

**CARTHAGE YMCA**  
250 State Street  
Carthage, New York 13619

For program questions contact:  
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For more information on programs,  
memberships, services, and to  
register: [watertownymca.org](http://watertownymca.org)



**SCAN QR CODE  
TO REGISTER**



### **REQUIRED EQUIPMENT**

Swim suit & towel  
Swim cap or hair  
pulled back if long  
Goggles (no nose piece)  
for Level 4 and up



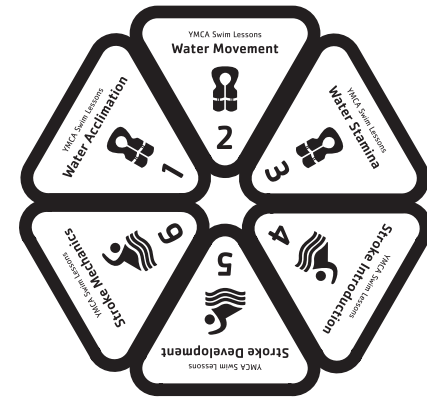
### **GATEWAY FINANCIAL SCHOLARSHIP**

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.



Northern New York  
Community Foundation



**CARTHAGE YMCA  
FALL SWIM  
LESSONS**  
6 Months - 18+ Years

**REGISTRATION OPENS:  
MEMBERS: SEPTEMBER 6TH  
NON-MEMBERS: SEPTEMBER 7TH**



## WHAT YOU NEED TO KNOW

**LOCATION:** Carthage High School Pool

**AGES:** 6 months - 18+ years

**DATE:** September 21st - October 26th

**DAYS & TIMES:** Saturdays - 6 weeks

### PROGRAM FEES:

#### Parent & Tot\* & Level 1-3

Member: \$50.00

Non-Member: \$60.00

Military: \$55.00

#### Level 4-6 & Adult Beginner

Member: \$55.00

Non-Member: \$65.00

Military: \$60.00

#### 30 Min Private Lessons:

Member: \$55.00

Non-Member: \$65.00

Military: \$60.00

#### 45 Min Private Lessons:

Member: \$65.00

Non-Member: \$75.00

Military: \$70.00

#### 45 Min Semi-Private Lessons\*\*:

Member: \$95.00

Non-Member: \$105.00

Military: \$90.00

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

**\*\*Semi-private: 2 Siblings**

## FALL SWIM LESSONS

### 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. Must be comfortable being in water without parent. 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.

### Saturdays - 6 Weeks

Private/	9:00 - 10:00 AM
Semi-Private	12:00 - 12:45 PM

Parent & Tot/ Level 1-3	10:00 - 11:45 AM
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Levels 4-6	11:45 AM - 12:30 PM
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Adult Beginner	12:00 - 1:00 PM
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## 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
- For Parent & Tot, parents must put on swimmer diapers for their toddlers and arrive early enough to properly prepare their participant(s) for the lesson.
- No diving unless properly supervised
- For more info: [watertownymca.org](http://watertownymca.org)

