

FALL 2017 SWIM CLASSES BEGINNING September 18th

Swim Class Policies

1. Parents may watch the first and last class only.
2. All parents are required to take off their shoes when bringing their child onto the pool deck.
3. Every child over 5 years of age must wear a swim cap.
4. All infants are required to wear a swim diaper and bathing suit.
5. Each participant is allowed only one make-up per session. It must be completed before the last class of the session.

CLASS REFUND POLICY: Before the first class is held, 90% refund less a \$20 administrative fee. After the first class is held, 50% refund less a \$20 administrative fee.

10% sibling discount available for all group swim classes (does not include private or semi-private swim lessons or create-a-class).

PRIVATE SWIM LESSONS

| | Members | Non-Members |
|------------|---------|-------------|
| 1 Lesson | \$30 | \$42 |
| 5 Lessons | \$135 | \$185 |
| 10 Lessons | \$250 | \$350 |

SEMI-PRIVATE LESSONS (2 PEOPLE)

| | Members | Non-Members |
|------------|---------|-------------|
| 1 Lesson | \$50 | \$75 |
| 5 Lessons | \$250 | \$300 |
| 10 Lessons | \$425 | \$525 |

CLASSES FEES

30 Minute Classes

| | | |
|----------|---------|----------|
| 10 weeks | \$180 m | \$220 nm |
| 11 weeks | \$198 m | \$242 nm |
| 13 weeks | \$234 m | \$286 nm |

45 Minute Classes

| | | |
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| 14 weeks | \$336 m | \$420 nm |
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1 Hour Classes

| | | |
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| 11 weeks | \$330 m | \$385 nm |
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CREATE-A-CLASS: Find 3 or more interested individuals and we will find you an instructor. Three 1/2 hour lessons. \$60 members / \$75 non-members

***Pamper Paddlers (7-24 months w/parent)** Introduce your child to the water through fun activities. Skills covered include kicking, bobbing and blowing bubbles.

11 Sundays Beginning September 24

12:00-12:30 pm

13 Mondays beginning September 18

11:30 am-12:00 pm

10 Thursdays beginning September 28

12:30-1:00 pm

***Swim Time with Mommy(7-36 months w/parent)** With songs and water toys your child will learn such skills as arm pulling, kicking, blowing bubbles and water safety.

10 Thursdays beginning September 28

9:30 am-10:00 am (women only class)

11 Sundays beginning September 24

1:30-2:00 pm (co-ed class)

***Little Fishes (ages 2-3 w/parent)** Teach your youngster to become more independent in the water through the use of games and small equipment. Children must wear a swim diaper with a bathing suit over it.

11 Sunday beginning September 24

12:30-1:00 pm

***Fantastic Fishes (ages 3-4 w/parent)** Familiarize your youngster with the water in this fun class. Certified swim instructors teach swimming skills such as arm pulling, kicking, blowing bubbles and water safety skills.

11 Sundays beginning September 24

1:00-1:30 pm

10 Thursdays beginning September 28

12:00-12:30 pm

***Children must wear swim diapers with a bathing suit over it.**

***Open Swim (free to registrants of Pamper Paddlers, Swim Time with Mommy, Little Fishes and Fantastic Fishes)**

13 Wednesdays beginning September 27

10:30-11:30 am

10 Thursdays beginning September 28

10:30-11:00 am

Jr. Fishes (ages 3-5 without parent)

For graduates of Fantastic Fishes and those who are comfortable in the water. This class focuses on safety skills through kicking, blowing bubbles, back and front floating. Instructors also introduce the basic front and back crawl.

11 Sundays beginning September 24

12:30-1:00 pm

1:30-2:00 pm

13 Mondays beginning September 18

12:00-12:30 pm

13 Wednesdays beginning September 27

4:30-5:00 pm

10 Thursdays beginning September 28

11:30 am-12:00 pm

3:30-4:00 pm

Level 1 (Water Exploration) Ages 5-7 For first time swimmers or children fearful of the water. Skills include safety, floating bubbles and arm kicking.

11 Sundays beginning September 24

12:00-12:30 pm

13 Mondays beginning September 18

4:30-5:00 pm

13 Wednesdays beginning September 27

4:00-4:30 pm

Level 1 (Water Exploration) Ages 8-11 (see previous description for Level 1)

11 Sundays September 24

12:30-1:00 pm

10 Thursdays beginning September 28

3:30-4:00 pm

4:30-5:00 pm

Level 2 (Primary Skills) Ages 5-7

For children ready to swim independently. Skills include floating, front and back glide and crawl stroke. Children must be comfortable putting their face in the water.

