



LEARN TO SWIM

Contact: Kelly McBride (508) 696-7171 ext.115 or Julian Villegas at jvillegas@ymcamv.org

Weekday lessons run for 4 weeks and meet two times/week*

Fee: Member \$50/Non-Member \$80 (30 minute sessions for 5 yrs and under) - 8 Classes
Member \$65/Non-Member \$85 (45 minute sessions for 6 yrs and up) - 8 classes

Saturday & Sunday lessons run for 4 weeks meeting/once per week*

September 18-October 9 *Saturday Classes September 19-October 10*Sunday Classes

Fee: Member \$25/Non-Member \$50 (30 minute sessions for 5 yrs and under) - 4 Classes
Member \$32/Non-Member \$64 (45 minute sessions for 6 yrs and up) - 4 classes

MEMBER REGISTRATION: AUGUST 23 - SEPTEMBER 10; NON-MEMBER REGISTRATION: SEPTEMBER 1 - 10
REGISTRATION CLOSES SEPTEMBER 10

Parent and Child Swim (ratio 1:10)

Participate in water adjustment activities including blowing bubbles, kicking, paddling and jumping in.

Ski/Perch : Ages 6 months - 36 months

Lap Pool, shallow end

Tuesdays & Thursdays 9:00-9:30 am
*Saturday 9:00-9:30 am
*Sunday 10:15-10:45 am

Pre School (ages 3-5)

Pike (ratio 1:5) - Recreation Pool, Shallow End

For children who are fearful or cannot swim.

Monday & Wednesday 5:00-5:30 pm
Tuesday & Thursdays 9:00-9:30 am
Tuesday & Thursdays 4:30-5:00 pm
*Saturday 10:00-10:30 am
*Saturday 9:35 - 10:05 am
*Sunday 10:15-10:45 am

Eel (ratio 1:5) - Recreation Pool, Deep End

For children who can swim by themselves with a floatation device.

Monday & Wednesday 5:00-5:30 pm
Tuesday & Thursday 4:30-5:00 pm
*Saturday 9:00-9:30 am
*Saturday 9:35 - 10:05 am
*Sunday 10:15-10:45 am

Ray (ratio 1:5) - Rec Pool

For children comfortable swimming in deeper water without a floatation device.

Monday & Wednesday 3:30-4:00 pm
Tuesday & Thursday 3:30-4:00 pm
*Saturday 9:35-10:05 am
*Sunday 10:15-10:45 am

Starfish (ratio 1:5) - Lap Pool

For more advanced children. Specifically focusing on stroke mechanics and breathing.

Monday & Wednesday 5:35-6:05 pm
Tuesday & Thursday 5:35-6:05 pm
*Saturday 10:15-10:45 am
*Sunday 10:15-10:45 am

***See Cancellation and Refund Policy on reverse.**

Youth (ages 6-12)

Poliwog (ratio 1:5) Recreation Pool

First time swimmers who may have some fear of the water.

Monday & Wednesday 5:45-6:30 pm
Tuesday & Thursday 5:15-6:00 pm
*Saturday 10:45-11:30 am
*Sunday 11:00-11:45 am

Guppy (ratio 1:6) Recreation Pool

For children who are capable of swimming the width of the pool (25 yards) without a floatation device.

Monday & Wednesday 5:45-6:30 pm
Tuesday & Thursday 5:15-6:00 pm
*Saturday 10:45-11:30 am
*Sunday 11:00-11:45 am

Minnow (ratio 1:8) Lap Pool

Refine strokes and develop endurance. Personal safety and rescue skills will become a larger focus of this class.

Monday & Wednesday 5:00-5:45 pm
Tuesday & Thursday 4:30-5:15 pm
*Saturday 9:00-9:45 am
*Saturday 10:15-11:00 am

Fish (ratio 1:8) Lap pool

Refine the crawl stroke, backstroke and learn the breaststroke and butterfly stroke. You must have passed the minnow level in order to participate in this class.

*Saturday 11:45-12:30 am

Teen/ Adults Swimming

Fee: Member \$75/non-member \$95

***Adult/Teen Beginner Swim Lessons (8 wks once/week)**

An introduction to swimming for those with fear of swimming or no swimming skills.

Tuesday & Thursday 7:15pm - 8:00 pm

Private & Semi-Private Swim Lessons

(40 minutes) By appointment only

One-on-One

Fee(1 lesson): \$40 members / \$50 non-members
Fee(5 lessons): \$175 members/ \$225 non-members
Fee(10 lessons): \$300 members/ \$400 non-members

Semi-Private (2 children)

Fee(1 lesson): \$60 members / \$80 non-members
Fee(5 lessons): \$250 members/ \$350 non-members
Fee(10 lessons): \$400 members/ \$600 non-members

AQUA FITNESS September 13 - October 10



Water Aerobics (50 minutes)

This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. You will march, jog, kick, jacks and jump through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Each instructor uses his/her creativity to keep the pace moving and the activities interesting. As the participant, you determine your own intensity by deciding how hard to manipulate the water.

Appropriate for individuals who have moderate to good fitness levels, individuals with controlled medical conditions who can manage some Impact, individuals who enjoy intense use of all muscle groups, athletes and swimmers looking for an aqua alternative.

Fee: Nonmember \$50.00 4 week session September 13 - October 8, 2010.

Mon, Wed, Fri 8:30 - 9:15am

Mon & Wed 10:15am - 11:45am



Martha's Vineyard Swim Club

The Martha's Vineyard Swim Club is a competitive swim team, open to boys and girls ages 6-18. Experience in swimming is necessary and knowledge of freestyle, backstroke, and breaststroke is required. Tryouts for ALL swimmers will be held at the Martha's Vineyard YMCA the week of September 20, 2010 starting at 6:30pm. Dates and times will be posted at the Member Service Desk.

Please contact Coach Julian at (508) 696-7171 x 120 to set up a time for an appointment or for details about training days and pricing.

Deep Water Interval Training

Prepare yourself for the ultimate "No Impact" workout. We will use selected flotation devices for suspension in deep water and create a challenging aerobic interval workout using adaptations jogging, cross country skiing, bicycling, kicking, tilting and jacks. Expect powerful moves and full range of motion to improve your strength, cardiovascular fitness, and flexibility. (45 minutes)

Appropriate for individuals with moderate fitness levels who have some swimming skill and/or need to reduce impact during the workout.

Fee: Member \$30.00; Non-member, \$60 4 week session September 13 - October 8

Tuesday & Thursday 10:15am-11:00 am

Masters Swimming will be offered in the Fall session.

More information will be available in the Fall program guide.

Cancellation & Refund Policy

Class Cancellations

We will cancel a class when there are fewer than five participants enrolled in the program. The YMCA staff makes every effort to promote and implement all classes offered. If we are unsuccessful in meeting our minimum enrollment, you will be given at least 24 hours notice that your class is cancelled, and be given the option to join another class or be given a refund or credit.

Program Credit/ Refund Policy:

We are happy to refund your program fee before the first day of a session. If the program has begun, a doctor's note is required for a refund. We will prorate your fee based on the number of classes remaining in the session. **There is a \$5 processing fee applied to all refunds. There is a \$5 processing fee for all credits.** There are no credits or refunds for missed days in the program or weather related cancellations. If the YMCA cancels a program, a full refund or credit will be given. All credit/refund requests are subject to Program Director's approval. Paperwork can be found at our Member Service Desk.