



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  
2018 Winter 2 & Spring 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.

**Winter Registration IS NOW OPEN**

Session Winter2: February 19 –March 29

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)**

**Monday's and Wednesday's**

4:35 - 5:05 pm		5:10 - 5:40 pm		5:45 - 6:15 pm	
Water Acclimation	3 - 6 yrs	Water Discovery	3 - 36 months	Water Acclimation	3 - 6 yrs
Water Acclimation	6 - 12 yrs	Water Acclimation	3 - 6 yrs	Water Acclimation	6 - 12 yrs
Water Stamina	3 - 6 yrs	Water Acclimation	6 - 12 yrs	Water Stamina	3 - 6 yrs
Water Stamina	6 - 12 yrs	Water Stamina	6 - 12 yrs	Water Stamina	6 - 12 yrs
Stroke Introduction	3 - 6 yrs	Stroke Development	6 - 12 yrs		

**Tuesday's and Thursday's**

4:35 - 5:05 pm		5:10 - 5:40 pm		5:45 - 6:15 pm	
Water Acclimation	3 - 6 yrs	Water Acclimation	3 - 6 yrs	Water Acclimation	3 - 6 yrs
Water Acclimation	3 - 6 yrs	Water Acclimation	6 - 12 yrs	Water Acclimation	6 - 12 yrs
Water Stamina	3 - 6 yrs	Water Stamina	6 - 12 yrs	Water Stamina	3 - 6 yrs
Water Stamina	6 - 12 yrs	Stroke Introduction	3 - 6 yrs		

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

**Monday's and Wednesday's**

10:30 – 11:00 am	
Water Acclimation	3 - 6 yrs

**Tuesday's and Thursday's**

10:30 - 11:00 am	
Water Stamina	3 - 6 yrs



**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.

10:00 - 10:30 am ( M / W )		6:30 - 7:00 pm ( T / TH )	
Water Discovery	3 - 36 months	Water Discovery	3 - 36 months

**Teen and Adult Classes (Ages 13 & Up)**

It's never too late to learn how to swim! Teen and adult swim lessons are a great opportunity to build confidence in the water, learn to swim, and improve swim techniques. Classes are hosted at the Eastmont YMCA Aquatic Center.

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

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

6:20 – 6:50 pm ( M / W )	
Teen & Adult	13 & Up

**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.

Participants must pass Water Stamina or higher to register.

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

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

5:45 - 6:45 pm ( M / W )	
S.O.S	6 - 15 yrs

**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.

Session Spring 1: April 9 – May 17

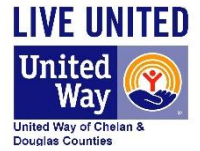
Registration Begins February 7 for Y Members and February 14 for Community Members

Registration IS NOW OPEN

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

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### **Birthday Parties at the Pool**

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

### **AQUA STAND UP® - NEW PROGRAM**

**Weight Loss! Cardio and Strength! Balance and Focus! Core and Back pain relief! So much FUN!**

Try this class by calling in advance, at least 24 hours before class, to reserve your board. Unsure you will be able to get on the board? Stop by EYAC between 11 am and 1 pm the last Saturday of January, February and March to check your balance, see what class is like, and speak to the instructors!

**AQUA STAND UP® classes are 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.**

(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.**

**In 2017, the Y provided 935 youth swim lessons and awarded over \$8000 in scholarships to those in need in our community. In addition, over 450 youth were able to participate in the Y's Safety Around Water program at no cost.**



**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**