



**KIDS**  
**Aquatics Classes**

**Hampshire Regional YMCA  
Refund Policy for Programs/Classes**

Requests for refunds or credit must be made in person or in writing. Refund or credit will be given according to the following schedule:

100%- 2 weeks before 1st week of class  
100% -voucher only 1 week prior to start of class

Once session begins, all changes must be approved by the program director.

**Inside**

**Swim Lessons (6 mos. –5 yrs.)**

**Youth Aquatics (6 – 12 yrs.)**

**HRY Dolphins Swim Team**

Hampshire Regional YMCA  
286 Prospect Street • Northampton, MA • 01060  
Tel. 413.584.7086  
www.hrymca.org ♦ christie.emerson@hrymca.org

**Fall 1 Session**  
September 7-October 30, 2010  
Member registration begins August 9  
Non-member registration begins August 23  
8 week session

# Preschool Aquatics

Member: \$43, Non-Member: \$86  
Unless otherwise specified

## Waterbabies (YMCA Shrimp, Kipper, & Inia): 6-18 months

Your infant's first aquatic experience! Children find the warm water of the instructional pool delightful in this program designed to help parent and child develop a comfort level in the water. The water provides a great environment for movement exploration through a variety of games and activities, and a great place to meet other families with young children.

Wednesday 9:00-9:30 AM  
Saturday 8:30-9:00 AM

## Perch: 18-36 months

With floatation aids, children learn the skills that eventually enable them to swim independently. Emphasis is on the parents and children having fun and enjoying the water together!

Monday 9:00-9:30 AM  
Saturday 9:05-9:35 AM

## Pike & Parent: 3-5 years (beginners) & Parent

Many children are ready for the structure of a Pike class but feel more secure in the company of their favorite grown-up! Using the same format as our Pike lesson, adults participate with children, assist the instructor, and have fun.

Thursday 5:25-5:55 PM  
Saturday 9:40-10:10 AM  
Saturday 11:25-12:00 PM

## Pike: 3-5 years (beginners with little or no experience)

Develops safe pool behavior and adjustment to the water, as well as independent movement in the pool. Introduces the basic skills of swimming and water safety to preschoolers who depend on floatation to be successful in the water.

Monday 4:15-4:45 PM – section "A"  
Tuesday 4:50-5:20 PM – section "B"  
Wednesday 3:35-4:05 PM – section "C"  
Thursday 3:35-4:05 PM – section "D"  
Friday 3:35-4:05 PM – section "E"  
Saturday 10:15-10:45 AM – section "F"

## Eel: 3-5 years (advanced beginner level)

Develops basic swimming and water safety skills for children who are comfortable in the water. Children are encouraged to reduce floatation and eventually eliminate it as swimming progresses.

Monday 4:15-4:45 PM –section "A"  
Tuesday 3:40-4:10 PM –section "B"  
4:15-4:45 PM—section "C"  
Wednesday 3:35-4:05 PM—section "D"  
Thursday 3:35-4:05 PM –section "E"

## Juniors 2

11 and 12 year olds, can swim a legal 200 1M, as well as all four competitive strokes, starts and turns; can read a pace clock. Training will include endurance building, developing efficiency, gaining speed, and competitive technique. Competition includes other area teams, Invitationals, and Championships. US Swimming is strongly recommended.

Practice up to 5x per week:

Monday - Thursday 6:30-8PM  
Friday 6:15-7:30PM  
Sunday 5-6:30PM

Household Members: \$325 Youth or Y-Team Members: \$400

## Seniors

Swimmers (mostly 13+) who are knowledgeable, experienced, and proficient in training and competition and are dedicated to the sport of swimming. Rigorous training will include intense swimming, distance and sprint work, numerous drills to improve efficiency, more advanced competitive techniques, and development of pace strategies. Competition includes other area teams, Invitationals, and Championships. US Swimming is strongly recommended.

Practices up to 6x per week:

Monday - Thursday 6:30-8:30PM  
Friday 6:15-7:30 PM  
Saturday 6:30-8:30AM  
Sunday 5-6:30PM

Household Members: \$380 Youth or Y-Team Members: \$475

## High School

For Seniors who will be participating with their High School team from December-February. Practice time is the same as the senior group

Household Members: \$250 Youth or Y-Team Members: \$310

# HRY Dolphins Swim Team

## Fall/Winter September 13-March 4, 2011

### 25 week session

#### Pre Team

Ages 4-7 who can swim the length of the small pool without floatation. Focus is to help young swimmers develop a good “feel” for the water having fun. Non-competitive except within the HRY Dolphins Swim Team.

