



NUTURE - INSPIRE - MOTIVATE

FALL II

Youth & Teen Registration Information & Program Guide

Schedule is subject to change.

6-17 yrs old (or 18 yrs still enrolled in high school) | 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!

| | | |
|--------------------------|-------------------------------|--|
| Trunk or Treat | Sat., Oct. 20, 3:00PM-5:00PM | Costume Parade, Car Decorating Contest, DJ & Dancing, Pony and Trackless Train Rides, & much more! |
| Cyclethon | Sat., Nov. 10, 5:45AM-11:00AM | Benefits our Annual Support Campaign. Door prizes, Bike races, 50/50 Raffle, Competitions, etc. |
| Family Fall Ball | Sat., Nov. 17, 5:00PM-7:00PM | Dance the night away with your children and make memories they will never forget! |
| Brunch With Santa | 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

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

Fall Session II Youth/Teen Group Swim Lessons: run for 7 weeks.

| LEVEL | DAY | TIME |
|------------------------|-----|-----------------|
| 1/ WATER ACCLIMATION | M | 5:05PM-5:35PM |
| | W | 4:30PM-5:00PM |
| | SA | 11:20AM-11:50AM |
| 2/ WATER MOVEMENT | M | 5:40PM-6:10PM |
| | W | 5:05PM-5:35PM |
| | SA | 9:35AM-10:05AM |
| 3/ WATER STAMINA | M | 4:30PM-5:00PM |
| | W | 5:05PM-5:35PM |
| | SA | 10:10AM-10:40AM |
| 4/ STROKE INTRODUCTION | M | 5:05PM-5:35PM |
| | SA | 9:35AM-10:05AM |

Levels 1, 2, 3, & 4 (30 min class): \$45 Member / \$90 Non-Member

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. 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.

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 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 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6/ STROKE MECHANICS: Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Levels 5 & 6 (45 min class): \$50 Member / \$100 Non-Member

| | | |
|-----------------------|----|---------------|
| 5/ STROKE DEVELOPMENT | TU | 5:15PM-6:00PM |
| 6/ STROKE MECHANICS | TH | 5:15PM-6:00PM |

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.

HEALTHY LIVING

Kathy Hensler, Healthy Living Director: x226 or khensler@bcfymca.org

Ages 14+ yrs may attend group exercise and cycle classes! Policy: Ages 12-13 may attend classes with a parent. Youth must be at least 4'4" for proper bike fit.

Fall II Healthy Living Programs run for 8 weeks, unless otherwise noted.

| CLASS & AGE | DAY | TIME | MEMBER/ NON-MEMBER (DROP-IN) |
|--------------------------------------|-----------|---------------|------------------------------|
| ABOVE & BEYOND 11-15 yrs | M & W | 4:15PM-5:00PM | \$99 / \$110 (\$10) |
| SPEED & AGILITY PERFORMANCE TRAINING | 11-15 yrs | TU | \$48 / \$75 (\$10) |
| | 7-10 yrs | TU | \$48 / \$75 (\$10) |

ABOVE AND BEYOND: This small group training 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 AND AGILITY PERFORMANCE TRAINING: 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.

AMERICAN RED CROSS CERTIFICATIONS

* denotes registration/fee required; see registration information for details

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

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

| COURSE & AGE | DAY & TIME | REGISTRATION | MEMBER/ NON-MEMBER |
|---|--|----------------------|-----------------------|
| Save money by registering for FIRST AID & CPR/AED together! \$95 / \$115 | | | |
| CPR/AED (ONLY) | Tues., Oct. 2 (5:30PM-9:30PM) | Open through Oct. 2 | \$70 / \$90 |
| FIRST AID (ONLY) | Tues., Oct. 9 (5:30PM-9:30PM) | Open through Oct. 9 | \$65 / \$75 |
| Must attend all days for Lifeguarding and Wilderness & Remote First Aid courses. | | | |
| LIFEGUARDING | Thurs., Dec. 27 (8AM-4PM), Fri., Dec. 28 (8AM-4PM) & Sat., Dec. 29 (8AM-4PM) | Nov. 17 - Dec. 27 | \$200 / \$225 |
| WILDERNESS & REMOTE FIRST AID | Sat., Oct. 27 (8AM-2PM) & Sun., & Oct. 28 (8AM-2PM) | Open through Oct. 26 | \$95 / \$115 |

***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. 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. **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.

***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. **Prerequisite:** Must have current CPR/AED Certification prior to start of course.

