

eliminating racism
empowering women

ywca

Central Massachusetts



**WINTER
SESSION
2020**

Jan. 11–Mar. 26

AQUATICS CLASSES

infants • youth • adults • swim team • and more!

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NEW!
Specialty
Fitness Classes
Pg. 10



Contact us for more information about any of YWCA's class and program offerings!

- | | |
|------------------------------|---|
| Adult Fitness: | 508-767-2505, ext. 3024 or email aharris@ywcacm.org |
| Certifications: | 508-767-2505, ext. 3039 or email jdwinell@ywcacm.org |
| ENCOREplus®: | 508-767-2505, ext. 5509 for confidential voicemail |
| Swimming Lessons: | 508-767-2505, ext. 3039 or email jdwinell@ywcacm.org |
| Private Swim Lessons: | 508-767-2505, ext. 3039 or email jdwinell@ywcacm.org |
| Synchronized Swim: | 508-767-2505, ext. 3022 or email pflanagan@ywcacm.org |
| Youth Fitness: | 508-767-2505, ext. 3024 or email aharris@ywcacm.org |

YWCA IS ON A MISSION

Find us on 
facebook.com/ywcacmfitness

infant and preschool swim

Parent & Child Level A & B

Ages 6 months–5 years

Parents participate with children to learn water adjustment and safety skills. This class is designed for children ages 6 months to 5 years who:

- have little or no previous water experience
- have had two or more previous sessions of water adjustment lessons
- are reluctant to enter the water or submerge
- may benefit from parental presence and support in the water.

Saturday, 9:00–9:30 a.m.	FDC 01
Sunday, 9:00–9:30 a.m.	FDC 02
Tuesday, 3:00–3:30 p.m.	FDC 03

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138

Preschool Swim Level 1

Ages 3–5 years

Red Cross Preschool Level 1 swim lessons, which focus on the developmental skills of preschool-aged children.

Saturday, 9:30–10:00 a.m.	FDC 14
Sunday, 9:00–9:30 a.m.	FDC 10
Tuesday, 3:00–3:30 p.m.	FDC 11
Tuesday, 3:30–4:00 p.m.	FDC 12

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138

Preschool Swim Level 2

Ages 3–5 years

Red Cross Preschool Level 2 swim lessons, which focus on the developmental skills of preschool-aged children.

Thursday, 4:00–4:30 p.m.	FDC 22
Sunday, 10:30–11:00 a.m.	FDC 21

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138

Preschool Swim Level 3

Ages 3–5 years

Red Cross Preschool Level 3 swim lessons, which focus on the developmental skills of preschool-aged children.

Saturday, 10:30–11:00 a.m.	FDC 23
Sunday, 9:30–10:00 a.m.	FDC 24
Tuesday, 3:30–4:00 p.m.	FDC 25

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138



youth learn-to-swim

Beginner Swim Level 1

Age 6 years & up

Red Cross Level 1 swim lessons,
see description on page 9.

Saturday, 9:00–9:30 a.m.	FDC 33
Saturday, 9:30–10:00 a.m.	FDC 35
Saturday, 10:00–10:30 a.m.	FDC 30
Sunday, 10:00–10:30 p.m.	FDC 31
Tuesday, 4:00–4:30 p.m.	FDC 32
Thursday, 4:00–4:30 p.m.	FDC 34

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138

Beginner Swim Level 2

Age 6 years & up

Red Cross Level 2 swim lessons,
see description on page 9.

Saturday, 10:00–10:30 a.m.	FDC 44
Saturday, 10:30–11:00 a.m.	FDC 43
Sunday, 10:00–10:30 p.m.	FDC 40
Thursday, 4:30–5:00 p.m.	FDC 41

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138



Intermediate Swim Level 3

Age 6 years & up

Red Cross Level 3 swim lessons,
see description on page 9.

