



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**GROWING
STRONGER
TOGETHER**

DECEMBER 2018 & JANUARY 2019



YOUTH AQUATIC LESSONS

Member	Non-Member
\$26	\$46

SESSION DATES

Jan 7 - Feb 24, 2019

SWIM STARTERS | AGE 6 MONTHS - 6 YEARS | SMALL POOL

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Class will be taught in a 3' - 4', 92 degree warm water training pool.

WATER DISCOVERY - LEVEL A/B | PREVIOUSLY PARENT TOT

Parents accompany children, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Parents will work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Properly fitted swim diapers required. Class limit of 6.

1 WATER ACCLIMATION | PREVIOUSLY PIKE

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This level lays the foundation that allows for future progress in swimming.

2 WATER MOVEMENT | PREVIOUSLY STARFISH

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 WATER STAMINA | PREVIOUSLY EELS

Students learn how to swim to safety from a longer distance than in previous levels in the event of falling into a body of water. This level also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES | AGE 6 - 15 | LARGE POOL

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Classes are taught in our 83 degree pool.

4 STROKE INTRODUCTION | PREVIOUSLY POLLIWOG

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 STROKE DEVELOPMENT | PREVIOUSLY GUPPY

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 STROKE MECHANICS | PREVIOUSLY MINNOW/FISH

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

CALL 715.887.3240 or VISIT www.swcymca.org to find the class and time that works for your family.

DAILY RATES

Not a member? Not a problem, we have daily rates available for you.

YOUTH \$5.00
ADULT \$10.00
FAMILY \$15.00

DAILY HOURS

MON-FRI 5:00am - 9:00pm
SAT 7:00am - 5:00pm
SUN 10:00am - 5:00pm

HOLIDAY HOURS

Wisconsin Rapids & Port Edwards

MON	Dec 24	5:00am - 2:00pm
TUE	Dec 25	Closed all day
MON	Dec 31	5:00am - 2:00pm
TUE	Jan 1	10:00am - 1:00pm

JOHN E. ALEXANDER | SOUTH WOOD COUNTY YMCA
715 887 3240

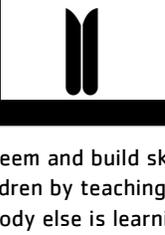
www.swcymca.org



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SEARCH: South Wood County YMCA

YOUTH GYMNASTICS at SWC YMCA PORT EDWARDS

PROGRAM		DAY	TIME	AGE	MEMBER FEE	NON-MEMBER FEE
PARENT TOT TUMBLING		Mon or Thurs	4:45-5:15pm	1-3	\$28	\$48
		Thurs	4:45-5:15pm	1-3	\$24	\$42
TINY TUMBLERS		Tues or Thurs	4:45-5:15pm	4-6	\$28	\$48
		Thurs	4:45-5:15pm	4-6	\$24	\$42
ROLLERS-BASIC		Mon or Tues or Thurs	5:30-6:15pm	6+	\$38	\$55
		Thurs	5:30-6:15pm	6+	\$32	\$47
CARTWHEELERS INTERMEDIATE		Mon or Thurs	6:30-7:15pm	6+	\$38	\$55
		Thurs	6:30-7:15pm	6+	\$32	\$47
AERIALS PRE-TEAM ADVANCED		Tues or Thurs	5:30-6:30pm	6+	\$41	\$65
		Thurs	5:30-6:30pm	6+	\$35	\$55
NEW* PRE-TEAM GYMNASTICS		Tues	6:30-7:30pm	6+	\$41	\$65

Our philosophy is to develop self-esteem and build skills that are important for life-long fitness in a fun environment. We choose to make a positive difference in the lives of children by teaching them to associate fitness with FUN. Creating success for kids focusing on what each child needs to learn, not what everybody else is learning.

TEENS – JOIN US!

SWC YMCA is looking to add TEEN programs in 2019.

Programs and activities that will provide opportunities for youth to realize who they are and what they are capable of achieving, all while making friends and memories!

We invite 5-8th graders to enjoy an afternoon of activities that will include planning and brainstorming ideas for future programs.

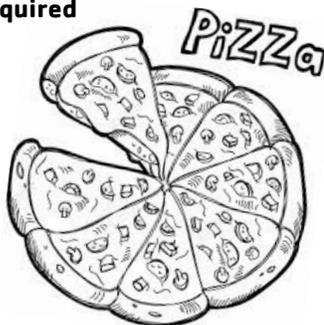
PIZZA will be served and games will be played!

FEE **FREE - Registration is Required by Monday Dec 31**

AGE **Grades 5-8**

DAY **Wednesday January 2**

TIME **2:00 - 4:00pm**



FATHER DAUGHTER DANCE ENCHANTED MASQUERADE BALL

DATE Sat February 2

TIME 6:00 - 8:30pm

FEE PER COUPLE

\$10/member of YMCA or Boys and Girls Club

\$15/non-member

\$5/Additional Daughter or Guest

TICKET INCLUDES

- A Masquerade Mask for Each Princess ● Photos ● Snacks ● Activities ● Sundae Bar ● Dancing & More!

LOCATION

Boys and Girls Club - Pitsch Center
501 17th Street South ● Wisconsin Rapids