

# The YMCA of Martha's Vineyard

## Swim Lessons-Aqua Fitness-Master Swim-Specialty Classes-Swim Team

### Swim Lessons

Julian Villegas 508-696-7171 ext.120 or jvillegas@ymcamv.org  
**Fee: Family \$55/Non-Member \$85(45minute sessions) 8 Classes**  
 Swim Session Summer I June 28-July 23  
 Swim Session Summer II August 2-August 27  
 Classes during the week run for 4weeks meeting two times/week

Friday, Saturday & Sunday lessons run for 8 weeks/once per week  
 July 9-August 27 \*Friday Classes  
 July 10-August 28 \*Saturday Classes  
 July 11-August 29 \*Sunday Classes

### 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

Tuesdays & Thursdays 9:00-9:45am  
 \*Saturday 9:00-9:45am(8weeks)  
 \*Sunday 10:15-11:00am

### Pre School (ages 3-6)

#### Pike (ratio 1:5)

For children who are fearful or cannot swim.

Monday & Wednesday 5:00-5:45pm  
 Tuesday & Thursday 4:30-5:15pm  
 \*Friday 4:30-5:15pm  
 \*Saturday 10:00-9:45am or 9:50-10:35am  
 \*Sunday 10:15-11:00am

#### Eel (ratio 1:5) Recreation Pool Deep end

For children who can swim by themselves with a floatation device

Monday & Wednesday 5:00-5:45pm  
 Tuesday & Thursday 4:30-5:15pm  
 \*Friday 4:30-5:15pm  
 \*Saturday 9:00-9:45am or 9:50-10:35am  
 \*Sunday 10:15-11:00am

#### Ray(ratio 1:5) Lap Pool Shallow end

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

Monday & Wednesday 5:00-5:45pm  
 Tuesday & Thursday 4:30-5:15pm  
 \*Friday 4:30-5:15pm  
 \*Saturday 9:50-10:35am  
 \*Sunday 11:00-11:45am

#### Starfish (ratio 1:5) Lap Pool

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

Monday & Wednesday 5:00-5:45pm  
 Tuesday & Thursday 4:30-5:15pm  
 \*Friday 4:30-5:15pm  
 \*Saturday 9:50-10:35am  
 \*Sunday 11:00-11:45am

### Youth (ages 6-12)

#### Polliwog (ratio 1:5)

First time swimmers who may have some fear of the water

Monday & Wednesday 5:50-6:35pm  
 Tuesday & Thursday 5:20-6:05pm  
 \*Friday 5:20-6:05pm  
 \*Saturday 10:40-11:25am  
 \*Sunday 11:00-11:45am

#### Guppy (ratio 1:6)

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

Monday & Wednesday 5:50-6:35pm  
 Tuesday & Thursday 5:20-6:05pm  
 \*Friday 5:20-6:05pm  
 \*Saturday 10:40-11:25am  
 \*Sunday 11:00-11:45am

### Minnow (ratio 1:8)

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

Monday & Wednesday 5:00-5:45pm  
 Tuesday & Thursday 4:30-5:15pm  
 \*Saturday 9:00-9:45am or 10:15-11:00am  
 \*Sunday 11:45-12:30pm

### Fish(ratio 1:8)

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 11:45-12:30pm

### Teen/ Adults Swimming

**Fee: Family \$65/Individual \$75/non-member \$95**

**\*Adult/Teen Beginner(8wks once/week)**

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

Tuesday 7:15pm - 8:00pm

**\*Adult/Teen Intermediate(8wks once/week)**

For individuals with swimming ability, to help with endurance, stroke technique, and expansion of stroke knowledge. Must be comfortable in deep end.

Thursday 7:15pm-8:00pm

### Adult Specialty Classes

**Water Aerobics**-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. (50 minutes) *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.* 9 week session June 28-August 27 Mon, Wed & Friday 10:00am-10:45 am

**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.* \$30.00;9 week session June 28-August 27 Tuesday & Thursday 10:00am-10:45am

**Masters Swimming**-The focus of Masters Swimming is to provide structured fitness swimming workouts. These workouts differ from a traditional open lap swim in that on-deck, experienced coaching is provided that includes stroke refinement and set design. The coach will adapt the workout to your goals, while providing a fun, yet challenging group swimming workout. This class is perfect for those that want to cross-train for fitness, improve their swimming ability, or train for a triathlon or other swimming competition. Workouts are provided in the early morning and in the evening. Participants may register for a morning or afternoon session, or both! This is a 9 week program starts June 29<sup>th</sup>. Tuesday & Thursday 6:30-7:30am. Cost TBA

### Join This Summer the 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 June 21, 2010 starting at 6:30pm. Please contact Coach Julian at 508-696-7171 to set up a time for an appointment. And details about training days and pricing.

**One on One Swim lessons (45minutes) By appointment only**

**Fee(1 lesson): \$40 members / \$50 non-members**

**Fee(5 lessons): \$175 members/ \$225 non-members**

**Fee(10 lessons): \$300 members/ \$400 non-members**

### The YMCA of Martha's Vineyard

111 Edgartown Vineyard haven Rd  
 Oak Bluffs, Ma 02557  
 Phone 508-696-7171 www.ymcamv.org