Saturday, 10:30–11:00 a.m.	FDC 48
Sunday, 10:30–11:00 a.m.	FDC 49
Tuesday, 4:00–4:30 p.m.	FDC 47

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138

Intermediate Swim Level 4

Age 6 years & up

Red Cross Level 4 swim lessons,
see description on page 9.

Saturday, 9:00–9:30 a.m.	FDC 59
Sunday, 9:30–10:00 a.m.	FDC 58
Thursday, 4:30–5:00 p.m.	FDC 56

Fitness Plan Members	\$88
YWCA Members	\$103
Non-Members	\$138



youth learn-to-swim



Barracuda Club *Levels 5 & 6*

For Advanced Swimmers, level 5 & above.

Do you want to improve your strokes, speed, endurance and diving? Join the Barracuda Club and achieve new swim goals.

Saturday, 9:30–10:30 a.m.

FDC 50

Fitness Plan Members

\$107

YWCA Members

\$126

Non-Members

\$161

Private Swim Lessons

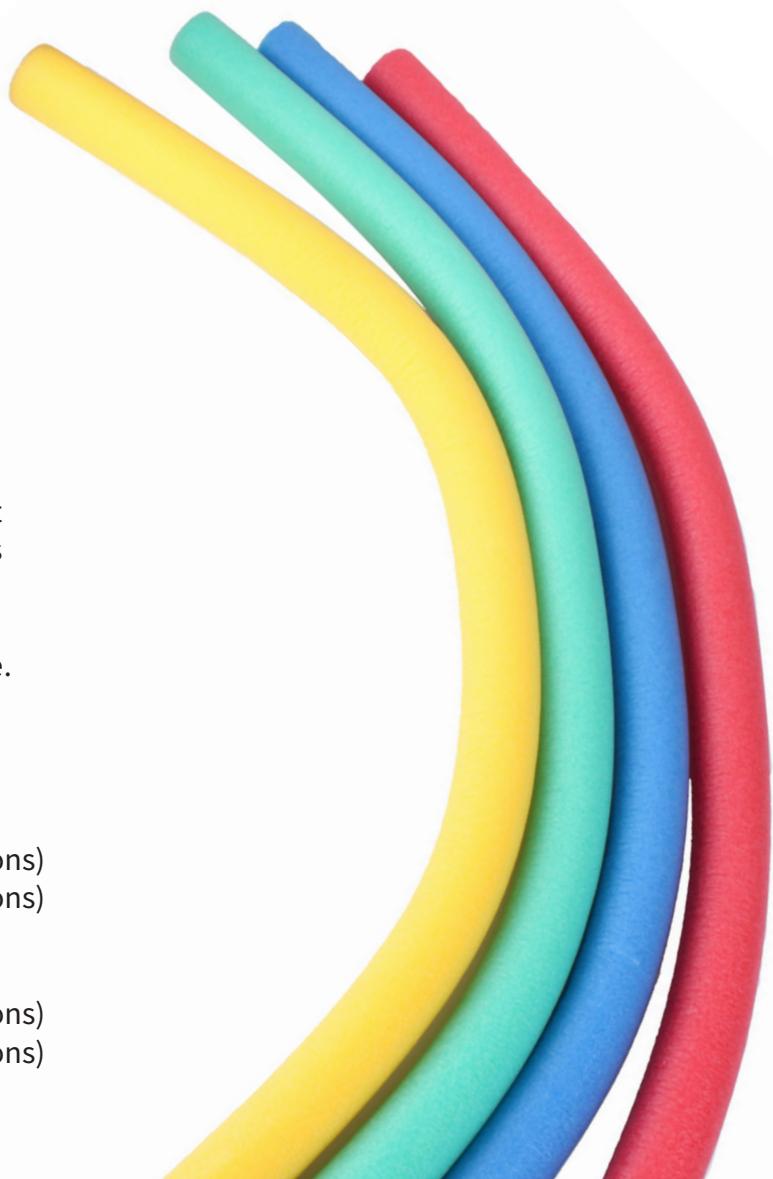
Sometimes one-on-one instruction works best for children who are learning to swim. Lessons are scheduled individually with every effort made to accommodate your schedule. Semi-private (1 instructor, 2 students) also available. Participants must be of similar swim ability. Lessons are 30 minutes.

