



# LEARN - GROW - THRIVE

SPRING

## Preschool Registration Information & Program Guide

Schedule is subject to change.

6 months – 6 years old | Spring: April 14 – June 8, 2019 (8 weeks\*)

\*The Y is closed Good Friday (4/19), Easter Sunday (4/21), & Memorial Day (5/27)

Registration: Member: March 30 – April 11, 2019 | Non-Member: April 6-11, 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 DATE** Healthy Kids Day Sat., Apr. 27<sup>th</sup>, 11AM-2PM Event is free & open to the public! Details to follow.

## AQUATICS

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

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

Spring Preschool Group Swim Lessons: Once a week for 7 weeks. Levels A, B, 1, 1&2, 2, & 3 (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	SA	10:10AM-10:40AM
1/ WATER ACCLIMATION		M	4:30PM-5:00PM
		M	5:40PM-6:10PM
		W	5:05PM-5:35PM
		SA	9:00AM-9:30AM
		SA	10:45AM-11:15AM
1&2/WATER ACCLIMATION & MOVEMENT*		W	12:15PM-12:45PM
		W	12:50PM-1:20PM
2/ WATER MOVEMENT		M	10:30AM-11:00AM
		M	4:30PM-5:00PM
		W	4:30PM-5:00PM
		W	5:40PM-6:10PM
		SA	11:20AM-11:50AM
3/ WATER STAMINA		M	5:05PM-5:35PM
		M	5:40PM-6:10PM
		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 / \$240 Non-Member

(3+ yrs) Benefits include: Ability to focus better working one-on-one, individual guidance to perfect your stroke technique & convenience of scheduling with your own instructor. We are always accepting applications; however, please be patient as we currently have a long waitlist.

**Registration: 1.)** Fill out the online application (<http://rose.bcfymca.org/private-swim-lesson-form>). Without filling out an application you CAN NOT register. It is necessary for the process so that Aquatics Staff can meet your every need and fit you with an adequate Swim Instructor. **2.)** Michelle Gonzalez, Aquatics Director, will review your application and call you to schedule an appropriate time to start your private lessons! **3.)** Once you have received information from the Aquatics Director, you may pay for your lessons at the Membership Desk.

# SPORTS & HUMANITIES

Ashley Vranick, Youth & Family Director: x217 | [avranick@bcfymca.org](mailto:avranick@bcfymca.org)

Spring Preschool Sports & Humanities classes run 6 weeks, unless otherwise noted. \*The Y is closed Good Friday (4/19), Easter Sunday (4/21), & Memorial Day (5/27)

PARENT-CHILD PROGRAMS (an adult is required to participate with child)			
CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
<b>GYM JAMBOREE</b> 2-5 yrs	M	10:15AM-11:00AM	\$35 / \$50
	M	5:15PM-6:00PM	\$35 / \$50
	TH	10:15AM-11:00AM	\$35 / \$50
	F	9:15AM-10:00AM	\$35 / \$50
	F	10:15AM-11:00AM	\$35 / \$50
	<b>GYM JAMBOREE PASS</b> - All classes included for the session! Members only.		
<b>LITTLE CHAMPS CHEER</b> 3-6 yrs	F	6:00PM-6:45PM	\$35 / \$50
<b>LITTLE CHAMPS HOCKEY</b> 3-6 yrs	TH	5:00PM-5:45PM	\$35 / \$50
<b>LITTLE CHAMPS SOCCER</b> 3-6 yrs	TU	5:00PM-5:45PM	\$35 / \$50
<b>LITTLE CHAMPS T-BALL</b> 3-6 yrs	TU	5:00PM-5:45PM	\$35 / \$50

## SPRING SESSION CLASS DATES

Only applies to Preschool and Youth/Teen Sports & Humanities programming.

Monday classes: April 15 – May 20 (No 5/27)  
 Tuesday classes: April 16 – May 21  
 Wednesday classes: April 17 – May 22  
 Thursday classes: April 18 – May 23  
 Friday classes: April 26 – May 31 (No 4/19)  
 Saturday classes: April 27 – June 1 (No 4/20)

**CREATIVE KIDS:** 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!

**GYM JAMBOREE:** Parents and children 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.

**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!

PRESCHOOL PROGRAMS			
CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
<b>CREATIVE KIDS</b> 3-6 yrs	M	9:15AM-10:00AM	\$35 / \$50
	W	9:30AM-10:15AM	\$35 / \$50
	TH	1:00PM-1:45PM	\$35 / \$50
	TH	5:15PM-6:00PM	\$35 / \$50
<b>KIDS CAN COOK!</b> 3-6 yrs	TU	9:15AM-10:15AM	\$45 / \$60
	TU	10:15AM-11:15AM	\$45 / \$60
	TU	5:00PM-6:00PM	\$45 / \$60
	F	9:00AM-10:00AM	\$45 / \$60

**KIDS CAN COOK!:** 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.

**LITTLE CHAMP SPORTS:** 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.

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
<b>Little Dragons</b> 4-6 yrs	M (Begins 4/1/19)	4:15PM-5:00PM	\$50 / \$95
	TU	4:15PM-5:00PM	\$50 / \$95
	W	4:15PM-5:00PM	\$50 / \$95
<b>Mighty Dragons</b> 4-6 yrs	TH	4:15PM-5:05PM	\$50 / \$95

### REGISTRATION PROCESS: Required monthly.

For Little Dragons and Mighty Dragons, all participants must register through the Youth and Family Director.

- **Current Participant** registration is available the 15<sup>th</sup>-21<sup>st</sup>.
- **New Participant** registration is available the 22<sup>nd</sup> through the end of the month for members/non-members.

**LITTLE DRAGONS:** For all new and continuing students.

**MIGHTY DRAGONS:** Advancing skills; stepping stone to traditional class. Instructor invitation required.