

# SWIM LESSONS AT THE FALLBROOK YMCA

# FALLBROOK YMCA 2019 FALL AQUATICS

## AQUATIC SESSION & REGISTRATION DATES

SESSION DATES:	Y MEMBER REGISTRATION:	NONMEMBER REGISTRATION:
September 9 - October 13	September 3-14	September 5-14
October 14 - November 17	October 8-19	October 10-19

## NOW HIRING ROLE MODELS

The Lincoln Y has a variety of employment opportunities. Visit [ymcalincolnjobs.org](http://ymcalincolnjobs.org) and apply online today.

## SELECT THE RIGHT LEVEL FOR YOUR SWIMMER

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

- Can the student respond to verbal cues and jump on land? **NOT YET** → A / WATER DISCOVERY
- Is the student comfortable working with an instructor without a parent? **NOT YET** → B / WATER EXPLORATION
- Will the student go underwater voluntarily? **NOT YET** → 1 / WATER ACCLIMATION
- Can the student do a front and back float on his or her own? **NOT YET** → 2 / WATER MOVEMENT
- Can the student swim 10-15 yards on his or her front and back? **NOT YET** → 3 / WATER STAMINA
- Can the student swim 15 yards of front or back crawl? **NOT YET** → 4 / STROKE INTRODUCTION
- Can the student swim front crawl, back crawl, and breaststroke across the pool? **NOT YET** → 5 / STROKE DEVELOPMENT
- Can the student swim front crawl, back crawl, and breaststroke across the pool and back? **NOT YET** → 6 / STROKE MECHANICS

## PATHWAYS

Specialized tracks

**Ages 3 -Adult**  
**SAFETY AROUND WATER**  
Each class meeting is 40 minutes in length.  
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**Ages 1-3**  
**FLOAT FOR LIFE**  
Each class meeting is 15 minutes in length.  
Designed for safety, participants learn to float on their back and get safely to the side.

**Ages 12-18**  
**AQUATIC SPORTS & GAMES**  
Each class meeting is 40 minutes in length.  
The program continues to build endurance on all major competitive strokes and encourages aquatic sports and games as a part of a healthy lifestyle. This class is offered during the school year.

**Ages 6-15**  
**STINGRAYS SWIM CLUB**  
Each class meeting is 1 hour in length.  
The program focuses on stroke technique on all the four Olympic strokes as well as endurance. This non competitive swim club is a great introduction to swim team. Swimmers must be familiar and can demonstrate all four strokes to participate.

**Ages 12-Adult**  
**AQUATIC CONDITIONING**  
Each class meeting is 40 minutes in length.  
The program focuses on continuing to build endurance and stroke technique on all strokes and encourages swimming as a part of a healthy lifestyle. Great class if you want to prepare for swim team or a lifeguarding certification. This class is offered during the school year.

**Ages 6-18**  
**FLYING FISH SWIM TEAM**  
Each class meeting is 1 hour in length.  
This summer team focuses on stroke development, endurance and self-confidence. Team competes in the Lincoln Park and Rec. Swim League. Practices are held in Outdoor Pool, weather permitting. Please visit our website at [ymcalincoln.org](http://ymcalincoln.org) for the Team handbook for details about meets and other information.

### Monday 5 classes

### Thursday 5 classes

### Saturday AM 5 classes

CLASS	8:30	9:15	10:00	4:30	5:15	6:00	6:45	8:30	9:15	10:00	4:30	5:15	6:00	6:45	9:15	10:00	10:45
<b>PARENT WITH CHILD</b> Ages 6 months—14 years																	
A/Water Discovery (6m-2)													X		X		
B/Water Exploration (2-4)					X							X				X	
Turtle (5-12)							X										
<b>PRESCHOOL</b> Ages 3-5 years																	
1/Water Acclimation		X		X			X	X				X	X		X		X
2/Water Movement			X	X	X					X	X		X				X
3/Water Stamina	X						X		X		X			X		X	
4/Stroke Introduction						X											
<b>SCHOOL AGE</b> Ages 5-15 years																	
1/Water Acclimation				X									X		X		
2/Water Movement				X						X					X		
3/Water Stamina					X	X				X			X				X
4/Stroke Introduction						X							X	X			
5/Stroke Development					X							X					X
6/Stroke Mechanics											X				X		
<b>ADULT</b> Ages 16 years and up																	
1/Water Movement							X										
2/Stroke Development													X				
<b>SWIM CLUB</b> Ages 6-17 years																	
Stingrays Swim Club						X											

Y Member Rate \$27

Non Member Rate \$55

## PRIVATE SWIM LESSONS

Member \$100 Non Member \$150

Six 30-minute lessons with an experienced instructor based on your ability and skills. Request and register for private lessons online or at our Front Desk. During the request process a series of questions will be asked included goals and availability for the lessons.

