

eliminating racism
empowering women

ywca

Central Massachusetts

**SPRING
2024**

April 1 - July 1



**SWIM
CLASSES**

infants | youth | adult | and more!

Inside

- 3 Infant and Preschool Swim
- 4 Youth Learn-to-Swim
- 5 Adult Aquatics
- 6 Private Swim Lessons
- 7 Class Descriptions
- 8 Membership and Registration



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

- Adult Fitness:** 508-767-2505 ext. 166 or email kbeardmore@ywcacm.org
- Certifications:** 508-767-2505, ext. 129 or email jdwinell@ywcacm.org
- ENCOREplus®:** 508-767-2505, ext. 166 or email kbeardmore@ywcacm.org
- Swimming Lessons:** 508-767-2505, ext. 129 or email jdwinell@ywcacm.org
- Private Swim Lessons:** 508-767-2505, ext. 129 or email jdwinell@ywcacm.org

YWCA IS ON A MISSION

Infant and Preschool Swim

Parent & Child *Level A & B*

Ages 6 months–3 years

Parents participate with children to learn water adjustment and safety skills. This class is designed for children ages 6 months to 3 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.

Tuesday, 3:00-3:30 p.m.

Saturday, 9:00-9:30 a.m.

Sunday, 9:00 - 9:30 a.m.

YWCA Fitness Members **\$135**
Non-Members **\$150**

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.

Tuesday, 3:30-4:00 p.m.

Tuesday, 4:00 -4:30 p.m.

Saturday, 9:30-10:00 a.m.

Saturday, 10:00-10:30 a.m.

Sunday, 9:30-10:00 a.m.

YWCA Fitness Members **\$135**
Non-Members **\$150**

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.

Saturday, 10:30-11:00 a.m.

Sunday, 9:00-9:30 a.m.

YWCA Fitness Members **\$135**
Non-Members **\$150**

Preschool Swim *Level 3*

Ages 3–5 years

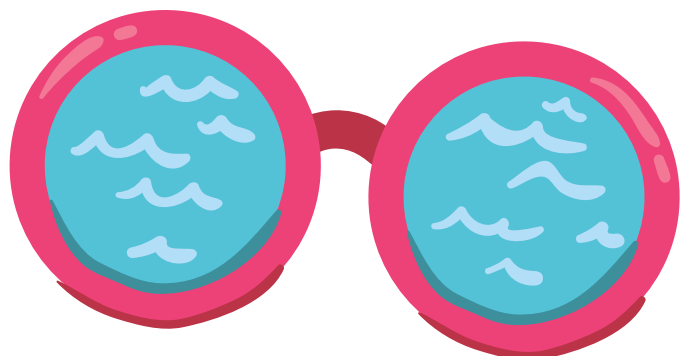
Red Cross Preschool Level 3 swim lessons, which focus on the developmental skills of preschool-aged children.

Tuesday, 3:30-4:00 p.m.

Saturday, 10:00-10:30 a.m.

Sunday, 10:00-10:30 a.m.

YWCA Fitness Members **\$135**
Non-Members **\$150**



Youth Learn-to-Swim

Beginner Swim Level 1

Age 6 years & up

Red Cross Level 1 swim lessons, see description on page 8.

Tuesday, 4:00-4:30 p.m.

Saturday, 9:00-9:30 a.m.

Saturday, 9:30-10:00 a.m.

Sunday, 9:30-10:00 a.m.

Sunday, 10:30-11:00 a.m.

YWCA Fitness Members	\$135
Non-Members	\$150

Beginner Swim Level 2

Age 6 years & up

Red Cross Level 2 swim lessons, see description on page 8.

Tuesday, 4:30-5:00 p.m.

Saturday, 9:00-9:30 a.m.

Sunday, 10:00-10:30 a.m.

YWCA Fitness Members	\$135
Non-Members	\$150

Intermediate Swim Level 3

Age 6 years & up

Red Cross Level 3 swim lessons, see description on page 8.

Tuesday, 4:30-5:00 p.m.

Sunday, 10:30-11:00 a.m.

YWCA Fitness Members	\$135
Non-Members	\$150

Intermediate Swim Level 4

Age 6 years & up

Red Cross Level 4 swim lessons, see description on page 8.

Saturday, 10:30-11:00 a.m.

Sunday, 10:30-11:00 a.m.

YWCA Fitness Members	\$135
Non-Members	\$150

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.

YWCA Fitness Members	\$180
Non-Members	\$200



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.

Monday & Wednesday, 10:00–11:00 a.m.

Fees: \$250

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.

Starting April 22

Monday, 7:00–7:30 p.m.

YWCA Fitness Members	\$180
Non-Members	\$200

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.

Starting April 22

Monday, 7:30–8:00 p.m.

YWCA Fitness Members	\$180
Non-Members	\$200



Private Swim Lessons

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.

YWCA Fitness Members

Private	\$35 (1 Lesson)	\$150 (5 lessons)
Semi-Private	\$50 (1 Lesson)	\$200 (5 lessons)

Non-Members

Private	\$45 (1 Lesson)	\$195 (5 lessons)
Semi-Private	\$65 (1 Lesson)	\$270 (5 lessons)



Learn-to-Swim Level Descriptions

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.



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

Membership & Registration

Fitness Membership

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 Fitness Coordinator at 508-767-2505 ext. 166 or email kbeardmore@ywcacm.org.

Household (2 Adults & 2 Youth):
\$50 paid monthly/ \$63 paid monthly, no annual agreement

Adult (18+ years old):
\$30 paid monthly /\$40 paid monthly, no annual agreement

Students/Senior (60+ years old):
\$26 paid monthly/ \$33 paid monthly, no annual agreement

Youth (under 18 years):
\$20 paid monthly/ \$20 paid monthly, no annual agreement

Membership Registration Fee:

All annual and monthly individual fitness plans require \$30 registration processing fee, \$45 for households.

Access Fobs:

Access cards are given to all fitness plan members and provide access to the Health and Wellness Center. Fitness plan members must carry their access cards with them at all times. There is a \$10.00 replacement fee for lost or stolen fobs.

Swim 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: