



## 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

**SUPER HERO 1K** Sunday, June 24, 2018, 11:00AM-1:00PM Early Bird (June 1-21) : \$25/\$35 | Day Of: \$30/\$40  
Come and participate in our SUPER FUN family event. Show off your SUPER SPEED while dressed like your favorite SUPER HERO! Fun for all ages, strollers are permitted! • Best costume will win a prize! • Activities, music and food! • Walk or run, it's untimed!

**MOVIE IN THE FIELD** Friday, July 20, 2018, 7:00PM-9:00PM \$5 per family  
Bring your family and join us for a movie in our field! We'll provide the movie and popcorn. Make sure to bring a blanket!

### AQUATICS - Michelle Gonzalez, Aquatics Coordinator, 724.452.9122 x218, 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 and return. 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](http://www.teamunify.com/ymca-5531)

## **Y KIDS ACADEMY** – Karen Guise, Senior Program Director, 724.452.9122 x230, [kguise@bcfymca.org](mailto: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.

## **SPORTS & MOVEMENT** – Carrie Ohorodnyk, Executive Director, 724.452.9122 x232, [cohorodnyk@bcfymca.org](mailto:cohorodnyk@bcfymca.org)

**BITTY OUTDOOR ALLSTARS:** (Ages 3-5 yrs) This program aims to strengthen the relationship between parent and child using fun sport-related activities. It emphasizes fundamental skill development, self-esteem, fair play and fun in a positive class environment.

**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](http://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.*

## **HEALTHY LIVING** –Kathy Hensler, Healthy Living Director, 724.452.9122 x226, [khensler@bcfymca.org](mailto: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.

**ABOVE AND BEYOND:** This small group is for teens 14-18. Program will focus on Flexibility, Strength, and Total Body Conditioning. Technique, form, and function will be a big part of this small group training.

**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.

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

## **AMERICAN RED CROSS CERTIFICATIONS**

Karen Guise, Senior Program Director, 724.452.9122 x230, [kguise@bcfymca.org](mailto:kguise@bcfymca.org)

**Michelle Gonzalez, Aquatics Coordinator, 724.452.9122 x218, [mgonzalez@bcfymca.org](mailto:mgonzalez@bcfymca.org)**

**BABYSITTING BASICS:** (Ages 11-15 yrs) Participants will learn the necessary skills needed to care for infants through school-age children. The course will focus on injury prevention, basic child care, decision making, creative play, interviewing, and problem solving. Each student will receive a Babysitter's Training Handbook. Participants must attend the entire training and upon successful completion, will receive a printable certificate that they can share with potential employers.

**CPR/AED & FIRST AID:** (Ages 15+ yrs) Upon successful completion of the course, participant will be certified in American Red Cross CPR/AED and/or First Aid. All certifications last for 2 years. *Employee discount available - see supervisor for details.*

**LIFEGUARD CERTIFICATION:** (Ages 15+ yrs) Upon successful completion of the course, participants will receive their certification in Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. Course consists of 3-5 mandatory classes. After registering for the course through the Y, participant must schedule and pass pre-test (must be successfully completed prior to the last day of registration). To schedule the pre-test, email Michelle Gonzalez, Aquatics Coordinator, at [mgonzalez@bcfymca.org](mailto:mgonzalez@bcfymca.org). Pre-test skills include: Swim 300 yards • Tread water for 2 minutes • Swim 15 yds, dive down to retrieve a 10 lb. brick & swim back to the wall in 1 min, 40 sec. The pre-test must be successfully completed for participant to attend the course; the course fee will draft automatically on the first day of the class.

**WILDERNESS & REMOTE FIRST AID:** (Ages 14+ yrs) Designed for scouts and scout leaders, outdoor enthusiasts and anyone who works or spends time in remote environments, this course teaches advanced skills to be used in emergencies when help from professional first responders may be far away. Based on the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines, this course aligns with OSHA's Best Practices for Workplace First Aid Training Programs. Pre-requisite: Must have current CPR/AED Certification prior to start of course.

**ROSE E. SCHNEIDER FAMILY YMCA**

**2001 Ehrman Rd. Cranberry Twp., PA 16066**

**724.452.9122**

**<http://rose.bcfymca.org>**