A member of our Aquatics Team will contact you in 10-14 business days to confirm the details.



## TURTLE

Turtle is group swim lesson designed specifically for children with special needs to increase the child's comfort and confidence in the water, while teaching basic skills including floats, kicks and arm movements. A parent or trusted adult will be in the water with their participant, with a goal of moving to group swim lessons when and if the child is ready.

Visit [YMCALINCOLN.ORG](http://YMCALINCOLN.ORG) to register.

# YOUTH CLASSES AT THE FALLBROOK YMCA

**Tuesday PM**  
10 Classes

**Thursday PM**  
10 Classes

**Tues & Thurs PM**  
10 classes

**Mon & Wed PM**  
8 classes

CLASS	Class Rates	5:00 PM	5:50 PM	4:00 PM	4:50 PM	5:55 PM	1:00 PM	5:00 PM
<b>Dance</b>								
<b>Creative Movement</b> Ages 3-5	Y Member \$54 Non Member \$108	X		X				
<b>Ballet, Jazz &amp; Cheer</b> Ages 5-7	Y Member \$60 Non Member \$120		X		X			
<b>Hip Hop</b> Ages 8-13	Y Member \$60 Non Member \$120					X		
<b>Youth Wellness</b>								
<b>Home School Gym</b> Ages 4-13	Y Member \$25/56 Non Member \$50/110						X	
<b>Youth Fitness Training</b> Ages 12-14	Y Member \$25 Non Member NA							X

**Monday PM**  
5 Classes

**Thursday PM**  
5 Classes

**Saturday AM**  
5 Classes

CLASS	Class Rates	5:30 PM	6:15 PM	5:15 PM	6:00 PM	6:45 PM	9:00 AM	9:45 AM
<b>Gymnastics</b>								
<b>Tumbling Tykes</b> Ages 18M-2	Y Member \$27 Non Member \$55	X		X				
<b>Live Y'ers</b> Ages 3-4	Y Member \$27 Non Member \$55			X	X		X	
<b>Kindernastics</b> Ages 4-5	Y Member \$27 Non Member \$55	X			X		X	
<b>Level I</b> Ages 5-12	Y Member \$30 Non Member \$60		X			X		X
<b>Level II</b> Ages 5-12	Y Member \$30 Non Member \$60		X			X		X

## MARTIAL ARTS

The youth karate class focuses on developing a child's physical skills, self-esteem, concentration and respect for others. Classes are challenging yet enjoyable for each child. All skill levels are welcome. Martial arts classes are ongoing and renewed monthly until cancelled. All participants must pay monthly via direct draft from a Visa, MasterCard, or Discover Card. Uniforms are not required for beginners. If you are interested in purchasing a uniform, please talk to your instructor. Testing is not mandatory, but is an option. Instructors will give more details on testing opportunities.

Tuesday & Thursday  
 Beginner (Ages 5 & Up)\*  
7:00 pm - 8:00 pm  
 Advanced (Green Belt & Above)\*  
8:00pm - 9:00pm

\*First time participants - regardless of age - will start in the 7:00 pm class and instructor will move participant accordingly.

### Fees

Fees are monthly and are on a direct draft process  
 BEGINNER (5 & Up) Y Member \$18 Non-Member \$32  
 ADVANCED (Green Belt & Up) Y Member \$22 Non-Member \$35

## Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit to your Y account. After that a 50% credit to your account will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

## Make-Up Classes

At the Lincoln YMCA we do not offer make-up classes due to participants being absent due to reasons not associated with the YMCA (vacation, illness, other activities, etc.) Class cancellations made by YMCA will be rescheduled or credit for the class given.

# FALLBROOK YMCA

## 2019 FALL YOUTH PROGRAMS

FIND THE RIGHT CLASS FOR YOUR CHILD.

### DANCE

All dance classes will learn an age-appropriate routine to perform at a recital Saturday, November 16 at 1:00pm.

**Creative Movement—(40 minutes) (Ages 3-5)**  
Children learn basic dance fundamentals and build on those skills.

**Ballet, Jazz, & Cheer—(60 minutes) (Ages 5-13)**  
Children learn basic dance fundamentals, choreography of dance, and build on those skills.

**Hip Hop—(60 minutes) (Ages 8-13)**  
Children learn basic dance fundamentals, choreography of dance, and build on those skills.

### YOUTH WELLNESS

**Home School Gym—(60 minutes) (Ages 4-14)**  
This program offers physical education-style classes for ages 4-12. Activities may include Basketball, Soccer, Kickball, Swimming, Tumbling, Floor Hockey and Relay Races. Both individual and family rates are available (see pricing in chart.)