Session 1 September 13-December 2           12 week session  
 Session 2 December 7 - February 24       12 week session  
 Tuesday and Thursday       6:30-7:10PM  
 Household Members: \$90.00 Youth or Y-Team members: \$115.00

#### Developmental Team

6 to 8 year olds; able to swim 2 consecutive lengths of the large pool (one free, one back). Focus is stroke development for the four competitive strokes with proper starts and turns. Competition includes other area teams, Invitationals, and League Championships. US Swimming is available

Practice 3 times per week:  
 Monday, Wednesday, 5:30-6:30PM  
 Friday 6:15 - 7:15PM  
 Sunday 5-6:30PM  
 Household Members: \$225 Youth or Y-Team Members: \$280

#### Juniors1

10 and Under Group that must be able to perform all four competitive strokes with proper technique, as well as legal IMs, turns, and starts; should be able to read and follow a pace clock. Training will include endurance building, developing efficiency, gaining speed, and competitive technique. Competition includes other area teams, Invitationals, and League Championships. US Swimming is available/ recommended.

Practice 3X per week:  
 Mon/Wed 6:30-8PM, Tu/Th 5-6:30PM, Fri 6:15-7:30PM, Sun 5-6:30PM  
 Household Members: \$250 Youth or Y-Team Members: \$310

Thursday       4:50-5:20 PM - section “F”  
 Friday         3:35-4:05 PM – section “G”  
 Saturday      10:15-10:45 AM –section H”  
                   10:50-11:20 AM – section “I”

#### Ray: 4 & 5 years (no bubble)

Develops swimming and water safety skills for children who can swim the width of the small pool with no bubble and are comfortable under water. Emphasis is on stroke development and endurance.

Monday         3:35-4:10 PM  
 Thursday      4:10-4:45 PM  
 Friday         4:10-4:45 PM  
 Saturday      10:50-11:20 AM  
 Member: \$47                               Non- Member: \$94

#### Starfish: 4 & 5 years (advanced)

Develops more advanced swimming and water safety skills for children who can swim the length of the small pool with no floatation aids. This class is held in the large pool and includes deep water skills and increased swimming opportunities.

Friday         3:35-4:10 PM  
 Member: \$47                               Non- Member: \$94

**\*Held in the Cool Pool**

## Youth Aquatics



## Ages 6-12 Years Old

Member: \$50, Non-Member: \$98

Unless otherwise specified

### Polliwog 1

Non-swimmers; beginners; those requiring floatation.

Wednesday 4:10-4:50 PM

**\*Held in the Warm Pool**

### Polliwog 2

Able to make some progress swimming on own.

Monday 3:30-4:10 PM

Wednesday 3:30-4:10 PM

Friday 4:15-4:55 PM

Saturday 8:45-9:25 AM

### Guppy

Able to swim the length of pool without stopping; comfortable in deep water; able to jump off the deck into deep water.

Monday 4:15-4:55 PM

Thursday 3:30-4:10 PM

Friday 5:00-5:40 PM

Saturday 9:30-10:10 AM

### Minnow

Able to swim 25 yards with consistent rotary breathing and able to swim 25 yards on back.

Tuesday 3:30-4:10 PM

Thursday 4:15-4:55 PM

Saturday 10:15 -10:55 AM

### Fish

Able to swim 50 yards front crawl and 50 yards back crawl and able to dive into deep water.

Tuesday 4:15-4:55 PM

Saturday 11:00-11:40 AM

### Swimming for Conditioning/Flying Fish/Shark

(Fish level and higher)

This class is for swimmers with experience who enjoy swimming and want to do more of it. Emphasis is on efficiency and good swimming technique while building stamina and endurance.

Wednesday 4:15-4:55 PM

### Triathlon Training Swim Class

This new class is geared towards athletes who already know how to swim and are competing or hoping to compete in a triathlon in the near future. Focus will be on technique, efficiency and endurance. Swimmer should be able to swim a minimum of 200 continuous yards.

Friday 11:15 AM—Noon

Members \$120

Non-Members \$200

