









STRONG SWIMMERS, CONFIDENT KIDS

At the Y, we believe that swimming is a life skill. Our program is categorized by age range and swim abilities.

- **Swim Starters** develops water enrichment and aquatic readiness in children ages 6 months to 3 years. This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.
- **Swim Basics** develops personal water safety and basic swimming skills in students of all ages. Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.
- **Swim Strokes** introduces and refines stroke technique. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

SWIM STARTERS Parent* & child lessons		SWIM BASICS (Safety Around Water) Recommended skills for all to have around water			SWIM STROKES Skills to support a healthy lifestyle		
A Water Discovery 	B Water Exploration 	1 Water Acclimation 	2 Water Movement 	3 Water Stamina 	4 Stroke Introduction 	5 Stroke Development 	6 Stroke Mechanics 
Introduces infants and toddlers to the aquatic environment	Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills	Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	Encourages forward movement in water and basic self-rescue skills performed independently	Develops intermediate self-rescue skills performed at longer distances than in previous stages	Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke	Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke	Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

CHILDREN'S PRIVATE SWIM LESSONS

30 minute private swim lessons are designed to enhance swimming skills for children of all levels, ages 3 and up.

PRIVATE LESSONS

Membership Required: \$52 per half hour, 4 sessions: \$202; 6 sessions: \$301; 8 sessions: \$367

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

Please note that you must provide the second participant. Each participant must purchase their own pack of lessons - no splitting packs.

Membership Required: \$41 per half hour per person. 4 sessions: \$153 per person; 6 sessions: \$222 per person; 8 sessions: \$293 per person

Private and semi-private lessons: You must cancel 8 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 if they choose to do the lesson. Tickets are non-refundable and good for 6 months from date of purchase.

Sessions may be purchased through Member Services or if you prefer, you can put a credit card on file and per your authorization we will charge the card.

SCHOOL VACATION PRIVATE SWIM SERIES:

February 16-22 and April 15-20

Contact Sheila@ryeymca.org to customize your private swim series times during the school break.

Member: \$52 per half hour; 4 half-hour sessions: \$202 Non-Member: \$66 per half hour; 4 half-hour sessions: \$256

YOUTH DEVELOPMENT: NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SWIM SCHOOL: PRE-SCHOOL AGE

NO ONLINE
REGISTRATION

MAIL-IN OR DROP OFF
REGISTRATION ONLY!

No make-up classes

CLASS	30 minute sessions	AGE	MON	TUES	WED	THURS	FRI	SAT	SUN
Pre Acclimation	Introduction to group swim lessons for the toddler who is transitioning to separate from parent in the water.	2 1/2 - 3 years	1:05pm 1:55pm	10:05am 11:15am	1:05pm 3:35pm	3:35pm	3:35pm	10:00am 1:55pm	11:30am

PARENT PARTICIPATION OPTIONAL - Family: \$144; Youth: \$187; Non-Member: \$300

(Fee based on a 9 week session. Session length may range from 8-11 weeks and will be adjusted upon registration if scheduled class range differs.)

45 Minute Sessions

CLASS	MON	TUES	WED	THURS	FRI	SAT
Stage 1: Water Acclimation Age 3-5	1:00pm 1:50pm 3:30pm	10:00am 3:30pm 4:20pm	1:00pm 3:30pm	3:30pm 4:20pm 5:10pm	1:00pm 3:30pm 4:20pm	10:30am 11:20am 12:10pm 1:50pm
Stage 2: Water Movement Age 3-5	1:00pm 1:50pm 3:30pm	10:00am 3:30pm 4:20pm	1:00pm 3:30pm	3:30pm 4:20pm 5:10pm	1:00pm 3:30pm 4:20pm	10:30am 11:20am 12:10pm 1:50pm
Stage 3: Water Stamina Age 3-5	1:00pm 1:50pm 3:30pm	10:00am 3:30pm 4:20pm	1:00pm 3:30pm	3:30pm 4:20pm 5:10pm	1:00pm 3:30pm 4:20pm	10:30am 11:20am 12:10pm
Stage 4: Stroke Introduction Age 3-5	1:00pm 3:30pm	10:00am 3:30pm 4:20pm	1:00pm 3:30pm	3:30pm 4:20pm 5:10pm	1:00pm 3:30pm 4:20pm	10:30am 11:20am 12:10pm 1:50pm

Family: \$144; Youth: \$187; Non-Member: \$300 (Fee based on a 9 week session. Session length may range from 8-11 weeks and will be adjusted upon registration if scheduled class range differs.)

GYM AND SWIM 30 Minute Gym, followed by 30 Minute Swim

CLASS	AGE	SAT
Pre-Acclimation (parent optional)	2 1/2 - 3 years	9:00am (followed by 10am swim)
Stage 1: Water Acclimation	3-5 years	9:45am
Stage 2: Water Movement	3-5 years	9:45am
Stage 3: Water Stamina	3-5 years	9:45am
Stage 4: Stroke Introduction	3-5 years	9:45am

**Family: \$156; Youth: \$209;
Non-Member: \$317**

(Fee based on a 9 week session. Session length may range from 8-11 weeks and will be adjusted upon registration if scheduled class range differs.)

