



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FOR FINDING  
**A PLACE  
TO BELONG**

**New Haven YMCA Youth Center  
WINTER II AQUATIC SCHEDULE  
February 24 – April 21, 2019**

**MORE INFORMATION ONLINE AT [NEWHAVENYMCA.ORG](http://NEWHAVENYMCA.ORG)**

# HERE FOR YOU

## NEW HAVEN YMCA YOUTH CENTER

50 Howe Street

New Haven, CT 06511

P 203 776 9622 F 203 787 0804

W [newhavenymca.org](http://newhavenymca.org)

## FACILITY HOURS

Monday-Friday: 7:30am-6:00pm

Saturday: Please contact us for current hours

## YOUR STAFF

District Executive Director: Emily Jackson

Center Director: Jisel Cordero

School Age Child Care Coordinator: Aishah Brice

Aquatic Program Specialist: Diriela Rodriguez

Program Administrator: Maria Valcarcel

District Facility Director: Luis Yanes

## LIKE US ON FACEBOOK

A great way to stay up-to-date on all programs and activities at the New Haven YMCA Youth Center!

## SHARE YOUR EMAIL ADDRESS

Let us know your email address so we can keep you



## REGISTRATION DATES:

Session: Winter I | 2/25/2019—4/21/2019

Registration Starts: 2/11/2019

Preschool: Register NOW

School Age Child Care: Register NOW

## CENTRAL CONNECTICUT COAST YMCA Statement of Diversity and Inclusion

(Adopted by the CCCY Board of Directors - July 28, 2016)

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

## YMCA PROGRAM CREDIT/REFUND POLICY

Refunds for Program Fees will only be approved in the following instances:

- ◆ The YMCA cancels a program
- ◆ Request Form is received prior to the start of the session
- ◆ After the start of the session, only for medically documented reasons.
- ◆ There will be a \$10.00 administrative fee for each refund/credit, unless the YMCA cancels the class.

**Our Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body.

**REGISTER ONLINE at [www.newhavenymca.org](http://www.newhavenymca.org)**

View current schedules, programs and events on our website!

# YOUTH DEVELOPMENT

## STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

\*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

## SWIM STARTERS

Accompanied by a parent\*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

**Age Group 6 months - 3 years  
Parent\* & Child  
Stages A-B**

### Stage A / Water Discovery

Parents\* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**Member: \$70  
Monday, 3:30- 4:00pm  
Wednesday, 1:30- 2:00pm  
Friday, 3:30- 4:00pm**

### Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**Member: \$70  
Monday, 1:30-2:00pm  
Wednesday, 3:30- 4:00pm**

#### AGE GROUP

#### STAGE

6 months - 3 years  
Parent\* & Child

**SWIM STARTERS Stages A-B**

3 years - 5 years  
Preschool

**SWIM BASICS  
SWIM STROKES Stages 1-4**

5 years - 12 years  
School Age

**SWIM BASICS  
SWIM STROKES Stages 1-6**

12+ years  
Teen & Adult

**SWIM BASICS  
SWIM STROKES Stages 1-6**



### OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.

### CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

**MORE INFORMATION ONLINE AT NEWHAVENYMCA.ORG**

# YOUTH DEVELOPMENT

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

### Age Group:

**3 years - 5 years** Preschool

**5 years - 12 years** School Age

**12+ years - Teen & Adult**

**Stages 1-3**

### Stage 1 / Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming. **Member: \$70**

**Preschool Tuesday, 4:00-4:30pm**

**Preschool Tuesday, 5:00-5:30pm**

**School Age Monday 5:30-6:00pm**

**School Age Wednesday, 5:00-5:30pm**

**School Age Friday 4:00-4:30pm**

**Teen & Adult Friday, 5:00-5:30pm**

### Stage 2 / Water Movement

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. **Member: \$70**

**Preschool Tuesday, 4:30-5:00pm**

**Preschool Tuesday, 5:30-6:00pm**

**School Age Wednesday, 5:30-6:00pm**

**School Age Thursday, 5:00-5:30pm**

**School Age Friday, 4:30- 5:00pm**

**Teen & Adult Friday, 5:30-6:00pm**

### Stage 3 / Water Stamina

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. **Member: \$70**

**School Age Monday, 5:00-5:30pm**

**School Age Thursday, 4:30- 5:00pm**

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### Age Group:

**5 years - 12 years** School Age

**12+ years - Teen & Adult**

**Stages 4-6**

### Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.

**Member: \$75**

**School Age Monday, 4:30-5:00pm**

### Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. **Member: \$75**

**School Age Monday, 4:00-4:30pm**

**School Age Thursday, 4:00-4:30pm**

### Stage 6 / Stroke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle. **Member: \$75**

**Contact us for more information**

### Adaptive

The adaptive aquatics program is an inclusive program that focuses on nurturing swim skills and water safety for children with special needs. An emphasis will be placed on increasing flexibility, balance, range of motion, muscle tone and coordination as well as general social skills.

**Member: \$130**

**Contact us for more information**



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