Fitness Plan Members & YWCA Members

Private	\$25 (1 Lesson)	\$225 (10 lessons)
Semi-Private	\$38 (1 Lesson)	\$342 (10 lessons)

Non-Members

Private	\$30 (1 Lesson)	\$265 (10 lessons)
Semi-Private	\$43 (1 Lesson)	\$382 (10 lessons)



youth team aquatics

Youth Swim Team

The YWCA's Swim Team is for youth ages 6–15 years. Practices build endurance and speed, as well as refine technique of the four competitive strokes, while learning competition skills and developing an understanding of team bonding! The team meets two times per week for one hour throughout the school year.

Monday & Thursday, 5:00–6:00 p.m. FDC 36

Pay in Full (September-June)

Fitness Plan Members \$360

YWCA Members \$450

(Payment due September 10,
YWCA Basic Membership required)

Pay Monthly (September-June)

Fitness Plan Members \$41

YWCA Members \$50

Non-Members \$70

(Payment due on the 10th of each month)

Beginning Synchronized Swimming Levels 1 & 2

For first-time participants. Two classes are available for ages 5–7 (level 1) and 8–12 (level 2). Classes review swimming skills and teach basic synchro skills including sculling, swim strokes, underwater swimming and a routine to music. Classes are 30 minutes long, and run in 3, 10-week sessions through the school year. Recommended skill level is Red Cross Level 3+, with comfort in deep water.

L1: Saturday, 11:00–11:30 a.m. FDC 54

L2: Saturday, 11:30 a.m.–12:00 p.m. FDC 55

Fitness Plan Members \$88

YWCA Members \$103

Non-Members \$138



Synchro-Maids

A competitive synchronized swim team experience with increased commitment based on age, interest and skill level. School-year program prepares swimmers for shows and competition, which take place throughout the year. Commitment is required.

Novice Synchro Team

Ages 8–12. Recommended for strong swimmers (Red Cross levels 4+) looking to learn basic synchronized swimming and learn a routine set to music. The team meets throughout the school year, once per week for two hours. Each two-hour session includes one hour land exercise and one hour in the pool. Swimmers on this team have the option to compete in the spring, and perform in the Annual Water Show.

Sundays, 3:00–5:00 p.m.

FDC 51

\$350 if paid in full

\$400 if paid in monthly installments

(YWCA Basic Membership required)

Intermediate & Age-Group Synchro Teams

Prior participation required. Contact Patty Flanagan for details and to complete registration contract.

508-767-2505 ext. 3021, pflanagan@ywcacm.org

lifeguard certification



Become a Lifeguard

Lifeguards protect their community by preventing, recognizing, and responding to water-related emergencies. In order to get a job at most facilities, you need to become certified, and most employers look for American Red Cross Certification.

Obtain your 2-year certification by taking a Lifeguarding course from the American Red Cross. Courses take as little as 24 hours and emphasize hands-on training, supported by classroom instruction.



**American
Red Cross**

Lifeguarding Certification

Lifeguarding/First Aid/CPR/AED for 2 years

For entry-level participants at all facility types.

Monday, 6:30–9:30 p.m.

FDC 71

Fee: \$350

Lifeguarding Re-Certification

Lifeguarding/First Aid/CPR/AED for 2 years

For certified participants at all facility types.

Monday, 6:30–9:30 p.m.

FDC 72

Fee: \$150

(Contact jdwinell@ywcacm.org to determine eligibility)

adult aquatics

Nereids

Join the Nereids—open to adult women. Includes water exercise, free swim and routines set to music. Monthly luncheons at the YWCA and other special events add to the fun. Join this wonderful group and make exercise a fun part of your day.

