



# NUTURE - INSPIRE - MOTIVATE

WINTER I

## Youth & Teen Registration Information & Program Guide

Schedule is subject to change.

6-17 yrs old (or 18 yrs still enrolled in high school) | Winter I: January 6 – February 23, 2019 (7 weeks)

Registration: Member: Dec. 8, 2018 – Jan. 3, 2019 | Non-Member: Dec. 15, 2018 – Jan. 3, 2019

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!

Prince Court (Mother/Son Dance) Sat., Feb. 9, 5:00PM-7:00PM | Princess Ball (Father/Daughter Dance) Sat., Mar. 16, 5:00PM-7:00PM

You are cordially invited to dance the night away at our palace with your children and make memories they will never forget.

Each evening will include a keepsake photo, refreshments, light snacks and a special appearance from a member of the high court!

## 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.

Winter I Youth/Teen Group Swim Lessons: run for 7 weeks. Levels 1, 2, 3, & 4 (30 min class): \$45 Member / \$90 Non-Member

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
	SA	10:10AM-10:40AM
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
	TU	4:30PM-5:00PM
	W	5:40PM-6:10PM
	SA	9:35AM-10:05AM

*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.

## TEACHING HEALTHY HABITS: Home School Physical Education Program

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

For youth 5-12 yrs old. Program meets Tues. & Thurs. 1:00PM-2:00PM, weekly. Registration is required and is available per semester.  
**Spring Semester registration:** Member (\$100): Dec. 8, 2018 – Jan. 3, 2019 | Non-Member (\$200): Dec. 15, 2018 – Jan. 3, 2019  
**Spring Semester runs Jan. 7 – May 24, 2019.** (sibling discount available; must register in-house).

**SWIM (Thursdays):** Participants will work on increasing their comfort level in the water while learning the fundamentals of swimming. Classes will focus on improving endurance as well as the development and mechanics of swim strokes, rescue skills, and water safety.

**FITNESS (Tuesdays):** In a fun circuit style class, participants will engage in activities to increase strength, endurance, agility, flexibility, balance and coordination. Students will use agility ladders, resistance bands, free weights, medicine balls, core boards and stability balls to challenge their bodies. Exercise modifications will be demonstrated to ensure that all students find success in this program.

**SPORTS (Tuesdays):** Various sports will be covered. Activities will include warm up, skill activity, game activity, and a cool down; providing a complete physical education lesson. This is a great opportunity for each child to be physically active, social with the other program participants, and willing to try new sports.

# 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.

Winter I Healthy Living Programs run for 7 weeks, unless otherwise noted.

CLASS & AGE	DAY	TIME	MEMBER/NON-MEMBER (DROP-IN)
ABOVE & BEYOND 11-15 yrs	M & W	4:30PM-5:15PM	\$103 / \$118 (\$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

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
<b>Save money by registering for FIRST AID &amp; CPR/AED together! \$95 / \$115</b>			
CPR/AED (ONLY)	Saturday, January 26, 2019 (9:00AM-1:00PM)	Open through Jan. 20	\$70 / \$90
FIRST AID (ONLY)	Saturday, January 26, 2019 (1:00PM-4:00PM)	Open through Jan. 20	\$65 / \$75
<b>Must attend all days for Lifeguarding courses.</b>			
LIFEGUARDING	Thurs., Dec. 27 (8AM-4PM), Fri., Dec. 28 (8AM-4PM) & Sat., Dec. 29 (8AM-4PM)	Nov. 17 - Dec. 27	\$200 / \$225

**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 10lb. brick & swim back to the wall in 1 min, 40 sec. The pre-test must be successfully completed for participant to attend the course.

# SPORTS & HUMANITIES

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

Winter I Youth & Teen Sports & Humanities classes run 6 weeks, unless otherwise noted.

CLASS & AGE	DAY	TIME	MEMBER/NON-MEMBER
CREATIVE YOUTH 7-10 yrs	TH	6:00PM-7:00PM	\$40 / \$60
GIRLS GOT GAME 7-10 yrs	W	6:30PM-7:30PM	\$35 / \$55
INDOOR SOCCER 7-10 yrs	TU	6:00PM-7:00PM	\$35 / \$65
	W	5:30PM-6:30PM	\$35 / \$65
YOUTH BASKETBALL 7-9 yrs	TH	6:00PM-7:00PM	\$35 / \$55
YOUTH CHEERLEADING 7-10 yrs	M	6:15PM-7:00PM	\$35 / \$55
YOUTH & TEEN VOLLEYBALL 9-14 yrs	M	7:00PM-8:00PM	\$35 / \$55

**CREATIVE YOUTH:** Youth in this exciting class will examine, discuss, and create works of art focusing on a famous artist and author each week. This program will help feed the creative development of every youth and increase their emotional expression through different mediums.

**GIRLS GOT GAME:** This sports program, created exclusively for girls, will focus on teamwork and leadership, while providing the social network to empower girls & encourage high self-esteem. Throughout the session we will focus on different sports and develop skills to improve our game play, but also develop character skills for off the court.

**INDOOR SOCCER:** This program is designed to introduce the basic 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.

**YOUTH BASKETBALL:** Great for players that are new to the game or have been playing competitively, but want to work on improving their skills. Skills taught include dribbling, passing, shooting, rebounding and defensive/offensive strategies. Youth Basketball will also focus on building self-esteem, setting goals, and learning sportsmanship.

**YOUTH CHEERLEADING:** This program will teach, train, enhance sportsmanship and let the kids have fun and develop a love of cheerleading. Youth will learn basic cheerleading skills including motions, jumps, basic stunting, basic tumbling skills, chant, and dance, with a concentration on safety.

**YOUTH/TEEN VOLLEYBALL:** Youth will have a positive experience regardless of skill level! This program focuses on the basics of volleyball in addition to strategies to improve one's overall game.

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:** 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, online or at the Membership Desk. Registration must take place the month prior to the month you want to participate.

**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.