must have completed Freestyle with Flow or a Total Immersion™ Freestyle Workshop. Please wear competitive swimsuit, goggles and bathing cap.

Sunday - 1:00-2:00 pm

Member: \$ 330; Non-Member: \$ 395

MASTERS SWIMMING PROGRAM

Ages 18 and up

Training will include: interval training, building speed and endurance. You do not have to be fast or want to compete. Swimmers will be grouped according to their level and goals (fitness, swimming ability, triathlete, etc.) This program is for the advanced swimmer who wishes to focus on efficiency and enhancing endurance in a guided practice.

Requirements:

- All participants must be 18 years of age or older
- Ability to swim 100 yards in 2 minutes or less and 20 lengths (500 yards) continuous freestyle in less than 10 minutes with rapid recovery time.

Mon, Wed & Fri: 5:30-7:00 am; Tues. & Thurs.: 8:00-9:30 pm

This is a two session program.

Member: \$ 250; Non-Member: \$ 350

Swimmers must register with the US Masters Swimming Association for the remainder of 2012. Coaches will provide information upon registration.

STRENGTH THROUGH SHARED INTERESTS
 TRIATHLON TRAINING AND ADULT SPORTS

ENDURANCE/TRIATHLON SWIM PRACTICE

NO ONLINE REGISTRATION

Ages 18 & up

A coached, endurance-oriented freestyle practice designed to give you the skills needed for longer distance and open water swimming. Practice will focus on increasing efficiency, pacing and stroke mechanics, while building fitness and endurance. Prerequisites: Participants should be comfortable in the water and be able to swim 200 yards (8 lengths) with ease (not speed) using rotary breathing. Bathing cap and goggles required.
Member: \$132; Non-Member: \$158

Level 1 Prep Class: for swimmers who have not participated in the Endurance/Triathlon Swim Practice.

Sunday: 2:00-3:30 pm

Level 2 Class: for swimmers who have completed the Level 1 Prep Class.

Sunday: 3:30-5:00 pm

RYE Y TRI TEAM

Ages 18 and up

Perfect opportunity for the beginner or casual triathlete to connect with others and receive the guidance needed to reach his/her goal of completing a race or more. Receive training tips, participate in group workouts and enjoy social events with fellow team members.

2012 Membership Fee: \$50

Contact Laura Tiedge at x107 for details.

TRIATHLON PREPARATION CLASS

SESSION III & IV

Ages 18+ (Spring III and Spring IV)

Have you always dreamed about entering a triathlon? Train with us this winter and be race-ready for the Spring/Summer outdoor triathlon season. You will be working with swim coaches, cycling instructors and a strength/endurance trainer in a structured setting. You will also explore the sports psychology of these swim-bike-run races that are becoming increasingly popular. *We strongly recommend that you train for two 9-week sessions.

Meets twice a week for 9 weeks

Tuesday & Thursday: 7:35-9:00 pm

Members \$310*: Non-Members: \$385

The Rye YMCA is a proud participant/sponsor of the Jardin Westchester Triathlon.

LAP SWIM

Ages 16 & up - Co-Ed

Morning, afternoon and evening hours available. Schedule available at Member Service Desk or at www.ryeymca.org **Swim caps required.**

OPEN SOCCER

Men's Soccer - Session III & IV - Ages 18 & up

The men's adult soccer games take place every Thursday. Games are 5 on 5, teams are formed each week and games take place in the gymnasium.

Thursday: 8:30-10:00 pm

Member: FREE; Non-Member: \$80 session

KARATE

Ages 16 & up - Co-Ed

USA GOJU style karate, taught by a black belt instructor. Courses designed to enhance self-esteem, self-confidence, and self-discipline.

Tuesday: 6:00-8:00 pm

Member: FREE; Non-Member: \$115/per session

OPEN CO-ED VOLLEYBALL

Session III & IV - Ages 18 & up - Co-Ed

Teams are formed each week with up to 8 players a team.

Wednesday: 8:00-10:00 pm

Member: FREE; Non-Member: \$80 session



OPEN BASKETBALL

Times available for young adult and adult members to participate. See gym schedule for days and times.

3 ON 3 ADULT OPEN BASKETBALL

Ages 35 & up - Co-ed

Teams formed weekly.

Tuesday: 8:00-10:00 pm

Free to Members

ADULT GYMNASTICS OPEN WORKOUT



Ages 16 & up - Co-Ed

Come and take part in our open workout program on the first Monday of each month. Work on all four Olympic events plus Tumbl trak and mini trampoline work.

6:30-7:30 pm, Mondays: 2/6, 3/5, 4/2, 5/7, 6/4

Fee: \$20 per class