Mon. & Weds., 9:30–10:30 a.m. FDC 61

Fitness Plan Members	\$158
YWCA Members	\$185
Non-Members	\$240

Adult-Learn-to-Swim *Beginner*

Red Cross Progressive Levels 1 & 2

Designed for non-swimmers who will learn basic water skills including water adjustment, floating and basic safety precautions.

Monday, 7:30–8:00 p.m. FDC 62
Wednesday, 7:30–8:00 p.m. FDC 63

Fitness Plan Members	\$107
YWCA Members	\$126
Non-Members	\$161

Adult-Learn-to-Swim *Intermediate*

Red Cross Progressive Levels 3 & 4

Designed for non-swimmers who will learn For adults who have mastered floating, prone glide, beginning crawl stroke, back float and basic backstroke.

Monday, 8:00–8:30 p.m. FDC 64
Wednesday, 8:00–8:30 p.m. FDC 65

Fitness Plan Members	\$107
YWCA Members	\$126
Non-Members	\$161



learn-to-swim level descriptions



**American
Red Cross**

YWCA offers the **American Red Cross** Youth and Adult Progressive Swim Lessons program.

Beginner Swim (Levels 1 & 2)

Level 1: Introduction to Water Skills

The focus of this level is to help students feel comfortable in the water and enjoy the water safely. Elementary aquatic skills are taught. Skills include water entry and exit, breathing and submerging, floating, treading, arm movements, kicking on front and back, and changing direction and position. Classes are taught with instructor support as needed.

Level 2: Fundamental Aquatic Skills

Skills introduced include gliding and floating independently, breathing control, picking up submerged objects, treading and swimming a combined arm and leg stroke for at least 15 feet on front and back. Prerequisite: Completion of Level 1 or the student must be comfortable entering and exiting the water, submerging independently, and floating on the front and back.

Intermediate (Levels 3 & 4)

Level 3: Stroke Development

Skills introduced include front crawl with rotary breathing, elementary backstroke, dolphin kick, scissors kick, treading, survival floating and beginning diving. Prerequisite: Completion of Level 2 or the student must be able to float on their front and back independently for five seconds and swim unassisted for five body lengths.

Level 4: Stroke Improvement

Skills introduced include diving, underwater swimming, turns, front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke. Prerequisite: Completion of Level 3 or the student must be able to enter water headfirst and jump into deep water, swim 15 yards front crawl with rhythmic breathing, tread or float for 30 seconds and swim 15 yards elementary backstroke.



Barracuda (Levels 5 & 6)

Level 5: Stroke Refinement

Students will work to improve and perfect all swim strokes while also building strength and endurance. Additional diving, surface dives and flip turns are taught. Prerequisite: Completion of Level 4, or the student must be able to jump into deep water and swim front crawl and elementary backstroke continuously for 25 yards each, and swim 15 yards each of breaststroke and back crawl.

Level 6: Swimming and Skill Proficiency

Students will refine their swim strokes and turns to a high level of fluency and endurance to swim 500 yards continuously. In addition, skills modules such as Personal Water Safety, Fundamentals of Diving or Fitness Swimmer will be introduced. Prerequisite: Completion of Level 5 or the student must be able to perform a shallow dive, swim 50 yards continuously of front crawl and elementary backstroke, and 25 yards each of breaststroke and back crawl.

fitness for parents

Specialty Fitness Classes

Modern Dance Fusion & Kundalini Yoga

Adults, ages 18+

Take your fitness to the next level with one of YWCA's Specialty Fitness Classes. Taught by multi-certified instructors, these classes offer a more intensive experience than our standard drop-in classes. Specialty Fitness Classes can be accessed by purchasing a 10-class fitness pass at our front desk (online purchasing coming soon!).

Weds: Modern Dance Fusion, 6:30-7:30 p.m.

Sat: Kundalini Yoga, 8:30-9:30 a.m.

10-Class Pass:

Fitness Plan Members \$85

Non-Members \$99

Space is limited, so sign up early!

