

CARTHAGE BRANCH

250 State Street
Carthage, NY 13619

For program questions contact:

Keith Gipson
kgipson@nnyymca.org
315.463.3286

Need financial assistance?

Know someone who does?
We can help.

GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has 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 memberships, services, or program fees.

SUPPORTED BY



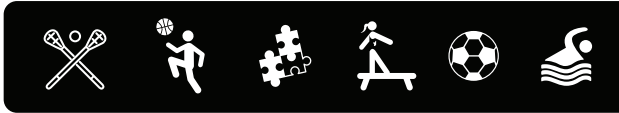
Northern New York
Community Foundation



UNITED WAY
Northern New York



SCAN FOR APPLICATION or stop by the Welcome Center. Assistance is based on applicant's income and expenses. All information is kept private and confidential.



VISIT US ONLINE AT
WATERTOWNYMCA.ORG

THE PLACE for even more great YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

THE
Where You Can
Really *Do It All*
PLACE

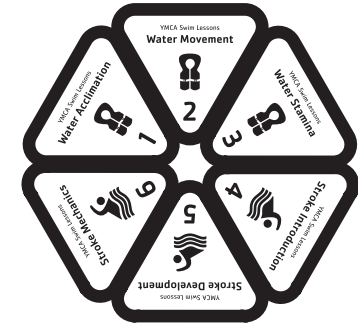


CARTHAGE BRANCH

SPRING 1
SWIM LESSONS

AGES: 6 Months - Adult

DATES: April 18 - May 30



REGISTRATION OPENS MARCH 28



Scan to Register

FIND US ON





SWIM LESSONS

LOCATION

Carthage High School Pool
36500 NYS Route 26, Carthage

AGES

6 Months - Adult

DATES

April 18 - May 30 (6 weeks)

PROGRAM FEES

Parent & Tot

Member	\$10.00
Non-Member	\$70.00
Military	\$65.00

Levels 1 - 3

Member	\$55.00
Non-Member	\$70.00
Military	\$65.00

Levels 4 - 6

Member	\$60.00
Non-Member	\$80.00
Military	\$70.00

PRIVATE LESSONS

30-Min • 45-Min • Adult*

Member	\$35	\$50	\$45
Non-Member	\$65	\$70	\$55
Military	\$50	\$60	\$50

*Adult: Beginner lessons are 30-min.

Parent & Tot • Water Discovery (Min. 6 months)

Goal: To introduce infants and toddlers to basic water safety while building a relationship through fun and interactive instruction and games. Parents and children will learn together under the guidance of an instructor. A minimum of one parent per child is required in the pool.

Level 1 • Water Acclimation (Min. 4 years)

Prerequisite: Ability to be in the water without a parent. Goal: To increase comfort in the water while developing basic skills to propel and glide with instructor assistance. Parents must remain on the pool deck.

Level 2 • Water Movement

Prerequisite: Swimmer must be comfortable in the water without a flotation device. Goal: To encourage independent forward and backward motion while developing skills to propel and glide without instructor assistance. Parents must remain on the pool deck.

Level 3 • Water Stamina

Prerequisite: Able to perform unassisted front/back glides, floats, and submerge. Goal: Promote independent motion while integrating arms, legs, and rhythmic breathing. Parents must remain on the pool deck.

Level 4 • Stroke Introduction

Prerequisite: Must be able to front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl. Goal: To develop front and back crawl techniques and introduce components of breaststroke and butterfly.

Levels 5/6 • Stroke Development/Mechanics

Prerequisite: Must be able to swim front crawl 25 yards, tread for 1 minute and finish with 25 yard front crawl. Goal: Lessons in the lap pool are grouped by skill level to enhance techniques, stroke mechanics, diving skills, and more.

SATURDAYS FOR 6 WEEKS

Private Lessons** 8:00 - 10:00 AM

Parent & Tot and Levels 1 - 3
10:00-10:30AM or 10:35-11:05AM

Level 4 - 6 11:10 - 11:55 AM

**Private Lessons must be scheduled through the Director.

CARTHAGE HIGH SCHOOL POOL

36500 NYS ROUTE 26, CARTHAGE, NY 13619

- Please use the school's "North Entrance" to the far right when you are looking at the front.
- Swimmers should arrive early to properly prepare for lessons
- For Parent & Tot, parents must put on swimmer diapers for their toddlers and arrive early enough to properly prepare for lessons
- Swimmers must shower before entering water

Questions?

Please contact

Keith Gipson, Director

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