



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

Winter 2012 Swimming Schedule

Adult, Preschool, Teen & Youth Instruction
ALEXANDER FAMILY YMCA

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Alexander YMCA Parent-Child Instruction (Parents & children ages 6-36 months)

These classes are designed to teach parents how to help their children learn the basic building blocks of swimming- focusing on water acclimation and water safety.

Dates	Session	Time	Cost	Classes Held	Registration Dates
Jan 7 – Jan 28 <i>Saturdays</i>	1PC	10:35-11:10am	(M) \$31 (PP) \$37	4	OPENS November 28th <i>Closes the Monday prior to the lesson start date</i>
Feb 4 – Feb 25 <i>Saturdays</i>	2PC	10:35-11:10am			
Mar 3 – Mar 24 <i>Saturdays</i>	3PC	10:35-11:10am			

Alexander YMCA Preschool Instruction (ages 3-5)

In preschool instruction students will learn the basics of swimming- water safety skills (blowing bubbles, treading water, jumping in), front crawl stroke, back crawl & elementary backstroke, while having a fun, safe time in the water.

Dates	Session	Time	Cost	Classes Held	Registration Dates
Jan 7 – Jan 28 <i>Saturdays</i>	1PS	9:00-9:35am	(M) \$44 (PP) \$53	4	OPENS Nov.28th <i>Closes the Monday prior to the lesson start date</i>
Feb 4 – Feb 25 <i>Saturdays</i>	2PS				
Mar 3 – Mar 24 <i>Saturdays</i>	3PS				
Jan 10 – Feb 2 <i>Tuesdays & Thursdays</i>	1PTA 1PTB 1PT	1:30-2:05pm 2:10-2:45pm 4:30-5:05pm	(M) \$88 (PP) \$105	8	OPENS Nov.28th <i>Closes the Thursday prior to the lesson start date</i>
Feb 7 – Mar 1 <i>Tuesdays & Thursdays</i>	2PTA 2PTB 2PT	1:30-2:05pm 2:10-2:45pm 4:30-5:05pm			
Mar 6 – Mar 29 <i>Tuesdays & Thursdays</i>	3PTA 3PTB 3PT	1:30-2:05pm 2:10-2:45pm 4:30-5:05pm			

Alexander YMCA Youth Instruction (ages 6-12)

In youth instruction students will learn the basics of swimming- water safety skills (treading water, jumping in, breathing correctly) front crawl stroke, backstroke & elementary backstroke, while having a fun, safe time in the water.

Dates	Session	Time	Cost	Classes Held	Registration Dates
Jan 7 – Jan 28 <i>Saturdays</i>	1YS	9:40-10:30am	(M) \$46 (PP) \$70	4	OPENS Nov.28th <i>Closes the Monday prior to the lesson start date</i>
Feb 4 – Feb 25 <i>Saturdays</i>	2YS				
Mar 3 – Mar 24 <i>Saturdays</i>	3YS				
Feb 7 – Mar 1 <i>Tuesdays & Thursdays</i>	1YT	5:10-6:00pm	(M) \$92 (PP) \$140	8	OPENS Nov.28th <i>Closes the Thursday prior to the lesson start date</i>
Mar 6 – Mar 29 <i>Tuesdays & Thursdays</i>	2YT				

Alexander YMCA Advanced Youth & Teen Instruction (ages 5-18)

Competitor Swim Practice focuses on stroke technique for improved front crawl & back stroke, learning & improving breaststroke & butterfly, diving and turns. Participants must be able to swim at least 25 yards on their front, 25 yards on their back, tread water for 30 seconds and have knowledge of breaststroke or butterfly. Swimmers have the option to sign-up for the entire fall season or just monthly sessions. If you register for the entire season you may choose to sign-up for one, two or three practices each week. You will be expected to choose your swim days at the start of the season.

Dates	Session	Time	Cost	Classes Held	Registration Dates
Jan 3 – Mar 29 <i>*Your swim days must be chosen at the start of the season</i>	1C3	Choose From: Tuesdays, Wednesdays, or Thursdays at 5:10-6:00pm or Saturdays 9:40-10:30am	(M) \$196 (PP) \$235	3 times a week	OPENS Nov.28th <i>Closes Thursday, December 29th</i>
	1C2		(M) \$148 (PP) \$178	2 times a week	
	1C1		(M) \$101 (PP) \$121	1 time a week	
Jan 7 – Jan 28 <i>Saturdays</i>	1CS	9:40-10:30am	(M) \$46 (PP) \$70	4	OPENS Nov.28th <i>Closes the Monday prior to the lesson start date</i>
Feb 4 – Feb 25 <i>Saturdays</i>	2CS				
Mar 3 – Mar 24 <i>Saturdays</i>	3CS				
Jan 10 – Feb 2 <i>Tuesdays & Thursdays</i>	1CT	5:10-6:00pm	(M) \$82 (PP) \$99	8	OPENS Nov.28th <i>Closes the Thursday prior to the lesson start date</i>
Feb 7 – Mar 1 <i>Tuesdays & Thursdays</i>	2CT				
Mar 6 – Mar 29 <i>Tuesdays & Thursdays</i>	3CT				

Alexander YMCA Adult Instruction (Ages 13&up)

Adult Instruction is mainly a participant-driven experience. Instructors are prepared to teach the basics of swimming or advanced stroke technique depending on the personal goals of the session participants.

Dates	Session	Time	Cost	Classes Held	Registration OPEN/CLOSE
Jan 7 – Jan 28 <i>Saturdays</i>	1A	10:35-11:25am	(M) \$46 (PP) \$70	4	OPENS Nov.28th <i>Closes the Monday prior to the lesson start date</i>
Feb 4 – Feb 25 <i>Saturdays</i>	2A				
Mar 3 – Mar 24 <i>Saturdays</i>	3A				

Alexander YMCA Private Instruction (all ages & abilities)

Private lessons allow instructors to work with any special needs or goals that participants have in a one-on-one setting.

Dates	Available Times	Cost per 35 min session	Specifics	Registration OPEN/CLOSE
Tuesdays or Thursdays	3-3:35pm or 3:45-4:20pm	(M) \$42	Please contact Jessica.Wagstaff@ymcatriangle.org to discuss swim level prior to class time.	OPENS Nov.28th <i>Closes 5 days prior to the lesson</i>
Wednesdays	4:25-5:00pm	(PP) \$53		
Saturdays	11:15-11:50am			