

CARTHAGE YMCA
250 State Street
Carthage, New York 13619

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

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



**SCAN 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 ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.



Northern New York
Community Foundation



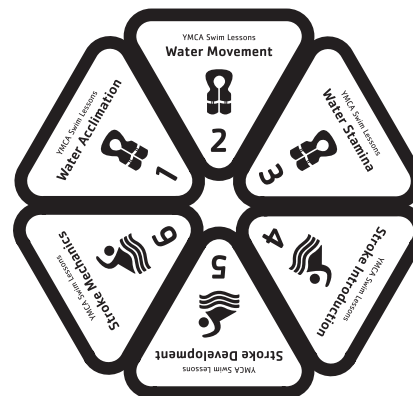
UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK

CARTHAGE YMCA SWIM LESSONS FALL SESSION 2

6 Months - 18+ Years



**REGISTRATION OPENS:
OCTOBER 4TH AT 12 PM**



WHAT YOU NEED TO KNOW

LOCATION: Carthage High School Pool

AGES: 6 months – 18+ years

DATE: October 25th – November 15th

No Lessons November 29th

DAYS & TIMES: Saturdays – 6 weeks

6-WEEK PROGRAM FEES:

Parent & Tot

Member: \$10.00

Non-Member: \$74.00

Military: \$64.00

Level 1-3

Member: \$55.00

Non-Member: \$74.00

Military: \$64.00

Level 4-6

Member: \$61.00

Non-Member: \$80.00

Military: \$70.00

PER (WEEKLY) LESSON FEE:

30 Min Private Lessons

Member: \$35.00

Non-Member: \$65.00

Military: \$50.00

45 Min Private Lessons

Member: \$45.00

Non-Member: \$75.00

Military: \$60.00

SWIM LESSONS FALL SESSION 2

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 Lesson 8:30/9:00/9:30 AM
30 Minutes

Private Lesson 8:45/9:00 AM
45 Minutes

Parent & Tot / 10:00 – 10:30 AM
Levels 1-3 10:35 – 11:05 AM

Level 4-6 11:10 – 11:55 AM

**Private Lessons coincide with
Saturday morning lessons and must
be scheduled through Director.**

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.
- Swimmers should arrive early to properly prepare for lessons.
- 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

