

Programs in our POOL

Requires registration and fee, please see our Schedule Guide for more information

Skip & Skip Plus (ages 6-36 months; with parent)

Acclimates children to the water and guides parents in working with their child in the pool.

Pike, Eel, Ray, Starfish & Dolphin

3-5 year old, without parents

Pike: Acclimates children to the water and helps them gain confidence in the small pool.

Eel: Child is comfortable submerging their head, swimming with just a noodle as assistance and can swim 5 feet without any floatation or assistance in the large pool.

Ray: Child can swim 15 feet front and back, float for 20 seconds and can jump in the large pool then return to the edge.

Starfish: Child can swim front and back 1/2 the length of the pool, change from front crawl to back float and swim underwater to touch the bottom of the shallow end of the large pool.

Dolphin: Child can swim front and back 25 yards each. Child progresses out at the age of 6.

Polliwog, Guppy, Minnow, Fish, Flying Fish, & Shark

6-12 year old, without parents

Polliwog: Acclimates children to the water. Class takes place in the large pool.

Guppy: Child swims front and back 1/2 the length of the pool, swims underwater, and jumps in, all with no assistance.

Minnow: Child swims front and back stroke the length of the pool, floats for 30 seconds.

Fish: Child can swim 25 yards using proper form to swim back & front crawl, with rotary breathing and rudimentary breaststroke.

Flying Fish: Child swims 50 yards using front & back crawl and breaststroke and can swim 50 yards using butterfly.

Shark: Child swims 100 yards using front & back crawl and breaststroke and can swim 50 yards using butterfly.

Barracudas Swim Team-10 Week Session Ages 7-17

Monday, Wednesday & Friday 6:30-7:30 pm

Join Dave and the gang for the area's best non-competitive swim team. Kids will work on refining competition strokes and developing good workout habits. Kids should be able to swim 50 yards of front crawl, backstroke, and breaststroke, and be familiar with the butterfly. Kids who have **completed** the Fish level of YMCA Swim Lessons can usually meet these requirements. Fast or half-fast, it doesn't matter! Come in and have some fun.

Masters Swim - 15 Weeks Ages 18 and up

Mondays Clinic: 7:00-7:30 pm Swim: 7:30-8:40 pm

Our coaches will help to improve your technique, making your strokes more efficient and improving your cardiovascular endurance so you can swim farther and faster! Three skill levels available: beginning lap swimmer, experienced lap swimmer, and competitive swimmer.

WATER EXERCISE (Active Older Adult Approved - AOA) No Fee. Included in Membership

DIG DEEP (45min) Elevate the heart rate and strengthen the muscles wearing float belts in the deep end of the pool.

AQUA COMBO (55min) Get your blood moving and your heart pumping through a variety of combinations. Shallow water workout.

Gentle H2O (55min) Slower exercises and lower impact movements. Great for those with joint issues and arthritis. Shallow water workout.

AQUA ZUMBA (60min) Pool party! Invigorating workout, splashing, stretching, twisting and laughing! Shallow water workout

Tethered (45min) Participants are tethered to the lane line with float belts for an instructor led cardio workout. Deep end of the pool.

