

# AQUATICS EXERCISE CLASS DESCRIPTIONS

Please see the monthly Pool Schedules for class days, times, and pool locations.

Ages 12 and older, unless otherwise noted, may partake in group exercise classes.

## AQUAJOINTS

This warm-water, low-impact exercise class is for those with physical limitations or arthritis. The program is a slow-paced aerobic workout with emphasis on controlled movement, improving strength, flexibility, and endurance.

## DEEP WATER AQUA JOGGING

This aqua jogging class is for individuals who want to build their running endurance without the strain of gravity. Float belts and related equipment are provided. Joggers must be comfortable in deep water.

## DEEP WATER EXERCISE

This is a high intensity, low impact class using the deep water of the Lap Pool for a great workout. Participants will use float belts, noodles and weights during class and should be comfortable with the deep water.

## PUMP IT UP

This shallow water aerobics class will get your muscles pumped up while doing the same to your heart rate. It is an upbeat, aerobic based, low-impact workout. Takes place in the Warm Water Therapy Pool.

## STRETCHING, FLEXIBILITY AND RELAXATION

This shallow water, low intensity class focuses on gentle stretching, improving flexibility and allowing you a moment of rest in the warm water and quiet atmosphere of the Therapy Pool.

## WATER ABS CLASS

There are many benefits to building a strong abdominal core. Aside from looking great, building a strong core can help build a strong base for the rest of your body movements. This is a 30 minute abs only workout.

## WATER AEROBICS

This shallow water aerobics class will get your muscles pumped up while doing the same to your heart rate. It is an upbeat, aerobic based, low-impact workout.

## Lifeguards

Samuel Adams  
Shannia Austin  
Alexis Ayres  
Payton Biddle  
Mackenzie DeGrasse  
Sarah Grimes  
Jordan Johnson  
Melissa King  
Walker Murphy  
Jillian Pittman  
Dylan Schmidt  
Darren Simpson  
Julia Taylor  
Evan Theis  
Trey Watson  
Alexandria Woertz  
Lacy Wright

## Aquatics Instructors

Holly Austin  
Sharon Broughton  
Lisa Brown  
Gloria East  
Pat Goldman  
Cheryl Lone  
Mary Jo Moss

## VOLUNTEER AT THE Y

Y volunteers are always needed for programs, special events and general facility needs. Contact the Y or see our Member Service Desk for an application.

## TEXT ALERTS

To receive Text Alerts from the Y regarding aquatic classes, swim lessons and/or pool closures, text **YHCAQUATICS** to **84483**.

To opt-out: text **STOP** to 84483. For more information: text **HELP** to 84483.

Expect approximately 4 messages per month. Message and data rates may apply.

## AGE REQUIREMENTS AND POLICIES

### Pools

- 8 - 11 year olds, accompanied by someone 16 or older in the facility.
- Under 8 accompanied by someone 16 or older, either in the pool with them or on the pool deck.
- 12 and under will need to complete a swim test as identified by the attending guard. Swimmers may be asked to wear a life jacket and/or be within reach of someone 16 or older in the shallow end of the pool.
- Exercise instruction allowed only by YMCA of Harrison County staff. Personal training and swim instruction allowed only by YMCA of Harrison County approved staff.

### Locker Rooms

- Over 2, need to use proper gender locker room or family/special needs locker room.
- Cell phone, camera and video camera usage is prohibited in locker rooms and restrooms.
- Use of lockers with locks is strongly encouraged. The YMCA of Harrison County is not responsible for lost/stolen items. Locks should be removed daily, unless renting a locker, or will be removed by staff each night. See the Member Service Desk for locker rental information.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Effective:  
January - March 2018  
Subject to change

# AQUATICS PROGRAMS AND CLASSES YMCA OF HARRISON COUNTY



## YMCA OF HARRISON COUNTY

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[www.ymcaharrison.org](http://www.ymcaharrison.org)

[contactus@ymcaharrison.org](mailto:contactus@ymcaharrison.org)

# SWIM LESSONS

## PARENT/TOT SWIM LESSONS

Both parent and child, ages 6 months - 3 years, jump into these lessons. The purpose of this course is to familiarize children with the water and teach swimming readiness skills. Children must wear swim diapers. Takes place in the Therapy Pool.

