

# **YWCA** IS ON **A MISSION**

spring II swim session 2018

## **aquatics brochure**



**ywca greater newburyport**

13 Market Street, Newburyport, MA 01950

[www.ywcanewburyport.org](http://www.ywcanewburyport.org)

978.465.9922

## refunds & transfers

Prior to the first week of classes, refunds will be given minus a \$20 administrative fee. After the first week of classes, pro-rated refunds will be given only with a medical note.

Class transfers made by parents will be charged a \$20 processing fee. Membership and joiner fees are non-refundable.

## cancellations

If minimum enrollment is not met, the YWCA has the right to cancel classes prior to the start of the session. Parents will be given the opportunity to transfer their child to another class, or can opt for a YWCA credit or refund.

If the YWCA cancels a class for any reason once the session has begun, every effort will be made to hold a make up class. If for some reason we are not able to do so, a YWCA credit will be given.

## for parents

Parents are kindly asked to view swim lessons from our lobby. Instructors will alert parents in the event that they are needed on the pool deck.

Parents are welcome to **view from the deck** during the **last class** for the **final 10 minutes of class**.

Children are allowed **access to the opposite sex** locker room when they are **five years old and under**. Children in the school aged swim classes are kindly asked to use the locker room corresponding to their gender or the whole family can use the family locker room.



## questions about the program?

**Diane Sagaser | Aquatics Director**  
**[dsagaser@ywcanewburyport.org](mailto:dsagaser@ywcanewburyport.org)**

# ywca swim lessons

## spring II session april 23<sup>rd</sup> - june 16<sup>th</sup>

priority same day/time registration | March 12, 2018

priority change registration | April 2, 2018

general registration | April 9, 2018

Class registrations are made in person at the YWCA membership desk on a first come, first served basis.

Payment is due in full at the time of registration.

Both members and non-members can register for session-based classes. Members receive a discount on the cost of lessons only if their membership is valid at time of registration. Where applicable, children must be the specified age at the start of the program in order to register.

**YWCA IS DEDICATED TO  
ELIMINATING RACISM,  
EMPOWERING WOMEN  
AND PROMOTING PEACE,  
JUSTICE, FREEDOM AND  
DIGNITY FOR ALL.**

# swimming lessons

## swim lessons: ages 6 months +

**8 weeks** - non-member rate \$136 | member rate \$104

**7 weeks** - non-member rate \$119 | member rate \$91

the following are offered one day a week for 8 weeks\*

\*no lessons on Monday, May 28th

### infant with parent

In this class, infants begin to be comfortable in the water by playing water games, singing songs, and repeating skills.

**ages: 6 - 18 months**

Mon	9:35 am	-
Wed	9:35 am	-
Fri	9:35 am	-
Sat	8:25 am	9:35 am

### toddler with parent

Now that we are toddlers, we're ready to swim! We play, sing, and learn kicking, reach and pull, jumping in, and blowing bubbles

**ages: 18 - 36 months**

Mon	9:00 am	10:10 am
Wed	9:00 am	10:10 am
Fri	9:00 am	10:10 am
Sat	9:00 am	10:10 am

Caregiver must accompany child in the water.

Swim diapers and rubber pants are required under bathing suit. Class is held in the warm water pool.

### adaptive

This smaller class is designed for children with disabilities unable to participate in the regular school-aged class.

**Saturday: 11:30 am** — maximum 3 per class

## private swim lessons

**Non-member Rate: \$45 | Member Rate: \$35**

The YWCA Greater Newburyport is happy to offer the option of private swimming lessons for adults, children and/or athletes.

Fill out a form at the front desk and we will get back to you within 24 hours to schedule your first lesson.

### pre-school

Pre-school swim lessons are designed to meet the unique needs of young children as they develop and strengthen swimming skills. Children are grouped by ability. Caregivers must remain in the YWCA building the entire class time.

Goggles are strongly recommended.

