



ROSE E. SCHNEIDER FAMILY YMCA Winter II 2018 PRESCHOOL / YOUTH / TEEN PROGRAM GUIDE

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

Program dates & times available on Preschool & Youth/Teen Registration Information Sheets

SPECIAL EVENTS

HEALTHY KIDS DAY®: AWAKEN SUMMER IMAGINATION

Saturday, April 28, 2018

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us for this **FREE Community Event!** Schedule of Events will be available closer to event day. Questions? Contact Nik Cubbison, Program Director, 724.452.9122 x217 or ncubbison@bcfymca.org.

AQUATICS-Michelle Gonzalez, Aquatics Coordinator, 724.452.9122 x218 or mgonzalez@bcfymca.org

GROUP SWIM LESSONS: Each level is split into Preschool (*ages 3-5*) and School-Age (*ages 6+*) classes.

SWIM STARTERS: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

- **A/ WATER DISCOVERY:** Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.
- **B/ WATER EXPLORATION:** In stage B, parents work with their children to explore body positions, floating blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

1.) Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit. 2.) Jump, push, turn, grab

- **1/ WATER ACCLIMATION:** Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.
- **2/ WATER MOVEMENT:** In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.
- **3/ WATER STAMINA:** In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES: Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

- **4/ STROKE INTRODUCTION:** Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.
- **5/ STROKE DEVELOPMENT:** Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
- **6/ STROKE MECHANICS:** In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

PRIVATE SWIM LESSONS: (*ages 3+ yrs*) Benefits of private lessons include: Ability to focus better working one-on-one, individual guidance to perfect your stroke technique and convenience of scheduling with your own instructor. Registration: An application is required before registration. Please find the application at the Member Service Desk or the link above and return to the Aquatics Coordinator. After application is received you will be contacted by the Aquatics Department.

RES RIPTIDE (SWIM TEAM) (*Season-specific details are available on the program flyer.*)

Age Groups: (*some experience preferred.*)

- **NOVICE:** (*Up to 8 yrs*) 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 yrs*) 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 yrs*) 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 yrs*) Juniors have the opportunity to swim 100s & 200s of strokes, along with the 400 IM & 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 yrs*) 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

Y KIDS ACADEMY – Karen Guise, Senior Program Director, 724.452.9122 x230, kguise@bcfymca.org

(Ages 3-6 yrs) Your child will engage in self and teacher guided exploration, as well as both small and large group lessons with a Christian emphasis. The curriculum focuses on the development of pre-reading, literacy and language skills, math, science, fine and gross motor skills, music, art, and social skills. Preschool is for 3-4 yrs and Pre-K/Kindergarten Enrichment is for 4½-6 yrs.

NEW FOR 2018-2019: OPTIONAL EXTENDED DAY PRESCHOOL! Give your child the opportunity to extend their preschool day! They will bring their lunch and share the experience with their classmates. The schedule will include time to play on the indoor playground or outside in the field. Also, the children will participate in preschool programs ranging from swimming lessons, bitty sports, art classes or even cooking classes! Schedule will change on a monthly basis.

ARTS & HUMANITIES – Nik Cubbison, Program Director, 724.452.9122 x217 or ncubbison@bcfymca.org

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

BOOK WORMS: (Ages 3-7 yrs) Today's readers are tomorrow's leaders! Participants will dig deeper into books through songs, crafts, and many more fun filled activities. Join us as we experience the joy of reading!

DRUMS ALIVE®: (Ages 3-6 yrs) 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. This parent-child program fosters a healthy balance physically, mentally, emotionally and socially!



INTRO TO THEATER: (Ages 5-11 yrs) This performing arts class will give participants the chance to work as a group and independently while developing confidence. This class incorporates games and learning activities that teach students how to perform better on stage and will channel their creative energy for the entertainment of others. The final weeks of this class will be focused on preparing for a final performance so family members and friends can see all that was learned!

KIDS CAN COOK: (Ages 3-5 yrs) 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.

SPORTS & MOVEMENT – Nik Cubbison, Program Director, 724.452.9122 x217 or ncubbison@bcfymca.org

BASKETBALL SKILLS ACADEMY: (7-16 yrs) Small group instruction designed to refine and develop individual's basketball skills.

BITTY BASKETBALL: (Ages 3-5 yrs) This parent/child program incorporates modified games and activities that emphasize fundamental skill development, self-esteem, fair play and fun in a positive class environment while also strengthening the bond between parent and child. Bitty Basketball is designed to give children a positive introduction to the sport of basketball.

GYM JAMBOREE: (Ages 3-5 yrs) In this parent/child program, 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.

INTRO TO RACQUET SPORTS: (Ages 5-8 yrs) Participants will learn the basics of several racquet sports including Tennis and Pickleball while beginning to understand the skills used in most racquet sports.

KEYSTONE MARTIAL ARTS: Instructors Master Mark Jorgensen, 5th Degree Black Belt, and Mrs. Richelle Jorgensen,

4th Degree Black Belt, have nearly 30 years of martial arts experience each. Tang Soo Do is a traditional martial art that traces its roots to ancient Korea. For more than 2,000 years, the art has been passed from instructor to student. We continue this tradition, teaching our students not only the physical requirements of a martial art but also by instilling core values such as integrity, concentration, self-control, perseverance and leadership. Throughout the classes, students will learn the fundamentals of Tang Soo Do, self-defense, safety skills, advanced techniques and conceptual skills. 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 is available; contact Nik Cubbison. 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.*

SPEED/AGILITY PERFORMANCE TRAINING: (Ages 7-16 yrs) Young athletes will be able to improve their explosiveness, acceleration, quick first step, reaction time and core strength throughout this training. It doesn't matter what sport you play. If you are looking for that competitive edge, this program will provide it.

PRIVATE SPORTS LESSONS: (Ages 8+yrs) Allow your athlete to refine and develop their skills in the sport they love. Lessons are taught by experienced sports staff with specialized knowledge. View the separate flyer for complete details and application.

YOUTH SOCCER LEAGUE: (Ages 4-9 yrs) This league is designed to develop the fundamental skills of soccer as youth play and learn in a safe environment. The league focuses on positive competition through attention to YMCA core values. **Volunteer coaches needed!**

HEALTHY LIVING –Kathy Hensler, Healthy Living Director, 724.452.9122 x226 khensler@bcfymca.org

Ages 14+ yrs can attend group exercise & cycle classes. Ages 12-13 yrs may attend Land Group Exercise classes with a parent*.

Ages 11-13 yrs may attend Group Cycle classes with a parent*. *Youth must not be a distraction to the adult class.

Please view Adult Program Guide for all class details & descriptions.

TEACHING HEALTHY HABITS: (Ages 5-12) This program is designed to be a fun and energetic Home School Physical Education Program. Youth will participate in age appropriate activities with other children of similar grade levels. This all-inclusive program will include Swim, Fitness & Sports classes; participants can attend as many of the classes as their schedule permits! Program runs month-to-month; monthly registration is required. See the separate flyer for full details & contact information.

YOUTH/TEEN FITNESS: (Ages 7-17 yrs) This class includes cardio, conditioning, flexibility, and strength training into a program that offers variety, fun, and a noncompetitive environment.

ROSE E. SCHNEIDER FAMILY YMCA

2001 Ehrman Rd. Cranberry Twp., PA 16066

724.452.9122

www.bcfymca.org