SPORTS & HUMANITIES

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

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

| CLASS & AGE | DAY | TIME | MEMBER/ NON-MEMBER |
|-----------------------------------|--------------------|-------------------|-----------------------|
| BASKETBALL PROGRAMS | | | |
| GAME ENHANCEMENT 8-14 yrs | *No class 11/22 TH | 5:00PM-5:45PM | *\$35 / \$60 |
| YOUTH 7-9 yrs | M | 6:30PM-7:15PM | \$40 / \$70 |
| TEEN 10-14 yrs | M | 7:15PM-8:00PM | \$40 / \$70 |
| FLAG FOOTBALL PROGRAMS | | | |
| GAME ENHANCEMENT 6-9 yrs | *No class 11/24 SA | 9:45AM-10:30AM | *\$35 / \$65 |
| YOUTH & TEEN 10-14 yrs | *No class 11/24 SA | 10:30AM-11:30AM | *\$35 / \$65 |
| INDOOR SOCCER | 6-8 yrs | W *No class 10/31 | *\$35 / \$55 |
| | 9-12 yrs | W *No class 10/31 | *\$35 / \$55 |
| ULTIMATE FRISBEE 7-13 yrs | W *No class 10/31 | 6:00PM-7:00PM | *\$35 / \$55 |

BASKETBALL GAME ENHANCEMENT: This program will enhance the skills learned in the Youth and Teen Basketball programs and focus on game play. Drills and skills to enhance the game setting will be taught and broken down for all players. Building teamwork and sportsmanship will be the focus as players get more game time to develop their skills on the court. Players can still participate even if not registered in the Monday night basketball program.

BASKETBALL YOUTH or TEEN: Great for players that are new to the game or have been playing competitively but want to improve their skills. Skills include: dribbling, passing, shooting, re-bouncing, and defensive/offensive strategies. Focus will be on building self-esteem, setting goals, and learning sportsmanship.

FLAG FOOTBALL GAME ENHANCEMENT: This program will focus on enhancing the skills needed to play flag football including passing, catching, punting, and rushing downfield. This is also a great opportunity for a new player to be exposed to the sport of flag football in a non-competitive environment. Team work, goal setting, and building self-esteem will be focused on throughout the program.

FLAG FOOTBALL YOUTH & TEEN: This program will focus on enhancing the skills needed to play flag football including passing, catching, punting, and rushing downfield. This program will give the participants a chance to work on skills in a game setting. Goal Setting, self-esteem, and sportsmanship will be focused on throughout the course of the program as well.

| KEYSTONE MARTIAL ARTS (doesn't run on session) Monthly registration required. | | | |
|--|-------------------------------|---|--------------|
| LITTLE DRAGONS 4-6 yrs | TU | 4:15PM-5:00PM | \$50 / \$95 |
| MIGHTY DRAGONS 4-6 yrs | TH | 4:15PM-5:05PM | \$50 / \$95 |
| YOUTH BEGINNER 7-13 yrs | TU, TH, & SA (3x per week) | TU/TH: 6:00PM-7:00PM SA: 9:00AM-10:00AM | \$60 / \$105 |
| YOUTH ADVANCED 7-13 yrs | TU, TH, & SA (3x per week) | TU/TH: 7:00PM-8:00PM SA: 10:00AM-11:00AM | \$60 / \$105 |
| TEEN & ADULT 14+ yrs | TU, TH, & SA (3x per week) | TU/TH: 8:00PM-9:00PM SA: 11:00AM-12:00PM | \$60 / \$105 |

KEYSTONE MARTIAL ARTS believes in, and values, the education and character of your child. Students in our Youth 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. **Registration:** Monthly; available the 15th through the end of the month. Register online or at the Membership 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.

LITTLE DRAGONS: For all new and continuing students. (limited to 6 participants)

MIGHTY DRAGONS: Advancing skills; stepping stone to traditional class. Instructor invitation required. (limited to 6 participants)

YOUTH BEGINNER: For new or existing students with white, orange or green belts.

YOUTH ADVANCED: For existing students with brown, red, blue or black belts.

TEEN & ADULT: For ages 14+, beginner through advanced black belt.

SOCCER (Ages 6-8 yrs): This program is designed to develop the fundamental skills of soccer as youth play and learn in a non-threatening environment. The program focuses on positive competition through attention to YMCA core values. Winning is down played while character development is highlighted.

SOCCER (Ages 9-12 yrs): This program is designed to develop the fundamental skills of soccer and focus on personal growth in the sport. The program focuses on positive competition through attention to YMCA core values. Team work and developing in the game skills will also be emphasized.

ULTIMATE FRISBEE: Players will learn the rules of the game and play in a fun environment. Skills will be taught including the backhand and forehand throwing, catching, and cutting on the field.