**M/W 11:15 a.m. - 11:45 a.m.; SAT, 9:15 a.m. - 9:45 a.m.**

## PRESCHOOL SWIM LESSONS

The purpose of this course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills. For ages 4 - 5. Takes place in the Therapy Pool.

**T/TH 5:30 p.m. - 6:15 p.m.; SAT, 10 a.m. - 10:45 a.m.**

## BEGINNER/INTERMEDIATE SWIM LESSONS LEVELS 1 - 5

Level 1 - Introduces basic aquatic skills, which participants continue to build on as they progress. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water.

Level 2 - Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

Level 3 - Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. We introduce the scissors and dolphin kicks and extend the time duration for treading water. They also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside.

Level 4 - Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

Level 5 - Participants refine their performance of all six strokes and increase the distances that they swim. They also learn to perform flip turns on the front and back.

**M/W 6:30 p.m. - 7:15 p.m.; SAT, 11 a.m. - 11:45 a.m.**

## ADULT AND TEEN SWIM LESSONS

If it has been awhile since you have been swimming or you have never been in the water, you are never too old and it is never too late. For ages 13 and older. Takes place in the Therapy Pool.

**SAT, noon - 12:45 p.m.**

## PRIVATE LESSONS\*

For ages 3 and older. Ask about our available private swim lesson packages and prices.

## FINANCIAL ASSISTANCE

\*Asterisk indicates program is NOT eligible for financial assistance. Financial Assistance is available for a variety of programs and YMCA membership.

Swim lessons are provided for all levels and abilities beginning at 6 months old. We use a 6:1 student to instructor ratios (except parent/tot lessons) to ensure quality instruction.

Swim Lesson Prices  
(8 classes per session)

Member: \$55 per session  
Participant: \$70 per session

## SESSION DATES

### Monday/Wednesday Sessions

Jan. 8 - Jan. 31 (registration ends Jan. 5)  
Feb. 5 - Feb. 28 (registration ends Feb. 2)  
Apr. 2 - Apr. 25 (registration ends Mar. 30)  
May 2 - May 30 (no lessons May 28; registration ends Apr. 27)  
June 4 - June 27 (registration ends June 1)  
July 2 - July 30 (no lessons July 4; registration ends June 29)  
Sept. 5 - Oct. 1 (registration ends Aug. 31)  
Nov. 5 - Nov. 28 (registration ends Nov. 2)

### Tuesday/Thursday Sessions

Jan. 2 - Jan. 25 (registration ends Dec. 29)  
Feb. 6 - Mar. 1 (registration ends Feb. 2)  
Apr. 3 - Apr. 26 (registration ends Mar. 30)  
May 1 - May 24 (registration ends Apr. 27)  
June 5 - June 28 (registration ends June 1)  
July 3 - July 26 (registration ends June 29)  
Sep. 4 - Sep. 27 (registration ends Aug. 31)  
Nov. 6 - Dec. 4 (no lessons on Nov. 22; registration ends Nov. 2)

### Saturday Sessions

Jan. 6 - Feb. 24 (registration ends Jan. 4)  
Mar. 3 - Apr. 28 (no lessons Mar. 24; registration ends Mar. 1)  
May 5 - June 23 (registration ends May 3)  
July 7 - Aug. 25 (registration ends July 5)  
Sept. 8 - Oct. 27 (registration ends Sept. 6)

Registration closes 48 hours prior to lessons beginning.

# SWIM CLUB

## 100 Mile Club\*

If you like to swim and you frequently find yourself swimming laps, then the Y's 100 Mile Swim Club might be for you. Swimmers will keep track of their laps/distance and those who complete 100 miles by the end of the year will receive a T-shirt and bragging rights for the entire year.

# TRAINING

## CPR/AED/FIRST AID TRAINING

Classes, instructed by American Red Cross volunteer, Bob Streepey, are held at the Y in the Administrative Office. Be sure to sign-up as early as possible to ensure the class will run. Certification and recertification classes alternate every month. If you have previously been certified in CPR for the Lay Responder and your certification has not been expired for more than a month, the recertification class will bring you back up to speed.

