



ROSE E. SCHNEIDER FAMILY YMCA YOUTH & TEEN PROGRAM GUIDE

5-17* yrs old (*or 18 yrs still enrolled in high school)

Program dates & times available on Youth & Teen Programming Schedule

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

AQUA SCHOOL: PE for Home/Cyber School students. Children will be able to participate in age appropriate activities with other children of similar "grade levels" in the swimming pool. ***Prerequisite:*** *Must be able to swim 25 yards.*

FISH: For children who can swim 50 yards of freestyle with rotary breathing, 25 yards of backstroke, elementary backstroke and breaststroke without assistance. Fish continue to focus on stroke refinement, building endurance and the basics of butterfly.

GUPPY: For children who can swim 12 yards of freestyle with their face in the water independently and be able to swim on their back with little support. Guppy focuses on stroke development and endurance.

MINNOW: For children who can swim 25 yards freestyle with rotary breathing, backstroke and elementary backstroke. Minnow focuses on stroke refinement and introducing the breaststroke.

POLLIWOG: For children with limited swim lesson experience. Polliwog focuses on beginning skills such as paddling on their front (face in water) and back for 10 yards without assistance.

RES RIPTIDE (SWIM TEAM) Age Groups: *(some experience preferred.)*

- **NOVICE** (Up to 8 years old): This is our entry level group. Instruction includes learning the basics of all 4 strokes: Freestyle, backstroke, breaststroke and butterfly. Novice events are 25s and 50s.
- **CADET** (9-10 years old): Cadet races 50s and 100s, including some 200s. This is the most important age for swimmers to learn a strong foundation of technique and swimming knowledge.
- **PREP** (11-12 years old): The prep class swims 50s and 100s and some select 200s. Prep swimmers will start to grow their yardage base on top of continuing focus on technique.
- **JUNIOR** (13-14 years old): Juniors have the opportunity to swim 100s and 200s of strokes, along with the 400 IM and 500 free. This is an exciting age group for swimmers making the transition from middle to high school while they broaden their swimming knowledge and speed.
- **SENIOR** (15-18 years old): Seniors swim all standard events. The senior group will be working on and refining their technique along with cutting edge workouts.

Questions? Email: RESYSwimming@bcfymca.org | Phone: 724.452.9122 x230 | Website: www.teamunify.com/ymca-5531

SEA OTTERS: *(level distinction will be based on evaluation.)* Program will prepare children to transition from swim lessons to a competitive swim program. This class will be twice a week for 45 minutes with an instructor partially in the water to help tweak those techniques. ***Must be approved to join Sea Otters.*** Registration will only be available in-house.

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

BASKETBALL SKILLS ACADEMY: Refine and develop your basketball skills in our small group lessons! Coaches will work with each athlete to develop attainable goals. Lessons are taught by experienced sports staff with specialized knowledge. Skills taught include dribbling, passing, shooting, rebounding and defensive/offensive strategies.

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

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. Ages 6-7, 8-9, and 10-12 years old play 5-on-5 with a goalie.



ARTS & HUMANITIES –Brad Pontius, Program Director, 724.452.9122 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!

LEARN TO PLAY GUITAR This course will start off at the beginning level of instruction on the guitar. We will cover the first position fingerings of all six strings as well as beginning chords. A music folder will be provided the first day of class. Required materials: Guitar*, pencil, music stand (optional) *Guitar can be provided upon request. Prerequisites: Know how to hold their guitar properly, names of the strings, notes on the staff and beginning chords. Each student can work at their own pace and will check in with the teacher at each check point to move on to the next level.

LEGO CREATIONS Come use your imagination each week to build amazing Lego Creations! We will be showcasing our Lego creations each week for everyone to enjoy! Bring your own Legos or use ours.

SAY IT WITH A SIGN: In this class you will learn American Sign Language, read a story and make a craft based on the story. Parents are encouraged to stay with their child.

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2001 Ehrman Rd. Cranberry Twp., PA 16066

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