



ROSE E. SCHNEIDER FAMILY YMCA

PRESCHOOL PROGRAM GUIDE

6 months – 5 years old

Program dates & times available on Preschool Programming Schedule

AQUATICS–Mitch Schall, Aquatics Director, 724.452.9122 x218 or mschall@bcfymca.org

EEL: For children who can float on their front and back and are comfortable jumping into and going under the water. Eel focuses on basic swim skills such as over arm paddle stroke, breathing and swimming on back.

PARENT & ME: Parents help children build confidence in the water through games and songs. Parent participation for every class in the water is required. Children must wear waterproof diapers and an appropriate swim suit.

PIKE: For beginners who are uncomfortable in the water and cannot swim on their own. Children will learn blowing bubbles, putting their face in the water, kicking and floating on their stomach and back.

PIKE & PARENT: This class focuses on water orientation, overcoming water related fears and begins to introduce basic swim skills while providing a wonderful opportunity for the more cautious child who excels better when a parent is present to provide extra support.

RAY: For children who can swim 10 yards on their front and back (with face in the water) without assistance. Ray focuses on stroke development, endurance and the elementary backstroke.

RES RIPTIDE (SWIM TEAM) NOVICE GROUP: Entry level group. Instruction includes learning the basics of all 4 strokes: Freestyle, backstroke, breaststroke and butterfly. Novice events are 25s and 50s. *Some experience preferred. Swim Team Contact information Email: RESYSwimming@bcfymca.org | Phone: 724.452.9122 x230 | Website: www.teamunify.com/ymca-5531*

RISE & SHINE: This program is for preschoolers to learn to swim when they are not in their preschool class. If they are a beginner, we will work on getting them comfortable in the water, overcoming water related fears and begin introducing basic swim skills. The intermediate level will continue to work on the basic swim skills including paddling 10 yards on the front and 5 yards on the back without assistance.

STARFISH: For children who can swim freestyle, backstroke and elementary backstroke without assistance and tread water for 15 seconds. Starfish focuses on increasing endurance in all strokes.

SPORTS & MOVEMENT –Brad Pontius, Program Director, 724.452.9122 x217 or bpontius@bcfymca.org

BITTY BASKETBALLERS: This program aims to strengthen the relationship between parent and child using fun basketball related activities. It emphasizes fundamental skill development, self-esteem, fair play and fun in a positive class environment. The program is designed to give children an introduction to the sport of basketball. This is a parent-child class.

DANCE & PLAY WITH ME:

GYM JAMBOREE: Participants will improve their movement skills and coordination by participating in various activities including obstacle course, follow the leader, dancing & singing, parachute games and much more.

KEYSTONE MARTIAL ARTS: Instructors Master Mark Jorgensen, 5th Degree Black Belt, and Mrs. Richelle Jorgensen, 3rd Degree Black Belt, have nearly 30 years of martial arts experience each. Keystone Martial Arts believes in, and values, the education and character of your child. Our World Karate Kids programs are unique in the physical education area as they are Total Learning and Improvement activities. These programs are designed to develop a positive character in today's children by utilizing strict guidelines and a fun atmosphere at the same time. *Registration is monthly, available the 15th through the end of the month, and must take place the month prior to the month you want to participate. Automatic draft available; contact Brad Pontius. Website: www.keystonemartialarts.com*



Little Dragons: For all new and first year students wanting to learn martial arts.

Mighty Dragons: For transitioning from Dragons to the Youth Martial Arts classes. *Minimum one year in Little Dragons and instructor invitation required.*

YOUTH INDOOR SOCCER LEAGUE: This program is designed to develop the fundamental skills of soccer as youth play and learn in a non-threatening environment. Character development is highlighted using our core values of Caring, Honesty, Respect and Responsibility. T-shirts and awards provided! Ages 4-5 years old play 3-on-3 without a goalie.

ARTS & HUMANITIES –Brad Pontius, Program Director, x217 or bpontius@bcfymca.org

ART ADVENTURES: An exciting class focused on stories written by famous authors with related art projects for a fun and educational class!

DRUMS ALIVE®: Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially! This is a parent-child class.



KIDS CAN COOK: In this class, nutrition & healthy eating habits are introduced as children prepare fun recipes each week. Children will enjoy a story, game and creating a special cooking creating each week. Parent is not required to attend the class with the child.

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