**ages: 2.9 - 5 years**  
(not yet in Kindergarten)

Mon	9:00 am	9:35 am	10:10 am	3:20 pm	3:55 pm	4:30 pm
Tues	9:00 am	9:35 am	-	3:20 pm	3:55 pm	4:30 pm
Wed	9:00 am	9:35 am	1:00 pm	3:20 pm	3:55 pm	4:30 pm
Thurs	9:00 am	9:35 am	-	3:20 pm	3:55 pm	4:30 pm
Fri	9:00 am	9:35 am	10:10 am	3:20 pm	3:55 pm	4:30 pm
Sat	9:00 am	-	10:10 am	-	10:45 am	-

### school aged

School-age swim lessons are structured with the older child in mind. As bodies and minds mature, so does the ability to develop their swim skills. Youth are grouped by ability. Classes are held in the lap pool. Goggles are strongly recommended.

**ages: 5 years + (must be currently enrolled in Kindergarten)**

Mon	3:20 pm	3:55 pm	-
Tues	3:20 pm	3:55 pm	-
Wed	3:20 pm	3:55 pm	-
Thurs	3:20 pm	3:55 pm	-
Fri	3:20 pm	3:55 pm	4:30 pm
Sat	9:35 am	10:45 am	-



# junior breakers



**Monday - Thursday: 4:30 - 5:30 pm**

Junior Breakers is a non-competitive developmental swim program designed for athletes who have completed swim lessons and are looking to continue to develop their skills at a higher level.

All swimmers should be able to swim 50 yards front crawl with rhythmic breathing and 50 yards back stroke. Swimmers should be comfortable diving. Sibling discounts available.

Fill out evaluation form to schedule a tryout.

One Day	Two Day	Three Day	Four Day
\$50/month	\$80/month	\$110/month	\$130/month

# coached masters program

**check GER schedule for scheduling**

Adults! Come train with Breakers Coach Ron Dienstmann in the YWCA's organized Coached Masters Swim Team!

Swimmers of all ability have an opportunity to benefit from Ron's 30-years of teaching and coaching experience. You will receive individualized instruction that will improve your times and increase your enjoyment of this challenging, but incredibly rewarding sport.

**\$30/month (with a wellness plan)**

**\$50/month (with annual mission membership)**

spring II, 2018

## **CPR/AED**

**Saturday: 8 am - 4 pm and Sunday: 10 am - 3 pm**  
**May 26 - 27 | August 18 - 19**

The YWCA is offering an instructor-led weekend course where participants will learn how to respond and administrate first aid in the event of breathing and cardiac emergencies. Successful students who graduate from the weekend courses will receive an American Red Cross certificate of Adult and Pediatric CPR/AED **valid for two years**. Each course is **approximately 13 hours** and takes place on the weekend.

**Members: \$60 | Non Members: \$70**

## **lifeguarding**

**Saturday: 9 am - 5 pm, Sunday: 10 am - 3 pm,**  
**Monday: 9 am - 5 pm and Wednesday: 11 am - 4 pm**  
**June 23 - 27**

The YWCA offers American Red Cross Lifeguarding Courses to prepare students to obtain future employment and lifelong leadership skills and lifesaving skills. Courses will be open to participants 15 years of age and older.

**Members: \$300 | Non Members: \$350**

## **adult swim lessons**

**Wednesday: 10:10 am**

Whether you're a beginner or advanced swimmer looking to improve your technique, this class will be tailored to fit the experience and level of each participant, ranging from water safety and introduction to swim techniques to advanced concepts aimed at improving stroke technique.

Classes are 45 minutes

**Member: \$105 | Non-member: \$140**

**eliminating racism  
empowering women**

**ywca**

Call  
(978) 225-6210  
to schedule a  
tour today!



## **ywca children's center**

**join our community!**

**Serving infants, toddlers, and preschoolers, the YWCA Children's Center is a community for children, families and educators to learn, grow and thrive together. The mission of the YWCA is threaded throughout all our work. And with a sliding fee scale and individualized curriculum, it is our vision that everyone who comes through our doors joins a community engaged in the joy and wonder of childhood.**

**13 1/2 Pond Street  
Newburyport, MA 01950  
[www.ywcanewburyport.org](http://www.ywcanewburyport.org)**