

Program Fees

Swim Lessons

Members: \$26, Non-Members: \$52

There is a \$5 fee to change class once registered.
No refunds without doctor's note, and no make-ups.

Private Lessons (per 1/2 hour)

Member: \$10, Non-Member: \$20

Water Fitness

Members: Free

Non-Members for one month:

\$20 one day a week

\$37 two days a week

\$46 three days a week

Splash Party

Member: \$70

Non-Member: \$110

Additional fees apply for extra time in room or pool.
Fee is for parties of up to 25 swimmers. Fee is \$15 per 25 extra people.

Splash Parties include 1 hour in pool and 1 hour in party room. Available after hours on Saturdays and Sundays at *both* YMCAs.

CPR & AED Course

Full Course Member: \$40, Non-Member: \$55

Re-cert Course Member: \$30, Non-Member: \$40

First Aid Course

Member: \$35, Non-Member: \$50

Lifeguarding Courses

Full Course, Member: \$120, Non-Member: \$160

Re-cert, Member: \$80, Non-Member: \$110

Registration can be done in person or by mail.

Financial assistance may be available. Inquire at front desk.



Pool Rules

- Pool is open only when a lifeguard is on duty.
- Please shower before entering the water.
- Swimsuits are required. Street clothes are not allowed in water.
- Persons with communicable diseases, rashes, or open sores are not allowed in water.
- Please do not wear bandages in the water.
- Urination, discharge of fecal matter, spitting, and nose blowing are prohibited.
- Glass containers and food are not allowed on deck.
- Children not potty trained must wear swim diapers or tight-fitting plastic pants over diapers.
- An adult must accompany any child who cannot touch bottom in the shallow end.
- A swim test will be required for swimming in the deep end.
- Please walk on deck.
- Diving is allowed at depths of 9 feet or deeper, swimmers may not perform flips or twists.
- Wrestling, dunking, and sitting on other people's shoulders is not allowed.
- Please stay off of the ropes and lane lines.
- Equipment such as barbells, kickboards, and fins are for YMCA programs and lap swim only.
- Jogging, stretching, and other exercises are allowed during lap swim. Please stay near the wall if you are socializing.
- When more than 2 swimmers wish to use a lane, a circle swim must begin.
- Pool set up may change depending on the number of swimmers and types of activities going on.
- For your safety, the lifeguard has full authority.



Aquatics Department New Member Orientation



Binghamton Branch
61 Susquehanna St
Binghamton, NY 13901

West Family Branch
740 Main St.
Johnson City, NY 13790

Chris Ambra Aquatics Director 770.9622 x 106
Patty Benda, Assistant Aquatics Director 772.0560 x 115



We build
strong kids,
strong families,
and strong communities.



Swim Lessons

Binghamton Branch

Parent-Child

Wednesday 6-6:30pm

Preschool

Monday/Wednesday 6:00pm-6:30pm

Saturday 11:00am-11:30am

Competitive Clinic, and Youth

Monday/Wednesday 6:00pm-6:45pm

Saturday 11:00am-11:45am

Adult Learn to Swim & Stroke Clinic

Monday 7-7:45pm

Swimming Club

Tuesday and Thursday 7-8:15pm and

Wednesday 6-7:15pm

West Family Branch

Parent-Child

Tuesday or Thursday 10:00am-10:30am

Thursday or Friday 6:30pm-7:00pm

Saturday 9:15am-9:45am, 10:05am-10:35am,

or 11:00am-11:30am

Preschool

Monday or Wednesday 4:15pm-4:45pm, or

5:00pm-5:30pm

Tuesday or Thursday 10:30am-11:00am

Thursday 3:45-4:15pm or 6:30pm-7:00pm

Thursday or Friday 6:30pm-7:00pm, or

7:00pm-7:30pm

Saturday 9:15am-9:45am, 10:05am-10:35am,

or 11:00am-11:30am

Youth

Monday or Wednesday 4:15pm-5:00pm,

5:00pm-5:45pm

Thursday 3:45pm-4:30pm

Saturday 9:15am-10:00am, 10:05am-10:50am,

or 11:00am-11:45am

Adult/Teen (Learn to Swim & Stroke Clinic)

Thursday 7:30pm-8:15pm

Special Needs

Tuesdays 6:30-7pm

Thursdays 7-7:30pm



Program Descriptions

Competitive Clinic

Must be able to swim one length of crawl stroke in good form or have completed Minnow level or higher in the YMCA Swim Lessons. Swimmers work on specific skills needed on swim team such as competitive stroke refinement, racing starts and turns, and conditioning.

Parent Child Program

For children ages 6 months to 3 years.

Promotes water enrichment and aquatic readiness activities.

Preschool

For children from 3-5 years.

Teaches water adjustment and basic swimming and safety skills.

Youth and Adult

Teaches personal safety, personal growth, stroke development, water games and sports, and rescue.

Special Needs

For children with mild to moderate neurological, physical or social challenges, a beginner swim program that focuses on introducing swimming readiness skills and developing a personal comfort level in the water.

Swimming Club

Structured practices by a swim coach to improve technique, speed, and endurance.

Arthritic Exercise and Arthritic Plus

Activities work to improve mobility and flexibility through exercise and stretching. Follows Arthritis Foundation guidelines.

Deep Water Jog

Must be comfortable in deep water.

A high intensity class designed to strengthen and tone muscles.

Rusty Hinges

Similar to arthritic classes with additional cardiovascular exercises.

Water Aerobics and Water Aerobics Plus

High level classes. Combine deep water jog, kickboxing and more.

Water Kickboxing

Cardiovascular conditioning program that combines kickboxing techniques with added resistance of in-water exercise.

Water Walking

A low intensity class that improves proper form for walking and includes flexibility and stretching exercises.

Water Pilates

A class using buoyancy, resistance and gentle movement of water to strengthen muscles and enhance flexibility and posture for a great core class.

Swim Lessons · Swim Lessons

Water Fitness · Water Fitness

Water Fitness

Binghamton Branch

Water Aerobics-MWF at 9:00am

Deep Water Jog-Tu/Th at 11:00am

West Family Branch

Arthritic Exercise-MWF at 2:00pm

Arthritic Plus-Tu/Th at 2:00pm

Deep Water Jog-MWF at 10:00am, Tu/Th at

9:00am and 10:00am, M at 5pm.

Rusty Hinges-MWF at 11:00am, Tu/Th at 11:00am

Water Aerobics-MWF at 9:00am, MW at 6:30pm,

and Tu/Th at 4:30pm

Water Aerobics Plus- Tuesday at 6:30pm

Water Pilates—Saturday at 8am

Water Kickboxing-Saturday at 8:15am

Water Walking-MWF at 10:00am

Certification Courses

CPR, AED & First Aid Courses

Provides basic knowledge and skills necessary in a potential life-threatening emergency for American Safety and Health Institute certification.

Lifeguarding Courses

Provides the knowledge and skills needed to be a lifeguard. Must take CPR, AED, and First Aid classes separately. Must be at least 16 years old by end of course to take class.

For class schedules, please inquire at front desk.

Get involved. Be a volunteer!

The YMCA is the perfect place to volunteer. The Aquatics Department's teen assistant swim instructor program prepares teens between 13 and 15 years old to teach swim lessons to people of all ages and abilities. Participants are trained in June. Others interested in volunteering may inquire at the front desk.

Persons with Disabilities

Both YMCA pools are handicap accessible. Our chair lifts provide an easier way for swimmers to enter the water. Please feel free to ask the lifeguard for more information.