NEW



parties



Packages
starting at
\$125

Celebrate with a party!

Our parties are perfect for all ages, and tailored to your favorite activities. Enjoy a variety of sports or crank up the music for a dance party in the gymnasium, take a dip in the pool, or kick it up to an adventure party with our inflatable pool tower.

Perfect for:

- Birthdays
- Anniversaries
- Graduations
- Showers
- and more!

Reserve your party today!

Call 508-767-2505 x3039, or email
pool@ywcacentralmass.org

membership & registration

Membership

The YWCA is a women's membership organization; men join as associates. The annual basic Membership/Associate dues help support the YWCA mission and is non-refundable, nontransferable. Members of the YWCA are entitled to discounted rates for registered classes, excluding certification classes, in addition to other discounts throughout the organization. To become a Member/Associate, see the Front Desk or fill out a registration form online at www.ywcacentralmass.org.

Member/Associate Type & Dues:

Household \$70

Senior (60+ years old) \$25

Adult (individual 18+ years old) \$50

Senior Household \$50

Single Parent Household \$50

Youth (under 18 years) \$30

Fitness Plans

Fitness Plan Memberships to the YWCA's Health and Wellness Center are available which give access to our entire fitness facility and drop-in classes plus special discounted rates on registered classes. To learn more about Fitness Plans at the YWCA, see the Front Desk or visit ywcacm.org or call Member Services at 508-767-2505 ext. 3017.

Access Cards

An access card is given to all YWCA Members/Associates. This card provides access to the Health & Wellness Center and the parking lot. Participants must carry their access card with them at all times. Cards take three business days to process. There is a \$5.00 replacement fee.

Class Registration

You may register in person, by mail or by calling 508-767-2505. Payment is due in full at the time of registration. Registrations are accepted on a first-come, first-serve basis. The YWCA reserves the right to cancel a class due to low enrollment. There are no makeup sessions for missed classes unless the YWCA cancels the class. The YWCA offers a 10% discount when two or more children (age 17 years or under from the same household) register for swim lessons. The discount is applied to the second and subsequent children on the lesser amount.

Scholarship Assistance

Financial aid, up to 50% on swim lesson fees, is available for income-eligible individuals and families. See the Front Desk for an application.

Refund Policy

If the YWCA cancels a class due to low enrollment, you will be notified and given the option of a credit towards another activity or a refund. A participant may cancel registration up to the start of the first class for a refund of the class fee. There are no refunds after this date.

Facility Rules

All guests must show a valid picture ID. No exceptions. Members and guests must check in at the Front Desk when entering the building. Children under the age of 13 must be accompanied by an adult at all times unless the child is participating in a supervised youth activity or class. Youth who are not toilet trained must wear a swim diaper with tight-fitting legs and waistband in the pool. For safety reasons, youth are not allowed to attend any class in which they are not registered. Swim caps and a bathing suit are required to be worn in the pool.

Locker Room Policy

Parents with children 6 years and older must use the appropriate gender adult locker room, or family changing areas. Children under 16 years of age are prohibited from using the steam room.

CLASS REGISTRATION FORM

Please use one form for each person registering for a class. Only those registration forms completed in their entirety will be processed.

Name: _____ DOB: _____ Gender: _____

Address: _____ City/State/Zip: _____

Email: _____ Phone: _____

Are you a YWCA member: Yes No If so, please identify which type: Fitness Basic

Which class are you registering for: _____ Cost: _____ FDC: _____

☐ Check box acknowledging you have read and agree to the terms listed above.

Method of Payment: ☐ Check ☐ MasterCard ☐ VISA ☐ Discover ☐ American Express

Cardholder Name: _____ Exp. Date: _____

Account #: _____ CVC: _____

Signature: _____

Total amount must be enclosed or registration form will not be processed. DO NOT SEND CASH. Mail payment and registration form to:

YWCA Central Massachusetts, 1 Salem Square, Worcester, MA 01608, ywcacm.org, 508-767-2505