

PROGRAMS FALL!



eliminating racism
empowering women

ywca



ywca greater newburyport

13 Market Street, Newburyport, MA 01950

www.ywcanewburyport.org

978.465.9922

aquatic 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**.

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.

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 ON A MISSION

questions about the program?

Diane Sagaser | Aquatics Director
dsagaser@ywcanewburyport.org

ywca swim lessons

fall I session 2018

September 4th - October 27th

general registration | August 6, 2018 at 9:00 am

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

We are proud to offer an online registration option with our new system, Community Pass. Go to ywcanewburyport.org and click 'Online Registration' and follow the prompts.

If you have participated in one of our programs before, you may already have an account. To check, please click 'Forgot username or password' and then 'Forgot your username?' and supply the email attached to your potential YWCA account. This will send an email to the address that we have on file, allowing you to login for the first time and set up a username and password. If you are new to our program or if you cannot find your account, you can create an account by simply clicking on "Create an Account". You may also call the front desk and ask us to look up your account or re-set your password.

If you currently have an Annual Contract YWCA Wellness Plan or if your child is enrolled in either YWCA Children's Center or YWCA School's Out, you will receive a member discount at the end of the registration process. Legacy annual memberships are only honored at the front desk and will not be honored online.



swimming lessons

swim lessons: ages 6 months +

8 weeks - non-member rate \$120 | member rate \$104

7 weeks - non-member rate \$105 | member rate \$91

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

*no lessons on Monday, September 3rd

classes are half an hour long

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.

semi/private swim lessons

Private Swim - Non-Member Rate: \$45 | Member Rate: \$35

Semi Private Swim - Non-Member Rate: \$30 | Member Rate: \$25

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. Classes are 30 minutes.

adult swim lessons

Member Rate: \$105 | Non-Member Rate: \$140

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.

Wednesday: 10:10 am — classes are 45 minutes

preschool

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: 3 - 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 age

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	-



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

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. Contact Diane Sagaser to schedule a tryout.

One Day	Two Day	Three Day	Four Day
\$55/month	\$85/month	\$115/month	\$135/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.

Member Rate \$30/month
Non-Member Rate \$50/month

movement and more!

Parent and Toddler ages 18 - 36 months

This land based movement class is a joyful way for children to explore movement through music, songs, stimulate imagination and promote creativity. Come explore rhythm, dance, and games with Miss Keri.

Saturday 11:00 - 11:30 am | Wednesday 4:30 - 5:00 pm

Member Rate \$104 | Non-Member Rate \$120



ywca encore

Surviving & Thriving Through Cancer

YWCA ENCORE is a free 12-week program for those who have experienced cancer at any point in their lives. ENCORE integrates a dynamic approach to wellness by offering gentle and warm water pool therapeutic exercises, relaxation techniques, featured guest speakers, special events, ongoing peer/group support and fun. This fitness program is designed to meet the rehabilitative needs of cancer patients and survivors. On land and in the warm water pool, skilled instructors lead participants through gentle yet effective functional training exercises to improve balance, core strength, mobility, flexibility, overall strength and comfort. The ongoing peer group support sessions provide an opportunity to share experiences and foster new connections in a safe and supportive environment in a variety of local venues

questions about the program?

Ilene Grady | Health and Wellness Director

igrady@ywcanewburyport.org



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



ywca children's center

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.

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