



# LEARN - GROW - THRIVE

FALL II

## Preschool Registration Information & Program Guide

Schedule is subject to change.

6 months – 6 years old | Fall II: October 28 – December 22, 2018 (8 weeks\*)

\*The Y is closed on Thanksgiving (Thurs. 11/22); Schedule may be modified for Halloween (Wed. 10/31) and Thanksgiving weekend (Fri. 11/23 and/or Sat. 11/24)

Registration: Member: October 13-25, 2018 | Non-Member: October 20-25, 2018

Registration dates apply to all programs unless otherwise noted. Information for programs that do not require registration are available on the facility schedules.

### SAVE THE DATES!

See flyers for details!

<b>Trunk or Treat</b>	Sat., Oct. 20, 3:00PM-5:00PM	Costume Parade, Car Decorating Contest, DJ & Dancing, Pony and Trackless Train Rides, & much more!
<b>Cyclethon</b>	Sat., Nov. 10, 5:45AM-11:00AM	Benefits our Annual Support Campaign. Door prizes, Bike races, 50/50 Raffle, Competitions, etc.
<b>Family Fall Ball</b>	Sat., Nov. 17, 5:00PM-7:00PM	Dance the night away with your children and make memories they will never forget!
<b>Brunch With Santa</b>	Sat., Dec. 15, 9:00AM-1:45PM	Visit with Santa (and get your picture taken) while enjoying brunch with your family and friends.

## AQUATICS

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

Michelle Gonzalez, Aquatics Coordinator: x218 | mgonzalez@bcfymca.org

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

Fall Session II Preschool Group Swim Lessons: Once a week for 7 weeks. Levels A, B 1, 2, 3, & 4 (30 min class): \$45 Member / \$90 Non-Member

LEVEL		DAY	TIME
PARENT/CHILD SWIM LESSONS	LEVEL A: WATER DISCOVERY	SA	9:35AM-10:05AM
	LEVEL B: WATER EXPLORATION	W	1:00PM-1:30PM
		SA	10:10AM-10:40AM
1/ WATER ACCLIMATION	M		4:30PM-5:00PM
	M		5:40PM-6:10PM
	W		12:15PM-12:45PM
	W		5:05PM-5:35PM
	SA		9:00AM-9:30AM
	SA		10:45AM-11:15AM
2/ WATER MOVEMENT	M		10:30AM-11:00AM
	M		4:30PM-5:00PM
	W		4:30PM-5:00PM
	W		5:40PM-6:10PM
	SA		9:00AM-9:30AM
	SA		11:20AM-11:50AM
3/ WATER STAMINA	M		5:05PM-5:35PM
	M		5:40PM-6:10PM
	W		4:30PM-5:00PM
	W		5:40PM-6:10PM
	SA		10:45AM-11:15AM

*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:** 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:** 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:** 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.

### PRIVATE SWIM LESSONS

7 lessons (Schedule with Instructor) \$161 Member / \$250 Non-Member

(Ages 3+ yrs) Benefits 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.

# SPORTS & HUMANITIES

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

Fall Session II Preschool Sports & Humanities classes run 8 weeks, unless otherwise noted.

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
<b>GYM JAMBOREE</b> 2-5 yrs	M	11:00AM-11:30AM	\$40 / \$60
	M	5:00PM-5:30PM	\$40 / \$60
	*No Class 11/22 TH	10:30AM-11:00AM	*\$35 / \$55
	*No Class 11/23 F	9:15AM-9:45AM	*\$35 / \$55
	*No Class 11/23 F	10:00AM-10:30AM	*\$35 / \$55
	<b>GYM JAMBOREE PASS</b> - All classes included for the session! Members only.		
<b>LITTLE CHAMPS BASKETBALL</b> 3-6 yrs	M	5:45PM-6:30PM	\$40 / \$60
	*No Class 11/23 F	10:45AM-11:30AM	*\$35 / \$55
<b>LITTLE CHAMPS HOCKEY/SOCCER</b> 3-6 yrs	TU	11:00AM-11:45AM	\$40 / \$60
	TU	5:00PM-5:45PM	\$40 / \$60
<b>MICRO FOOTBALL</b> 3-6 yrs	*No Class 11/24 SA	9:00AM-9:45AM	*\$35 / \$55
<b>CREATIVE KIDS</b> 3-6 yrs	TU	6:00PM-6:45PM	\$40 / \$60
	W *No Class 10/31	9:30AM-10:15AM	*\$35 / \$55
	*No Class 11/22 TH	9:30AM-10:15AM	*\$35 / \$55
<b>KIDS CAN COOK!</b> 3-6 yrs	M	9:30AM-10:30AM	\$55 / \$75
	TU	9:30AM-10:30AM	\$55 / \$75
	TU	5:00PM-6:00PM	\$55 / \$75

**CREATIVE KIDS:** (Ages 3-6 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.

**NEW GYM JAMBOREE PASS:** (Members Only) This pass gets you in to all of our Gym Jamboree classes. Come as much as you like throughout the session!

**KIDS CAN COOK!:** (Ages 3-6 yrs) This program will focus on nutrition and healthy eating habits that will be introduced to children by preparing fun recipes each week. Each week we will explore a new Preschool skill. Parent is not required to attend the class with the child.

**LITTLE CHAMP SPORTS:** (Ages 3-6 yrs, with parent) These programs are designed to give children a positive introduction to sports through modified games and activities emphasizing fundamental skill development, self-esteem, fair play and fun in a positive environment.

## KEYSTONE MARTIAL ARTS

Does not run on program session; monthly registration is required.

Keystone Martial Arts believes in, and values, the education and character of your child. Our Tang Soo Do Dragons programs are built to be fun, motivational and full of good information. Dragons learn self-defense skills while they simultaneously develop gross and fine motor coordination, listening comprehension skills, patience, discipline and good behavior. **Registration:** Monthly; available the 15th through the end of the month. Register online or at the Member Service Desk. Registration must take place the month prior to the month you want to participate. If interested in automatic drafts each month, please contact Ashley Vranick.

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
<b>Little Dragons</b> 4-6 yrs	TU	4:15PM-5:00PM	\$50 / \$95+
<b>Mighty Dragons</b> 4-6 yrs	*No Class 11/22 TH	4:15PM-5:05PM	\$50 / \$95+

**LITTLE DRAGONS:** (Ages 4-6 yrs) For all new and continuing students. (Class size limited to 6 participants)

**MIGHTY DRAGONS:** (Ages 4-6 yrs) Advancing skills; stepping stone to traditional class. Instructor invitation required. (Class size limited to 6 participants)