



NUTURE - INSPIRE - MOTIVATE

SPRING

Youth & Teen Registration Information & Program Guide

Schedule is subject to change.

6-17 yrs old (or 18 yrs still enrolled in high school) | 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. 27th, 11AM-2PM

Event is free & open to the public!

Details to follow.

AQUATICS

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

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

Spring 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	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
4/ STROKE INTRODUCTION	M	5:05PM-5:35PM
	W	4:30PM-5:00PM
	SA	10:45AM-11:15AM

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 (40 min class): \$50 Member / \$100 Non-Member

5/ STROKE DEVELOPMENT	SA	9:00AM-9:40AM
6/ STROKE MECHANICS	SA	9:45AM-10:25AM

Teen Beginner (45 min class): \$50 Member / \$100 Non-Member

TEEN BEGINNER	TU	5:15PM-6:00PM
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TEEN BEGINNER: (13-17 years old) This class is for those that are still uncomfortable in the water, but feel they have aged out of our youth swim lessons. We will work on being comfortable in the water and how to progress through the strokes of swimming.

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.

AMERICAN RED CROSS CERTIFICATIONS

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

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

COURSE & AGE	DAY & TIME	REGISTRATION	MEMBER/ NON-MEMBER
BABYSITTING 11-15 yrs	Saturday, June 1, 2019 (8:30AM-3:00PM)	April 15 – May 29	\$70 / \$90
CPR/AED (ONLY) 15+ yrs	Saturday, May 11, 2019 (9:00AM-1:00PM)	April 15 – May 10	\$70 / \$90
FIRST AID (ONLY) 15+ yrs	Saturday, May 11, 2019 (1:00PM-4:00PM)	April 15 – May 10	\$65 / \$75
CPR/AED & FIRST AID 15+ yrs	Saturday, May 11, 2019 (9:00AM-4:00PM) Save money by registering together!	April 15 – May 10	\$95 / \$115
Must attend all days for Lifeguarding course.			
LIFEGUARDING 15+ yrs	Fri., May 17 (4PM-9PM), Sat., May 18 (8AM-6PM), & Sun., May 19 (8AM-3PM)	April 1 – May 10	\$200 / \$225

BABYSITTING BASICS: 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. Participants should bring a packed lunch.

CPR/AED & FIRST AID: 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: Upon successful completion of the course, participants will receive their certification in Lifeguarding, First Aid, & 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 the Aquatics Coordinator. **Pre-test skills include:** Swim 300 yds • 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.

HEALTHY LIVING

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

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

Spring 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 (No 5/27)	4:30PM-5:15PM	\$91 / \$111 (\$10)
SPEED & AGILITY 11-15 yrs	TU	4:30PM-5:15PM	\$48 / \$75 (\$10)
PERFORMANCE 7-10 yrs	TU	5:15PM-6:00PM	\$48 / \$75 (\$10)
TRAINING 7-10 yrs	TH	5:15PM-6:00PM	\$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.

SPORTS & HUMANITIES

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

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

SPRING SESSION CLASS DATES

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

Monday classes: April 15 – May 20 (No class 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 class 4/19)
 Saturday classes: April 27 – June 1 (No class 4/20)

CLASS & AGE	DAY	TIME	MEMBER/NON-MEMBER	
CREATIVE YOUTH 6-12 yrs	TH	6:00PM-7:00PM	\$35 / \$50	
GIRLS GOT GAME 6-12 yrs	W	6:30PM-7:15PM	\$35 / \$50	
SAT/ACT PREP 15+ yrs (see program flyer for class details)	TH	6:00PM-8:00PM	\$200 / \$200	
	SA	9:00AM-11:00AM	\$200 / \$200	
YOUTH BASEBALL 6-9 yrs	TU	6:00PM-6:45PM	\$35 / \$50	
YOUTH CAN COOK 6-12 yrs	TU	6:00PM-7:00PM	\$45 / \$60	
YOUTH CHEERLEADING 6-12 yrs	F	6:45PM-7:30PM	\$35 / \$50	
FLAG FOOTBALL	Youth 8-11 yrs	TH	6:15PM-7:00PM	\$35 / \$50
	Teen 12-17 yrs	M	5:30PM-6:15PM	\$35 / \$50
YOUTH SOCCER 6-9 yrs	SA	9:30AM-10:15AM	\$35 / \$50	
YOUTH TRACK & FIELD 6-12 yrs	SA	10:45AM-11:30AM	\$35 / \$50	
YOUTH/TEEN PICKLEBALL 7-14 yrs	M	5:00PM-5:45PM	\$35 / \$50	
YOUTH/TEEN VOLLEYBALL	Beginner 9-17 yrs	M	6:30PM-7:15PM	\$35 / \$50
	Intermediate 9-17 yrs	M	7:15PM-8:00PM	\$35 / \$50

CREATIVE YOUTH: Youth 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 & increase their emotional expression through different mediums.

GIRLS GOT GAME: Created exclusively for girls, this program focuses on teamwork and leadership, while providing a social network to empower girls and 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.

YOUTH BASEBALL: This exciting sport combines team play and individual skills. There are no try outs, no getting cut and no bench warmers! Your child will learn how to throw, catch, field and hit correctly, and the positions of the game. This will be Coach-Pitch Baseball and co-ed. Good sportsmanship and core values will be modeled and promoted.

YOUTH CAN COOK: Each week we will focus on a new recipe that helps the youth discover kitchen safety, cooking skills, and how to prepare a recipe from scratch. This class will be a hands-on experience for youth as they explore new ingredients and ways to prepare food in the kitchen.

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 FLAG FOOTBALL: Flag football is fun for everyone and a safer alternative for parents who might hesitate letting their children start tackle football. Youth will learn how to throw, catch, run routes and all of the positions of the game. We want to help cultivate our youth into becoming outstanding people just as much as helping them become outstanding players.

YOUTH SOCCER: Youth Soccer is an exciting sport combining team play and individual skills. Youth will learn to dribble, pass and strike the ball correctly and the positions of the game. Our goal is for youth to learn the sport and have fun!

YOUTH TRACK & FIELD: Grab your shoes and run! This program is designed to introduce youth to the lifelong sport of running. Youth will be shown good form and will build each week to extend their runs. We will show them that running isn't boring and can be fun through different games and activities. Youth will also be exposed to throwing, leaping, and jumping. This program will help youth develop self-esteem, build endurance, and try some new aspects of track and field.

YOUTH/TEEN PICKLEBALL: Pickleball is a fun game that combines elements of tennis, badminton, and ping pong. The rules of the game are easy to learn. Games are played pick-up style in teams of two.

YOUTH/TEEN VOLLEYBALL (Beginner): If you've never played volleyball before or have played but never received any formal instruction, then this class is for you! This will be a slower paced class, as the focus is to teach youth/teens the right way to play volleyball so that they can build on these skills in future lessons, leagues, or any game play. The goal is to understand and get a strong foundation of passing and serving the volleyball correctly and accurately.

YOUTH/TEEN VOLLEYBALL (Intermediate): This class is for youth/teens that already have a good understanding of basic passing, serving, and hitting techniques. This will be a faster paced class with drills & activities to build on basic skills and more advanced skills like blocking, setting, and jump serving.

KEYSTONE MARTIAL ARTS

(doesn't run on session) Monthly registration required.

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.

Registration: Registration for Youth Beginner, Youth Advanced and Teen & Adult must take place the month prior to the month you want to participate and is available the 15th through the end of the month, online or at the Member Service Desk.

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 beginner through advanced black belt.

LITTLE DRAGONS 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
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: 11:15AM-12:30PM	\$60 / \$105