DOWNTOWN BRANCH

146 Arsenal Street
Watertown, NY 13601

For program questions contact:
Bear Jones, Aquatics Director
bjones@nnyymca.org
315.782.3100

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

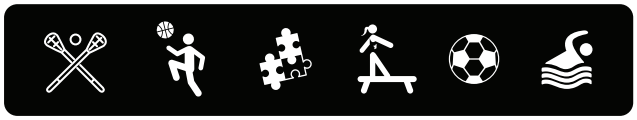
Northern New York Community Foundation

UNITED STATES ARMY CHILD & YOUTH SERVICES

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.

THE
Where You Can
Really *Make A Splash*
PLACE



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 YMCA®

VISIT US ONLINE AT
WATERTOWNYMCA.ORG

WATERTOWN FAMILY YMCA
DOWNTOWN BRANCH



AGES
6 Months – 18 Years
DATES*
December 1 – February 6
*No class Dec 22 – Jan 2

WINTER 1: SWIM LESSONS

FREE LESSONS
for Level 1
and Level 2
THANKS TO NYS

NEW YORK STATE
NY SWIMS INITIATIVE

See inside for details.

ASSESSMENTS REQUIRED
for first time participants.
Open Assessments:
November 9, 10, and 11 | 4:00 – 5:00 PM

LESSON REGISTRATION OPENS

For Members	November 17 | 9:00 AM
Non-Members	November 19 | 9:00 AM

FIND US ON

the YMCA® **FOR YOUTH DEVELOPMENT®**
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY





WINTER 1: SWIM LESSONS

LOCATION: Downtown YMCA
Maxine Engstrom Quigg Aquatic Center

AGES: 6 Months – 18 Years

DATES: December 1 – February 6*
*No class December 22 – January 2

PROGRAM FEES: per 8-week session

Parent & Tot A (6 mos – 3 yrs) – 30-min

Members	$18
Non-Members	$94
Military	$89

Parent & Tot B (2 – 3 yrs) – 30-min

Members	$64
Non-Members	$94
Military	$89

Level 1 and Level 2 (4 – 12 yrs) – 30-min**
FREE** thanks to NY SWIMS. Registration required.

****IN-PERSON REGISTRATION ONLY** at the Downtown Y Branch. Participants receiving free lessons must attend at least 6 of the 8 weeks. NOTE: If the attendance requirement is not met, the full program fee will be charged.

Level 3 and Level 4 – 45-min

Members	$71
Non-Members	$100
Military	$95

REQUIRED EQUIPMENT
Swim suit & towel
Swim cap (or long hair pulled back)
Goggles for Level 4+ (no nose piece)

Parent & Tot A | Water Discovery (MIN. 6mos)
Goal: Introduce infants/toddlers to basic water safety through fun and interactive instruction and games led by an instructor. Parents and children will build trust as they learn together. **A Parent/Guardian must be in the pool.**

Parent & Tot B | Water Exploration (MIN. 2 yrs)
Prerequisite: Ability to be in the water with a parent in the water nearby. **Goal:** Encourage children to move purposefully in the water while emphasizing basic water safety with the guidance of an instructor & the assistance of parents. **A Parent/Guardian must be in the pool.**

Level 1 | Water Acclimation (MIN. 4 yrs old)
Prerequisite: Ability to be in the water without a parent.
Goal: Increase comfort in the water & develop basic skills with an instructor including floats, crawls, & submersion.
A Parent/Guardian must remain on the pool deck.

Level 2 | Water Movement
Prerequisite: Must be comfortable in the water without a flotation device. **Goal:** Encourage independent motion & developing skills to propel and glide without assistance.
A Parent/Guardian must remain on the pool deck.

Level 3 | Water Stamina
Prerequisite: Ability to swim front crawl 15 yards, tread for 1 minute, and front crawl 15 yards. **Goal:** Promote independent motion in the water while integrating arm/leg action with rhythmic breathing.
A Parent/Guardian must remain on the pool deck.

Level 4 | Stroke Introduction
Prerequisite: Ability to swim front crawl 25 yards, tread for 1 minute, and front crawl 25 yards. **Goal:** Develop front and back crawl techniques and introduce components of breaststroke and butterfly.

DAYS/TIMES (PICK ONE)

Tuesday

ACTIVITY POOL	
4:00 – 4:30 PM	Parent & Tot A, Level 1
4:35 – 5:05 PM	Parent & Tot B, Level 1
5:10 – 5:40 PM	Levels 1 and 2
5:45 – 6:15 PM	Levels 1 and 2
6:20 – 6:50 PM	Levels 1 and 2
LAP POOL	
5:15 – 6:00 PM	Levels 3 and 4
6:05 – 6:50 PM	Levels 3 and 4

Thursday

ACTIVITY POOL	
11:45 – 12:15 PM	Parent & Tot A
4:00 – 4:30 PM	Parent & Tot A, Level 1
4:35 – 5:05 PM	Parent & Tot B, Level 1
5:10 – 5:40 PM	Levels 1 and 2
5:45 – 6:15 PM	Levels 1 and 2
6:20 – 6:50 PM	Levels 1 and 2
LAP POOL	
5:15 – 6:00 PM	Levels 3 and 4
6:05 – 6:50 PM	Levels 3 and 4

Saturday

ACTIVITY POOL	
8:15 – 8:45 AM	Parent & Tot A, Level 1
8:50 – 9:20 AM	Parent & Tot B, Level 1
9:25 – 9:55 AM	Levels 1 and 2
LAP POOL	
8:15 – 9:00 AM	Level 3
9:05 – 9:50 AM	Level 3

Questions? Please contact
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