SPECIAL NEEDS SWIM: ages 3-12 (Not eligible for Rollover)

SUPER SWIMMING STARS: 30 Minute Sessions No make-up classes

CLASS	AGE	SUN
Super Swim Beginner	3-6	11:35am
Super Swim Intermediate	3-6	12:45pm
Super Swim Advanced	3-6	1:55pm

CLASS	AGE	SUN
Super Swim Beginner	7-12	12:10pm
Super Swim Intermediate	7-12	1:20pm
Super Swim Advanced	7-12	11:00am

Family: \$144; Youth: \$187; Non-Member: \$300

(Fee based on a 9 week session. Will be adjusted if scheduled class range differs.)

PRIVATE SWIM FOR YOUTH WITH SPECIAL NEEDS

Caring instructors will offer private lessons that incorporate water safety, swim technique, and confidence building. Please fill out a private lesson request form and address any specific special needs child has and any accommodations that should be made for the lesson.

Membership Required: \$52 per half hour, 4 sessions: \$202; 6 sessions: \$301; 8 sessions: \$367

REGISTERING FOR PRE-SCHOOL OR SCHOOL AGE CLASSES?

Contact the Aquatics team and we will do our best to accommodate your child with additional assistance if needed.

Please contact Vickie@ryeymca.org or Sheila@ryeymca.org to discuss options when registering for group swim lessons and needing additional resources.

SWIM SCHOOL & SWIM TEAM

PATHWAYS: 45 Minutes - Ages 10-16

**NO ONLINE
REGISTRATION**

CLASS	AGE	MON	FRI	SAT
Beginner	10-16	5:10pm		12:10pm
Intermediate	10-16	3:30pm	3:30pm	12:10pm 1:50pm
Advanced	10-16	3:30pm	3:30pm 5:10pm	1:00pm

SWIM TEST FOR ROWERS

Does your rowing team/club require a swim test? Please contact Sheila@ryeymca.org or Vickie@ryeymca.org to schedule an appointment. Must bring testing sheet (provided by school or rowing club) on the date of appointment.
Member: \$5; Non-Member: \$10

Family: \$144 Youth: \$187; Non-Member: \$300 (Fee based on a 9 week session. Session length may range from 8-11 weeks and will be adjusted upon registration if scheduled class range differs.)

WAVE RYEDERS SPRING CONDITIONING SWIM TEAM

April 22 - June 21 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 2019 competitive swim team in the fall.

TRYOUT IS REQUIRED FOR NEW SWIMMERS!

Tryouts will be held on the following days/times:

April 9 and 11 6:15-7:15pm

Practice Schedule:

10 & Under - Monday-Thursday - 6:00-7:00 pm

11 & Older - Monday-Thursday - 7:00-8:00 pm

Current Swimmers: \$536 per swimmer (\$485 for siblings)

NEW Swimmers (Members): \$557 (No sibling discount)

NEW Swimmers (Non-Member): \$646 (No sibling discount)

WAVE RYEDERS SPRING PRE-TEAM (INCLUSIVE)

April 22 - June 21 Ages 5-9

Developmental in nature, the pre-team is a bridge between YMCA swim lessons and the Wave Ryeders Swim Team. This inclusive program is designed for swimmers ages 5-9 years, with and without special needs to learn alongside one another. Special accommodations, including separate tryouts, can be made for children with special needs.

The focus is on practicing lap swimming with instructions in a variety of strokes and techniques. Participants will focus on learning and fine tuning skills in order to become a more competitive swimmer. Participants should be able to swim 25 continuous yards with rotary breathing and 25 yards continuous basic backstroke. Optional inter/intra squad swim meets will be held. Tryouts are required for new participants before registering:

TRYOUTS: April 9 and 11 - 5:15-6:15pm

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

Family: \$256; Youth: \$270 Membership required.

The Rye Y's swim team promotes fun, camaraderie, new skills, physical fitness, and positive values that extend beyond the swimming environment.

WAVE RYEDERS SPRING PRACTICE TEAM (INCLUSIVE)

April 22 - June 21 Ages 10-17

This inclusive program is designed for 10-17 year-old children with and without special needs to learn together. Special accommodations, including separate tryouts, will be made for children with special needs.

This is an opportunity for swimmers who have basic knowledge and ability in all four strokes and will feature extensive stroke work to help improve all four strokes and advance the swimmer's level of endurance. Tryouts are required for new participants prior to registering. See tryout schedule.

Tryouts: April 9 & 10 - 5:15-6:15pm

Practice Schedule: Tuesday & Thursday - 4:20-5:15pm

Family: \$334; Youth: \$351 Membership required.

6 WEEK STROKE CLINICS YOUTH FREESTYLE/BACKSTROKE

Ages 7-10 or Ages 11-17 Membership Required.

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, x121, 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 swimsuit, goggles and swim cap.

Ages 7-10 Tuesday: 3:30 - 4:15 pm

Ages 11-17 Tuesday: 4:20-5:05pm

Family: \$198; Youth: \$233

YOUTH BREASTSTROKE/BUTTERFLY

Ages 7-10 or Ages 11-17 Membership Required.

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, x121. Prior competitive swim team experience is strongly advised. Participants should have knowledge of, and ability in, breast-stroke and butterfly and should be familiar with swimming turns. Please wear competitive swimsuit, goggles and swim cap.

Ages 7-10: Thursday: 3:30 - 4:15 pm

Ages 11-17: Thursday: 4:20 - 5:05 pm

Family \$198; Youth: \$233