For ages 15 and older

### Certification

M, 4:30 p.m. - 9:30 p.m.  
February 12  
April 9  
June 11  
August 13  
October 8  
December 10

### Recertification

M, 4:30 - 9 p.m.  
January 8  
March 12  
May 14  
July 9  
September 10  
November 12

Member: \$45  
Participant: \$60

Member: \$45  
Participant: \$60

## LIFEGUARD CERTIFICATION

This certification course is a 30 hour course and attendance is mandatory at every meeting. Participants must be at least 15 by the end of the class.

### Required Prerequisites

Must pass the following in order to attend the class.

- 300 yard swim test using Freestyle and Breaststroke nonstop
- Tread water for two minutes with arms across the chest
- Perform a timed event that requires a 20 yard swim, surface dive to 8 - 9 feet of water, bring up a 10 lb. brick, and kick back to the starting point with the brick on chest and no use of hands.

Please bring proof of age to the prerequisite training (driver's license, state ID card, birth certificate). Bring swim suit and towel to every meeting. Course materials will be provided.

### Class Dates and Times:

#### FEBRUARY CLASS

Pre course skill check  
Friday, Feb. 2, 5 p.m.  
Thur., Feb 8, 5 p.m.-9 p.m.  
Fri., Feb. 9, 5 p.m.-9 p.m.  
Sat., Feb. 10, 9 a.m.-5 p.m.  
Thur., Feb. 15, 5 p.m.-9 p.m.  
Fri., Feb. 16, 5 p.m.-9 p.m.  
Sat., Feb. 17, 9 a.m.-5 p.m.

#### MARCH CLASS

Pre course skill check  
Thur., Mar. 1, 5 p.m.  
Thur., Mar. 8, 5 p.m.-9 p.m.  
Fri., Mar. 9, 5 p.m.-9p.m.  
Sat., Mar. 10, 9 a.m.-5 p.m.  
Thur., Mar.22, 5 p.m.-9 p.m.  
Fri., Mar. 23, 5 p.m.-9 p.m.  
Sat., Mar. 24, 9 a.m.-5 p.m.

Additional classes will be offered in April, May, July, September, and November 2018.

Member: \$175  
Participant: \$200  
Registration is limited to ten participants.

# SWIM TEAMS

## MARLINS SWIM TEAM

Join in on the water fun by being on the Marlins Swim Team. Swimmers should be able to comfortably swim a full length of the pool, freestyle and backstroke, without touching the wall or rope. Meets are held on Saturdays, once a month.

For ages 5 - 18  
Takes place in the Lap Pool.

Practices are held:

Beginners - M and T, 5:30 - 6 p.m.  
Intermediate - W, TH, and F, 6:15 - 7 p.m.  
Advanced - M, T, W, TH, and F, 5:30 - 7 p.m.

Season runs monthly January - March with March session shorter and price prorated. No other months will be prorated.

Swimmers will need a swim suit (one-piece suit for girls), goggles and a swim cap for those with long hair. A meet schedule will be provided.

## MONTHLY FEES

	Beginner	Intermediate	Advanced
Member:	\$15	\$25	\$45
Participant:	\$20	\$30	\$50

Shirt Fee: \$15 per shirt (optional)

## MASTERS SWIM TEAM

This is a group of swimmers, ages 19 and older, who are continuing to improve their swimming ability through weekly practice together. It's an excellent resource for swimmers looking for help with technique and creating swimming workouts. New swimmers are always welcome.

The group meets in the Lap Pool.  
Saturdays, 8:30 a.m. - 9:30 a.m.

## JUNIOR LIFEGUARDING

Junior lifeguarding, for ages 11 - 14, will be a transition from our upper swim lesson classes to the American Red Cross Lifeguarding program. Junior lifeguarding will introduce participants to:

- Skills needed to enter the American Red Cross Lifeguarding class
- Communication and decision-making skills
- Basic responsibilities of a lifeguard
- Basic knowledge and skills required to be a lifeguard

Instructed by Matt Hamblen and Holly Austin. This program will take place in May and June. Watch for more details in our 2nd quarter program guide.