



## YWCA Cortland Winter/Spring 2024 Swim, Gym & Recreation Programs January 2, 2024 - May 18, 2024

### Children’s Programs:

**Swim Lessons:** Both group and private swim lessons meet for six-week sessions.

#### **Session 1**

Session Dates: Jan 22 – March 9

Registration: Jan 2 – Jan 22

\*No classes 2/19-2/24

#### **Session 2**

Session Dates: Mar 18 – May 4

Registration: Feb 26 – Mar 18

\*No classes 4/22-4/27

**Group Swim Lessons:** \$54-members/\$66-non-members.

**Private Swim Lessons:** \$84-members/\$96 for non-members.

### Group & Private Swim Lesson Schedule

Time	Monday	Wednesday	Saturday
9:00-9:30 am			Preschool w/ Parents
9:30-10:00 am			Waterbabies
10:00-10:30am			Level 1 / Level 2
10:30-11:00 am			Private Lesson
3:30- 4:00 pm	Private Lesson	Private Lesson	
4:00 – 4:30 pm	Private Lesson	Private Lesson	
4:30 – 5:00 pm	Preschool Swim / Private Lesson	Level 2/ Level 3	
5:00 – 5:30 pm	Level 1 / Level 3/4	Waterbabies	
5:30 – 6:00 pm	Private Lesson	Level 1/ Preschool	
6:00 – 6:30 pm	Level 2/ Preschool	Level 3/4	
6:30 – 7:00 pm	Private Lesson	Private Lesson	

**Open Swim:** Open Swim is for families and lap and leisure swimmers to enjoy our warm water pool! Open Swim times are on Wednesday, and Thursday, 7:00-8:00 pm, Friday, 4:00-7:00 pm, and Saturday, 12:00-1:00 pm. Lap & Leisure passes can be used for Open Swim.

**Single passes:** 1 hour: \$7-members/\$9-non-members | 2 hours: \$10-members/\$12 non-members | Families of 5 or more only pay \$35 (members) or \$45 (non-members)

**Swim Lesson Level Descriptions**

**Waterbabies:** Parent and child learn water exploration skills. Teacher interaction and group activities will focus on feeling secure and content in the water. **For ages 6 mos.-2 years.**

**Preschool with Parents:** a water exploration class for young children and parents. Blowing bubbles, floats, arm coordination, and strokes will be taught. An instructor will take parents through different holds and cues involved in swim instruction. Is a stepping-stone for preschool. **For ages 3-4.**

**Preschool Swim:** A water exploration class for young children. Blowing bubbles, floats, arm coordination, and strokes will be taught. Children wear bubbles to assist in swimming. **For ages 3-5.**

**Level 1:** Learn basic skills to move comfortably in the water. All skills are done with the support of instructor.

**Level 2:** Glides with kicks, front & back crawl, and rhythmic breathing. Lessons in mildly deep water.

**Level 3:** Front and back glides are unsupported. Front and back crawl become more accomplished. Elementary backstroke and diving will be introduced. Lessons in the deep end.

**Level 4:** Instruction includes coordinating front and back crawl, elementary backstroke, breaststroke, and side stroke. Dives are done from a standing position.

**Children Gymnastic Programs:**

**Gymnastics:** Gymnastic classes meet on Monday, Tuesday, and Saturdays for 6 weeks.

45 min classes: \$50-members/\$62 for non-members except for the **\*Beginner Gymnastics**. 1 hour class: \$62/members/\$74 non-members

<b>Class:</b>	<b>Dates:</b>	<b>Registration:</b>	<b>Details:</b>
Pixie Gym (Tuesday 9:30-10:15)	Jan 22 – Mar 5	Jan 2 – Jan 22	Parents and toddlers age 1-2 (No class on 2/20)
Pixie Gym (Saturday 9:00-9:45)	Apr 6 – May 18	Mar 8 – Apr 6	Parents and Toddlers age 1-2 (No class on 4/27)
Pre-School I (Saturday 10:00-10:45)	Apr 6 – May 18	Mar 8 – Apr 6	Parents and Children ages 2-4 (No class on 4/27)
Pre-School II (Monday 5:00-5:45)	Jan 22 – Mar 5	Jan 2 – Jan 22	Parents and Children ages 3-5 (No class on 2/19)
Pre-School II (Saturday 11:00-11:45)	Apr 6 – May 18	Mar 8 – Apr 6	Parents and Children ages 3-5 (No class on 4/27)
<b>*Beginner Gymnastics</b> (Monday 6:00-7:00)	Jan 22 – Mar 5	Jan 2 – Jan 22	Children ages 5-10, 1 hour class