



GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.

For more information on programs, memberships, services, and to register visit: www.watertownymca.org

CARTHAGE YMCA
250 State Street
Carthage, New York 13619

For program questions contact :
Keith Gipson
Email: kgipson@nnyymca.org
Phone: 315.493.3286

The Watertown Family YMCA Swim Program develops competency in swimming, along with confidence and endurance.

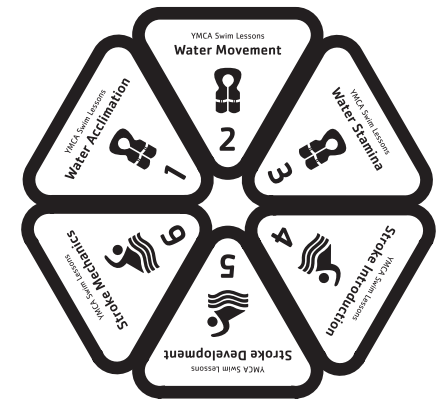
We will look for your child to comfortably and consistently perform each skill in order to progress to the next stage.

We expect each child to learn and progress at their own rate. Do not be discouraged if your child does not complete all the skills within their level during any one session. Your child needs to know that it is acceptable to take as much time as is necessary to master the skills.

As classes change, we reserve the right to add or remove classes as needed.



CARTHAGE SWIM LESSONS SPRING SESSION 2



REGISTRATION OPENS

Y MEMBERS: APRIL 15TH

NON-MEMBERS: APRIL 17TH

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU NEED TO KNOW

LOCATION: Carthage High School Pool

AGES: 6 months - 18+ years

DATE: May 4th - June 8th

DAYS & TIMES: Saturdays - 5 weeks

Private/Semi-private Lessons

9:00 - 10:00 AM

Parent & Tot & Level 1-3:

10:00 - 10:30 AM

10:35 - 11:05 AM

11:10 - 11:40 AM

Level 4-6:

11:45 AM - 12:30 PM

Adult Swim Lessons (Adult Beginner):

12:00-1:00 PM

PROGRAM FEES:

Parent & Tot & Level 1-3

Member: \$45.00

Non-Member: \$55.00

Military: \$50.00

Level 4-6 / Adult

Member: \$50.00

Non-Member: \$60.00

Military: \$55.00

30-Minute: Private Lesson

Member: \$30.00 / 5 weeks: \$150

Non-Member: \$45.00 / 5 weeks: \$225

Military: \$45.00 / 5 weeks: \$225

45-Minute: Private Lesson

Member: \$45.00 / 5 weeks: \$225

Non-member: \$60.00 / 5 weeks: \$300

Military: \$60.00 / 5 weeks: \$300

45-Minute: Semi-Private Lesson*

Member: \$25.00 / 5 weeks: \$125

Non-member: \$40.00 / 5 weeks: \$200

Military: \$40.00 / 5 weeks: \$200

* Semi-private: 2 Siblings

CARTHAGE SWIM LESSONS SPRING SESSION 2

Swimmers who have already participated in swim lessons through the Downtown Watertown YMCA Aquatics program, will be verified prior to start date or they can bring in their report card. All other swimmers with previous swim experience will need to conduct swim assessments. Assessments are conducted 10 minutes prior to the beginning and 10 minutes at the end first day of the first week.

Parent & Tot

Prerequisite: Minimum 6 months of age. Goal is to introduce infants and toddlers to the aquatic environment. Parent and child learn together under the guidance of an instructor. There must be one adult per child attending.

Level 1 • Water Acclimation

Prerequisite: Minimum 3 years of age, and beginner swimmer. Goal is to increase comfort in water and able to perform back/front floats unassisted, monkey crawls and treading water for 10 secs.

Level 2 • Water Movement

Prerequisite: Swimmer who is comfortable in water without assistance. Goal is to encourage forward movement, back float, perform front crawl unassisted and submerged head bobs.

Level 3 • Water Stamina

Prerequisite: Able to do unassisted glides and floats on front and back, as well as submerge. Goal is to be able to tread water for 30 seconds.

Level 4 • Stroke Introduction

Prerequisite: Able to submerge to retrieve an object in chest deep water, tread water and perform unassisted swimming on front and back. Goal is to introduce basic stroke technique in front and back crawl and reinforces water safety through treading water and introduces sitting dives and performing breast stroke.

Level 5 • Stroke Development

Prerequisite: Able to perform any stroke or combination of strokes for 25 yards. Perform front and back crawl, elementary back stroke, breaststroke kick, and butterfly kick. Goal is to introduce breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Level 6 • Stroke Mechanics

Prerequisite: Perform front crawl with bent-arm recovery, back crawl, sidestroke, breaststroke, and butterfly. Goal is to introduce flip turns and perfecting sitting dives and refine stroke technique on all major competitive strokes and encourage swimming as part of a healthy lifestyle.

REQUIRED EQUIPMENT



Swim suit & towel

Swim cap or hair pulled back if long

Goggles (no nose piece) for Level 4 and up

Parent & Tot is FREE for any CHILDREN that are Y MEMBERS

CARTHAGE HIGH SCHOOL POOL

- 36500 NYS ROUTE 26, CARTHAGE, NY 13619
- Please use the school's "North Entrance" to enter the building. It is the far right entrance when you are looking at the front of the building and is labeled.
- All Swimmers must take a shower before entering the water
- No diving unless properly supervised
- For more info: watertownymca.org

NO CLASS SATURDAY, MAY 25TH