

YMCA AQUATICS

Suburban North Family YMCA Members may take Nazareth YMCA Aquatic Classes at a **SPECIAL** Suburban North Family YMCA Member Rate! For more detailed information regarding classes listed on this page, call the Nazareth YMCA at 610-759-

Infant & Toddler Aquatics (ages 3 & under)

Parents assist their children in water adjustment games and activities.

Shrimp—ages 6—15 months

Kippers—ages 15—24 months

Inia—Ages 24—36 months

Simple activities and games will be used to prepare the child for an independent swim class.

Y Skippers—Pre-school Aquatics (ages 3—5)

Perch—First time Beginner

This class is for children who have not had any swim instruction or have a fear of the water. Simple activities and games will be used to help child feel more comfortable in the water in a small class setting. Parents participate in the water with their child.

Pike—Beginner

In our beginner class, children learn to feel comfortable in the water with water adjustment activities. Parents do not participate. Children wear flotation devices

Eel—Advanced Beginner

Designed for children who can already swim five feet on their front, back and side with a flotation device. Children build endurance, become more efficient swimmers and progress to swimming without a flotation device.

Ray—Intermediate

In our intermediate class, children develop the basic strokes. Youngsters must be able to jump in and swim 15 feet on their front, back and side to enter this class. No flotation devices are used.

Starfish—Advanced

Children learn rotary breathing, front and back crawl strokes. A child must be comfortable swimming 25 yards on

School Age Aquatics

Polliwog—Beginner

Focus will be on water adjustment, floating and introduction to front and back crawl. A flotation device will be used as needed. Students are slowly introduced to deeper water.

Guppy—Advanced Beginner

At this level emphasis is on stroke development. Children learn rotary breathing, front crawl and back crawl.

Minnow—Intermediate

Children refine their front crawl and backstroke techniques and begin working on endurance training, survival floating, reaching assists, elementary backstroke, breaststroke and side stroke.

Fish—Advanced

This class is designed to help the advanced swimmer improve and perfect their stroke mechanics and endurance using varied strokes and turns.

Flying Fish—Advanced

Advanced swimmers will learn the butterfly and refine the breast stroke, front and back crawl.

Adult Aquatics

Morning Wet Workout

Participants work at their own pace. No swimming ability is required. Class emphasis is on improving muscle ton in the arms, legs, abdominals and increasing cardiovascular endurance through aerobic interval training.

Adult Swim Lessons

For participants ages 14 and older who want to learn to swim, be safe in and around the water or refine their swimming skills.

Arthritis Water Exercise

This co-ed exercise program utilizes the water to help ambulatory adults improve or sustain muscular and joint mobility through coordinated movement. All exercises are

**NEW
IN 2010!!**

Private Swim Lessons offered—for children and adults, private and semi-private. Contact the Nazareth YMCA at 610-759-3440 for details!



The YMCA has been teaching swim lessons for more than 100 years!!