

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## West Family YMCA

740 Main St. Johnson City, NY 13790  
(607) 770-9622 ext 106 Fax: (607) 729-4977  
Aquatics Director: Patty Benda,  
pbenda@bcymca.com

## Binghamton Branch YMCA

61 Susquehanna St., Binghamton, NY 13901  
(607) 772-0560 ext 115 Fax: (607) 772-0563  
Assistant Aquatics Director: Jen Dube  
jdube@bcymca.com

### Registration Required:

Session Dates: April 19-June 7, 2010 (no classes Memorial Day)

Members: \$26, registration begins March 19, 2010 Nonmembers: \$52, registration begins April 2, 2010

**Scholarships are available, inquire at the front desk**

How Can I register: Over the phone with credit or debit card, in person, by mail with check, or if your email is registered with us you can register on our website - [www.bcymca.com](http://www.bcymca.com)

Information you will need to provide the Front Desk when registering: Participant's name & age, DOB, time & day you want to register for, member/nonmember, contact information & address, if they have enrolled before this information may already be in our computer. You may need to sign a release form as well

### Parent/Child

Ages: 6 months-3 years

- 30 minute lesson, once a week for 7 weeks
- For children ages 6 months - 3 years along with their parents
- Promotes water enrichment and aquatic readiness activities

### Preschool

Ages: 3-5years

30 minute lesson, once a week for 7 weeks

- Teaches water adjustment and basic swimming and safety skills.
- Class ratio is 6-8 participants per instructor. Participants use floatation belts.

### The Youth and Adult aquatic program

- For ages 6 years and older
- Lays a good foundation of basic aquatic skills and safety
- At each level, participants are involved in activities relating to five components: personal safety, personal growth, stroke development, water games and sports, and rescue. Guided Discovery style of teaching

### Specialty Class Descriptions:

#### The Competitive Clinic Program

- Must be able to swim two lengths of crawl stroke in good form or have completed the Minnow level or higher in the YMCA Swim Lessons or get approval from the Aquatics Director or Assistant Director
- Designed to work on specific skills needed on swim team, such as competitive refinement, racing starts, turns and conditioning
- MUST BE AT LEAST 8 YEARS OLD
- If instructor does not feel the child is ready for the class he/she may talk with you about other options.

#### The Wet Ball Clinic Program

- It is a three-level progressive program that leads to playing Water Polo
- Students learn the basic water polo skills (ball handling, dribbling, throwing, shooting and goalie skills) through drills & games
- This is designed for children ages 8-12years old
- Space is limited to 16 participants per session
- Must be comfortable in deep water and have completed the Minnow level or higher in the YMCA Swim Lessons or get approval from the Aquatics Director or Assistant Director

#### Special Needs:

It is a beginner swim program that focuses on introducing swimming readiness skills through games, developing a personal comfort level in the water and coordinating basic movements.

Instruction will also be based on the YMCA Swim Lesson Programs, 5 components of Personal safety, Personal Growth, Stroke Development, Water Sports and Games and Rescue.

Little Hoppers-For children 3-8yrs *with a parent or aide*; with neurological, physical, or social challenges.

Fantastic Frogs-For children 9-13 yrs *with a parent or aide*; with mild to moderate neurological, physical or social challenges.



United Way  
of Broome County

**Parent/Child Classes:  
Ages: 6 months-3 years**

Tuesday	Wednesday	Thursday	Friday	Saturday
				9:15AM West
				9:30AM Binghamton
10:00AM West		10:00AM West		10:05AM West
				11:00AM West
	4:15PM Binghamton			
	6:00PM Binghamton			
		6:30PM West	6:30PM West	

**Preschool Classes:  
Ages: 3-5 years**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:15AM West
					10:05AM West
	10:30AM West		10:30AM West		10:15AM Bingham- ton
					11:00AM West
3:45PM West			3:45PM West		
		4:00PM West			
		4:15PM Bingham- ton			
4:35PM West		4:35PM West			
		5:10PM West			
6:00PM Binghamton		6:00PM Bingham- ton			
			6:30PM West	6:30PM West	
				7:00PM West	

**Youth  
Ages: 6-12 years**

Monday	Wednesday	Thursday	Saturday
			9:15AM West
			10:05AM West
			11:00AM West
			11:00AM Binghamton
3:45PM West		3:45PM West	
	4:00PM West		
4:35PM West			
	5:00PM West		
6:00PM Binghamton	6:00PM Binghamton		

**Specialty Classes:**

Monday	Tuesday	Wednesday	Thursday
	3-3:30PM Special Needs West		
6:00-7:00PM Competitive Clinic Binghamton	6:00-7:00PM Wetball Clinic Binghamton	6:00- 7:00PM Competitive Clinic Binghamton	
	6:30-7PM Special Needs West		7-7:30PM Special Needs West

**Teen & Adult Learn to Swim &  
Stroke Clinic  
Ages 12+ years**

Monday	Tuesday	Thursday
	6:00-6:45PM Learn To Swim Binghamton	
6:45PM-7:15PM Binghamton		
		7:30-8:15PM Binghamton