



LEARN - GROW - THRIVE

ROSE E. SCHNEIDER FAMILY YMCA 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

AQUATICS

STRONG SWIMMERS – CONFIDENT KIDS

Karen Guise, Senior Program Director, 724.452.9122 x230, kguise@bcfymca.org

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

SPORTS & MOVEMENT

DISCOVER THE POTENTIAL IN YOU

Ashley Vranick, Youth & Family Director, 724.452.9122 x217, avranick@bcfymca.org

ADAPTIVE & BEGINNER SPORTS: (Ages 8-11 yrs) This program will focus on the fundamental basics of Soccer and Baseball for youth that may need additional modifications in order to learn the sport. It will focus on fun drills and activities that help youth develop self-esteem and sportsmanship. This is also a great first experience to learn the sports in a non-competitive environment. This will be held outside even in the rain and we will move indoors only with severe weather.

BASKETBALL: Skills taught are dribbling, passing, shooting, re-bounding and defensive/offensive strategies.

Youth Basketball: (Ages 8-10 yrs) Great for players that are new to the game or have been playing competitively but want to work on improving their skills. Focus will be on building self-esteem, setting goals, and learning sportsmanship.

Teen Basketball (Ages 11-13 yrs) Refine your skills! Focus will be on team building, sportsmanship, goal setting, and self-esteem.

CREATIVE KIDS: (Ages 3-5 yrs) This exciting class will focus on a famous artist and author each week. Your child will be introduced to different art styles & different mediums and making their own masterpieces! Parent is not required to attend the class with the child.

GYM JAMBOREE: (Ages 2-5 yrs, with parent) Participants will improve their movement skills and coordination by participating in various activities including obstacle course, follow the leader, dancing and singing, parachute games and much more.

HOME SCHOOL ALL-INCLUSIVE PASS (Ages 5-12 yrs) This program is designed to be a fun and energetic P.E. program. Children will be able to participate in swimming, fitness and sports activities. We will focus on goal setting, sportsmanship, and self-esteem throughout the program. There is a sibling discount for this program too.

JUST DODGE IT! (Ages 10-15 yrs) Join our outside dodgeball program where we use foam balls designed for speed and accuracy and minimizing injury risk. This program uses safe, modified rules such as no hitting above shoulder, boundaries and time limits. We will be playing outside even in the rain.

KEYSTONE MARTIAL ARTS: Keystone Martial Arts believes in, and values, the education and character of your child. Students in our programs learn Tang Soo Do for self-defense and self-betterment. We focus on core qualities such as integrity, perseverance, respect and humility. Students are also learning skills to become leaders in their communities. See Program Flyers for details about the classes: **Little & Mighty Dragons** (Ages 4-6 yrs), **Youth Beginner & Advanced** (Ages 7-13 yrs), and **Teen/Adult** (Ages 14+).

KIDS CAN COOK!: (Ages 3-5 yrs) This class with focus on nutrition and healthy eating habits that will be introduced to children by preparing fun recipes each week. Children will enjoy a story, game and creating a special cooking creation each week. Each week we will explore a new theme. Parent is not required to attend the class with the child.

LITTLE CHAMP SPORTS: (Ages 3-5 yrs, with parent) These programs are designed to give children a positive introduction to sports through modified games & activities emphasizing fundamental skill development, self-esteem, fair play & fun in a positive environment.

Basketball: Will be held indoors in the Gymnasium.

Soccer: Will be held outside even in the rain and we will move indoors only with severe weather.

MICRO FOOTBALL: (Ages 3-5 yrs) Children will be given a positive introduction to the sport of football. Fun drills, activities, and modified games will be used to create an enjoyable experience focusing on skill development, self-esteem, fair play, and fun in a positive class environment. This will be held outside even in the rain and will move indoors only with severe weather. Parent is not required to attend.

SAT & ACT PREP COURSE: (Ages 15+ yrs) We have partnered with Tricycle Learning Company to offer this course, which is designed to expose each element of the test, including mathematics, writing, critical reading, pressure, and performance. Details available on flyer.

SPORT ENHANCEMENT PROGRAMS: Team work, goal setting, and building self-esteem will be focused on throughout the program to help them in a game setting. They will be held outside even in the rain and we will move indoors only with severe weather.

Football: (Ages 7-9 yrs) It will focus on enhancing football skills including passing, catching, punting, and rushing downfield. This is also a great opportunity for a new player to be exposed to the sport of football in a non-competitive environment. This will be held outside even in the rain and we will move indoors only with severe weather.

Soccer: (Ages 6-8 yrs) Designed to bring your soccer skills to the next level. It will focus on enhancing skills such as passing, trapping, dribbling, shooting, and your precision on the soccer field. Creating space on the soccer field and team work will be emphasized.

ULTIMATE FRISBEE: (Ages 9-13 yrs) This program is an introduction into the world of ultimate Frisbee. Players will learn the rules of the game and play in a fun environment. Skills of the sport will be taught including the backhand and forehand throwing, catching, and cutting on the field. This will be played outside and even in the rain.

YOUTH BASEBALL: (Ages 6-8 yrs) Designed to focus on the fundamental skills of baseball and learn in a non-competitive environment. Drills and activities will be to enhance each player's baseball skills to take back into a game setting. This program is also a great way to introduce the sport to a new player. Sportsmanship and building self-esteem will be emphasized during the program. We will play outside and even in the rain. A glove is required.

HEALTHY LIVING

BE HEALTHY. BE STRONG. BELONG!

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. 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.

FALL 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

TRAINING TO SAVE & PROTECT

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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. 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.

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