

Group Swim Lesson Schedule

You can register online at www.greaterpittstonymca.org or at the front desk of the Y. For more information regarding Aquatic Programming contact Susan Vosik Pekala, Aquatic Director (570)655-2255 ext.106 or svpekala@greaterpittstonymca.org.

Winter I

January 8 – February 11

5 Week Session

Member Registration December 11

Non Member Registration December 18

Winter II

February 12 – March 25

6 Week Session

Member Registration January 22

Non Member Registration January 29

Group Lesson Prices

6 Week Session

FM \$39 M \$51 NM \$72

5 Week Session

FM \$32.50 M \$42.50 NM \$60

AQUATIC PROGRAMMING REFUND/CREDIT POLICY: To insure proper swimmer-to-instructor ratios for each class, we are unable to permit make-ups for missed classes. Class credits may be issued at the discretion of the Aquatic Director if accompanied by a physician's note that the participant was not able to participate in a scheduled class. No refunds or credits will be issued for participant cancellation of classes after the start of the new session. Low enrollment classes may be subject to cancellation and/or shortened lesson time.

Greater Pittston YMCA: AQUATIC PROGRAMMING

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA's Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.



LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10-15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Class Stages, Days and Times

Class Stages, Days and Times			
Parent/Child (6 months – 3 years)			
Stage A and B	Tuesday	4:30pm – 5:00pm	Open Swim 5pm – 5:15pm
	Saturday	9:00am – 9:30am	Open Swim 9:30am – 9:45am
Preschool (Ages 3 – 5)			
Stage 1, 2, 3	Monday	6:00pm – 6:40pm	
	Tuesday	5:00pm – 5:40pm	
	Saturday	9:30am – 10:10am	
Youth (Ages 6 – 12)			
Stage 1, 2, 3	Monday	6:45pm – 7:25pm	
	Tuesday	5:45pm – 6:25pm	
	Saturday	10:15am – 10:55am	
Youth (Age 6 – 12)			
Stages 4, 5, 6	Monday	5:15pm – 6pm	
	Tuesday	6:45pm – 7:25pm	
	Saturday	11:00am – 11:40am	
Teen and Adult (13 and Up)			
Stages 1, 2, 3	Monday	8:15am – 8:55am	
Stages 4, 5, 6	Saturday	6:30pm – 7:10pm	

Additional Aquatic Programming

American Red Cross Full Lifeguard Certification and Renewal Courses

The purpose of the American Red Cross Lifeguard course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Both Full Course and Renewal Course Participants must pass a pre-course swim test in order to take the Full Courses, which includes:

- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not permitted. Goggles may be used.
- Tread water for 2 minutes using only the legs.
- Participants have 1 minute, 40 seconds to complete the following: Starting in the shallow end of the pool, in the water swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface and swim 20 yards with legs only and exit the water without used a ladder or steps. Goggle are NOT permitted for this portion of the swim test.
- Minimum age of 15 on or before the final day of class.
- Participants must attend all days/times for the course.
- Participants will pay the non-refundable registration fee to enroll in the courses. After passing the pre course swim test they will pay the balance of the course fee in order to receive course materials.
- All courses are blended learning.

Full Course	Renewal Course
Pretest Monday, December 18 5:30pm Friday, December 22 5pm – 9pm Saturday, December 23 8am – 5pm Wednesday, December 27 8am – 12pm December 28 8am – 12pm FOR FULL COURSE PARTICIPANTS: UPON PASSING THE PRECOURSE SWIM TEST A LINK WILL BE EMAILED FOR PARTICIPANTS TO COMPLETE ALL CLASSROOM PORTIONS OF THE CLASS PRIOR TO THE FIRST DAY OF CLASS Course Fees** Member \$150 Non-Member \$175 Full course participants will receive a CPR pocket mask	Sunday, January 7, 2018 8am – 5pm Course Fees** Member \$90 Non-Member \$110 FOR RENEWAL CERTIFICATIONS, THE ONLINE LINK WILL BE EMAILED PRIOR TO THE FIRST CLASS AND ALL ONLINE MATERIAL MUST BE COMPLETED PRIOR TO THE FIRST IN CLASS SESSION. Review participants should bring their CPR pocket mask set to class. Review participants must have a current American Red Cross Lifeguard Certification.

****NON-REFUNDABLE REGISTRATION FEE (LG Certification and Renewal) of \$50 due at registration. This non-refundable registration fee is in addition to the above listed course fees which are due after pre-course test, which is held the first hour of the first class.**

Private and Semi Private Swim Lessons

Lesson consist of 4 (four), 30 (thirty) minute sessions. These lessons are offered starting at age three (3) - Adult and at any skill level. Private lessons are done on a one on one basis in order to personalize the experience with a qualified swim instructor. Semi-private lessons can be done with a sibling, friend or spouse. Semi-private lessons are a maximum of 3 people. You can register for lessons at the front desk of the YMCA. Once you register, the Aquatic Director will contact you to set up the day and time of the lessons.

Private Swim Lessons

Family Member \$65
 Member \$80
 Non-Member \$95

Semi-Private Swim Lessons

Family Member \$52pp
 Member \$64pp
 Non-Member \$80pp

SANTA SWIM – Friday, December 15 – Join Santa as he takes a dip in the pool. Event fee will include an emailed digital image.
 5:30pm – 7:30pm
 Member \$8/Family Non Member \$12/family