**Youth Yoga—(Ages 3-14)**  
Yoga is a non-competitive outlet for building connections between the mind and body. Yoga can help tweens develop focus, concentration, calmness, and self-confidence. See list of classes and times below.

**Little Lions (Ages 3-5)**  
Tuesdays 4:30 - 5:00 pm — \$14/member \$28/non-member  
Participants increase strength, flexibility, coordination, self-awareness, and self-esteem. Yoga poses inspire creativity (we turn our bodies into trees, mountains and animals!), as well as provide a sense of calmness and relaxation. This class presents an opportunity for kids to get together to have fun with movement and become mindful of themselves and the world around them.

**Grasshoppers (Ages 6-9)**  
Tuesdays 5:15 - 6 pm — \$21/member \$42/non-member  
Fun-filled yoga sequences develop strength, coordination, and body awareness while balancing poses and safe experimentation with experiencing the world upside down build self-confidence. We introduce playful breathing exercises, creative imagery, and relaxation skills that your child can carry with them into their increasingly busy school and social lives.

**Warriors (Ages 10-14)**  
Tuesdays 6:15 - 7 pm — \$21/member \$42/non-member  
This class introduces spirited, flowing sequences, increasingly challenging balancing poses, and imaginative relaxation tools to nurture the growing independence of 10 to 14 year olds. Partner poses and team-building yoga games encourage healthy socialization and body image. Your child will develop strength and self-confidence both on and off the yoga mat! This is great cross training for young athletes.

### YOUTH FITNESS TRAINING CLASSES

(Ages 12-14)  
Participants will focus on safety and proper technique in using all workout area equipment. We will also include discussions on character development, weight room etiquette and basic nutrition. Successful completion of this class will grant participants access to the wellness floor.

### GYMNASTICS

**Tumbling Tykes—(40 minutes) (Ages 18m-2)**  
With help from their parents, participants practice basic tumbling skills and develop coordination.

**Live Y'ers—(40 minutes) (Ages 3-4)**  
Participants practice basic tumbling skills, learn social skills, and develop coordination.

**Kindernastics—(40 minutes) (Ages 4-5)**  
Participants practice basic gymnastics skills to prepare for Level 1 gymnastics.

**Level I—(60 minutes) (Ages 5-12)**  
This class will work on how to safely fall, roll and jump onto and over obstacles. Participants will work on balance, speed, agility, jumping, stretching and kicking boxing type skills.

**Level II—(60 minutes) (Ages 5-12)**  
This class will work on how to safely fall, roll and jump onto and over obstacles. Participants will work on balance, speed, agility, jumping, stretching and kicking boxing type skills.

### TRUNK OR TREAT

Volunteers needed! Show off your creative side by decorating your trunk. Want to get your business involved? Volunteer to sponsor a trunk, hand out candy or give away fun prizes from your company!

Where: Fallbrook YMCA Parking Lot Area  
When: Wednesday, October 31 from 5:30-6:30pm

Free admission/Open to the public—Wear your costumes!

### HOLIDAY DROP & SHOP

Perfect for families looking for time to wrap up all of the things on their holiday to-do lists. This event allows parents to spend an afternoon out (December 7th from Noon to 5pm) shopping, wrapping gifts or getting the house ready for the holidays while their children enjoy a supervised, fun-filled afternoon at the Y. Participants will go swimming, do crafts, games and activities.

A small snack will be served around 3:00pm, but please ensure your child eats lunch before coming to the Y.

Fees  
 INFANT (6 wks - 17 mo) Y Family member \$16 Non-member \$22  
 YOUTH (18 mo - 12 yrs) Y Family member \$14 Non-member \$20

## YOUTH SESSION & REGISTRATION DATES

DANCE		
SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
September 9 - November 16	September 3-14	September 5-14
GYMNASTICS/ HOME SCHOOL GYM		
SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
September 9 - October 13 October 14 - November 17	September 3-14 October 8-19	September 5-14 October 10-19
YOUTH FITNESS TRAINING		
SESSION DATES	Y MEMBER REGISTRATION	NONMBR REGISTRATION
September 9 - October 2 October 7 - October 30 November 4 - November 27	August 15 - September 9 August 15 - October 7 August 15 - November 4	Not Available Not Available Not Available

### KIDS NIGHT OUT

Kids' Night Out is held the third Friday of each month from 6-9pm. It is a supervised time at the YMCA while parents enjoy spending the evening out. Pre-registration is required. An authorized adult on your Y account is required to check children in/out of the program.

Check out monthly themes in our Child Watch Center. Event includes a snack.

Fees  
 INFANT (6 wks - 17 mo) Y Family member \$12 Non-member \$18  
 YOUTH (18 mo - 12 yrs) Y Family Member \$10 Non-member \$16

Visit [YMCALINCOLN.ORG](http://YMCALINCOLN.ORG)  
to register.