



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# GROWING STRONGER TOGETHER

February & March 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.

## YOUTH AQUATIC LESSONS

<b>Member</b>	<b>Non-Member</b>
\$26	\$46

**SESSION DATES . . . . . Feb 25 - April 14**

### \*NEW\* YOUTH SPORTS SAMPLER

This is a great way for your kids to get introduced to sports in a safe and healthy environment. This four week course will cover floor hockey, flag football, basketball and soccer. Parents are encouraged to play alongside their children. Minimum of 6 to run the program.

<b>AGE</b>	7 - 12	
<b>DAY</b>	Thursday	
<b>SESSION 1</b>	February 25 - April 14	
<b>TIME</b>	5:30 - 6:30pm	
<b>LOCATION</b>	SWC YMCA Port Edwards	
<b>FEE</b>	<b>Member</b>	<b>Non-Member</b>
	\$21	\$42





### \*NEW\* JUMPSTART FLOOR HOCKEY

This is a great way for your child to learn hockey in a safe and healthy environment. The program will teach kids the rules, sportsmanship, and skills necessary to play ice hockey. Parents are encouraged to participate alongside their child. Minimum of 6 to run the program.

<b>AGE</b>	4 - 6	
<b>DAY</b>	Wednesday	
<b>SESSION 1</b>	February 25 - April 14	
<b>TIME</b>	5:00 - 5:45pm	
<b>LOCATION</b>	SWC YMCA Port Edwards	
<b>FEE</b>	<b>Member</b>	<b>Non-Member</b>
	\$21	\$42

**SESSION DATES**  
Feb 25 - April 14

## 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
TINY TUMBLERS		Tues or Thurs	4:45-5:15pm	4-6	\$28	\$48
ROLLERS-BASIC		Mon or Tues or Thurs	5:30-6:15pm	6+	\$38	\$55
CARTWHEELERS   INTERMEDIATE		Mon or Thurs	6:30-7:15pm	6+	\$38	\$55
AERIALS PRE-TEAM   ADVANCED		Tues or Thurs	5:30-7:00pm	6+	\$41	\$65
NEW* PRE-TEAM GYMNASTICS		Wed	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.

## DOUGHNUTS & DODGE-BALL

### 2019 TEEN PROGRAM

Join us for an evening of this classic playground game! There is nothing quite like dodging and diving like your life depended on it!

Bring your friends and create a team of 6 players or we will match you up with new friends! Bring a water bottle!

Doughnuts will be provided at the end of the program.

**FEE** **FREE** - Registration is Required

**AGE** Grades 5-8

**DAY** Friday February 22, 2019

**TIME** 6:00 - 8:00pm

### SPRING TRAINING BASEBALL CLINIC

Coach Bob Gawlitta and LHS volunteers invite you to join them at the 26<sup>th</sup> Annual Spring Training Baseball Clinic! Players will learn skills through hitting, pitching, and fielding stations. Enjoy expert teaching all morning!

<b>AGE</b>	<b>DATE</b>	<b>TIME</b>
6 - 12	Sat March 16, 2019	9:00 - 11:00am
<b>FEE</b>	<b>Member</b>	<b>Non-Member</b>
	\$16	\$20



### SPRING TRAINING SOFTBALL CLINIC

Whether you're starting out, or are an experienced player, through station training in hitting, pitching, and fielding you will learn new tips and strategies to develop your skills! Coach Isaac Holberg and the LHS volunteers will lead in instruction.

<b>AGE</b>	<b>DATE</b>	<b>TIME</b>
6 - 12	Sat March 23, 2019	9:00 - 11:00am
<b>FEE</b>	<b>Member</b>	<b>Non-Member</b>
	\$16	\$20

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

[www.swcymca.org](http://www.swcymca.org)



**SEARCH: South Wood County YMCA**