



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **ENGAGE SWIM ACHIEVE**



**GROUP SWIMMING LESSONS  
WATER DISCOVERY  
STRENGTHEN OUR SWIMMERS  
PRIVATE SWIMMING LESSONS**

**WENATCHEE VALLEY YMCA  
2017 Fall Program Guide**

Group Swimming Lessons are available for all skill levels. Each session consists of ten 30 minute lessons with two make up classes to allow for other activities or unanticipated pool closures. Some classes may be canceled and fees refunded if there are four or less participants registered by the Wednesday prior to the first day of session.

Fall Registration IS NOW OPEN

Session Fall1: September 11 - October 19

Members \$60/Session\* Community Member: \$70/Session\*

\*Fees increase by \$10 the Friday before the session start date.

Please go to [www.wenymca.org](http://www.wenymca.org) and click *online registration* to see an updated listing of group swimming lessons.

**EYAC Group Swimming Lessons (Ages 3-12)**

Class	Ages	Days	Start Times
Level 1: Water Acclimation	3 - 6 yrs	M / W , T / TH	5:10, 5:45 pm
Level 2: Water Stamina	3 - 6 yrs	M / W , T / TH	5:10 pm
Level 3: Stroke Introduction	3 - 6 yrs	M / W , T / TH	5:10 pm
Level 1: Water Acclimation	6 - 12 yrs	M / W , T / TH	5:10, 5:45 pm
Level 2: Water Stamina	6 - 12 yrs	M / W , T / TH	5:45 pm
Level 4: Stroke Development	6 - 12 yrs	M / W	5:45 pm
Adult/Teen	13 & UP	M / W	6:20 pm

**Y Pool Group Swimming Lessons (Ages 3-6)**

Class	Ages	Days	Start Times
Level 1: Water Acclimation	3 - 6 yrs	M / W	10:30 am

**Y Pool Water Discovery Classes (6 -36 months)**

Water Discovery Classes are designed to introduce babies, toddlers, and their parents to the aquatic environment. This class will help parents learn realistic developmental expectations, introduce basic aquatic safety to parent and child, and provide a fun, positive experience in the water. Classes will help children with basic motor skills. Skills include: blowing bubbles, floating on front and back, kicking on front and back, and social interaction through songs. This is a fun, engaging class that will help prepare your child for future swim lessons.

Class (Sessions SA & SB)	Ages	Days	Start Times
Water Discovery A/B	6 - 36 months	M / W	10:00 am
Water Discovery A/B	6 - 36 months	T / TH	6:30 pm

**Strengthen Our Swimmers (Ages 6-15)**

Strengthen Our Swimmers (S.O.S) is a training opportunity for youth who are ready to improve their swim techniques through coaching, swim challenges, and water games. Sound nutrition, proper hydration, and strength training are also part of the experience.

Members \$80 /Session\* // Community Members \$90/Session\*

\*Fees increase by \$10 the Friday before the session start date.

Class	Ages	Days	Class Times
S.O.S	6 - 15 yrs	T / TH	5:45 - 6:45 pm

### Private Lessons (Ages 3 and up)

Private lessons at the Y are a great way to enhance swimming technique and endurance for swimmers of all ages. Each session consists of six 30 - minute classes and are offered during group lesson times. For additional scheduling information, please contact Janessa at [janessa@wenymca.org](mailto:janessa@wenymca.org).

Lesson Options	Private (1 participant)	Semi - Private (2 Participants)	Small Group (3-4 participants)
Member	\$ 170	\$ 135 each	\$ 70 each
Community Member	\$ 190	\$ 155 each	\$ 90 each

### WHAT SWIM LESSON CLASS SHOULD MY CHILD BE IN?

The Y is committed to providing children of all skill levels opportunities to learn, grow, and thrive. In order to accomplish these goals, swimmers who are new to our program will need to take a swimming skill evaluation so that staff can assign each child to a level, ensuring a positive and successful experience for all class participants. Evaluations are provided on Mondays and Wednesdays between 6:15 - 6:55 pm at the Eastmont YMCA Aquatic Center or by appointment. Beginner swimmers and current Y swim lesson participants may register without a swimming skill evaluation.

In order for the Y to ensure quality programming at an affordable price, all aquatic program fees are nonrefundable / nontransferable.

Fall 2 Registration Begins October 11 for Y Members and October 18 for Community Members.

Session F2: October 30 - December 7



### Birthday Parties at the Pool

Have your child's next birthday party at the Y. We offer pool parties and so much more. Contact Brittney at [brittney@wenymca.org](mailto:brittney@wenymca.org) or see our website <http://wenymca.org/birthday-parties> for more information. Leave the clean up to us!

### Lifeguard Training

Interested in becoming a certified Lifeguard?  
The winter Lifeguard course will be held  
January 2 - January 5. Advanced registration required.  
Visit [www.wenymca.org/register](http://www.wenymca.org/register) to sign up.



## **AQUA STAND UP® - NEW PROGRAM**

**Registration secures your board for the best price and cardio/strength experience in water!**

**We supply the instructor, board and paddle, you supply the energy!**

**AQUA STAND UP® classes will be held at the Eastmont YMCA Aquatics Center (EYAC)**

**Register today to reserve your board!**

**Monday's • 12:00-12:45pm**

**Thursday's • 6:00 -6:45pm**

**Saturday's • 7:30-8:15am**

**4 for \$40 Member // 4 for \$68 Community Member**

**\$12 per Class Member // \$19 per Class Community Member**

**Advanced Registration Required for above pricing.**

**Walk In Rates Available**

**(first several minutes are for set up of board and preview of class)**



**Thanks to generous support from YMCA donors, no child is ever denied YMCA participation because of inability to pay.**

**Information on other programs and policies is available at the membership desk and at [www.wenymca.org](http://www.wenymca.org)**



**Wenatchee Valley YMCA  
217 Orondo Ave.  
Wenatchee, WA 98801  
509.662.2109**

**Eastmont YMCA Aquatic Center  
980 3rd St. NE  
East Wenatchee, WA 98802  
509.884.3113**