11 Sundays beginning September 24

12:00-12:30 pm

12:30-1:00 pm

1:00-1:30 pm

13 Mondays beginning September 18

3:30-4:00 pm

4:30-5:00 pm

13 Wednesdays beginning September 27

4:00-4:30 pm

10 Thursdays beginning September 28

4:00-4:30 pm

Level 2 (Primary Skills) Ages 5-11

(see previous description for Level 2)

10 Sundays beginning March 26

1:30-2:00 pm

Level 2 (Primary Skills) Ages 8-11

(see previous description for Level 2)

11 Sundays beginning September 24

12:00-12:30 pm

13 Mondays beginning September 18

4:00-4:30 pm

13 Wednesdays beginning September 27

3:30-4:00 pm

Level 2 (Primary Skills) Teen/Adult (13+)
(see previous description for Level 2)

11 Sundays beginning September 24

1:30-2:00 pm

13 Wednesdays beginning September 27

7:00-7:30 pm

Level 3 (Stroke Readiness) Ages 5-7
Children learn rotary breathing, backstroke, water safety and improve upon skills learned in Level 2. Geared for those children who can glide on their own, in the water and on their fronts as well as their backs.

11 Sundays beginning September 24

12:00-12:30 pm

13 Mondays beginning September 18

3:30-4:00 pm

4:30-5:00 pm

13 Wednesdays beginning September 27

3:30-4:00 pm

4:00-4:30 pm

Level 3 (Primary Skills) Ages 5-11
(see previous description for Level 3).

11 Sundays beginning September 24

1:30-2:00 pm

Level 3 (Primary Skills) Ages 8-11
(see previous description for Level 3).

11 Sundays beginning September 24

12:30-1:00 pm

10 Thursdays beginning September 28

4:00-4:30 pm

Level 3 (Primary Skills) Teen/Adult (13+)

13 Wednesdays beginning September 27

7:30-8:00 pm

Level 4 (Stroke Development)
For children who passes Level 3. Learn rhythmic breathing, crawl stroke, backstroke: survival floating and safety skills are improved. Breast and side stroke are introduced.

11 Sundays beginning September 24

1:00-1:30 pm

10 Thursdays beginning September 28

4:30-5:00 pm

Level 5 (Stroke Refinement)
Children learn breast stroke, side stroke, turns and rescue skills, improve their front crawl and endurance. The purpose of this class is to facilitate lap swimming skills.

11 Sundays beginning September 24

1:00-1:30 pm

45 Minute Classes

14 Tuesdays beginning September 19

Level 1

3:30-4:15 pm

Level 2

3:30-4:15 pm

4:15-5:00 pm

Level 3

4:15-5:00 pm

1 Hour Classes

11 Sundays beginning September 24

-Level 2, Level 3 or Level 4/ 5 (Swim Clinic)

2:00-3:00 pm

Water Exercise, Aquadynamics:

Both adults and senior adults with any type of arthritis benefit from this recreational water exercise program. Participants are lead by trained personnel through a series of specially designed exercises that provide pain relief and improve joint flexibility. Beneficial for people who are overweight or suffering with back problems.

10 Wednesdays beginning March 29

10:00-10:30 am

11 Fridays beginning March 31

10:00-10:30 am

FREE for members/\$90 non-members

Adaptive Swim Programs (Ages 6-12)

Help your child make the most of the school year! The Central Queens Y is thrilled to offer Adaptive Swim Lessons for children with the Autistic Spectrum Disorders (ASD).

-Private 1:1 instruction

-nurturing skilled instructors

-an encouraging and supportive staff

-focus on water safety and swimming skills

Lessons are held in 3 half hour sessions.

\$30 members / \$80 non-members

For more information, contact:

Lior Harpaz, Aquatics Director at (718)268-5011 ext. 502 or lharpaz@cqy.org.

AQUAFLAMES COMPETITIVE SWIM TEAM

Sanctioned by USA Swimming

Open to boys and girls ages 6-18

TRYOUTS: MONDAY-THURSDAY 4-7:00 pm

The Team is headed by Marina Rothman, one of the best coaches in NYC today. A year-round program benefits athletes and prepares them for success during competitions. Practice sessions teach discipline, sportsmanlike conduct, swimming technique, racing skills, and aerobic development in a positive social environment. As swimmers graduate from each level, they develop mentally, emotionally and physically. Absolute commitment is necessary for every swimmer in order for them to reach their maximum swimming potential.

THE AQUAFLAMES PRACTICE 5 DAYS A WEEK

Monday-Thursday 4:00 - 6:00 p.m. or 5:00 - 7:00 p.m.

Mon. & Wed. 6:00 - 8:00 p.m.

Sun. evening 7:00 - 9:00 p.m.

NON-COMPETITIVE SWIM TEAM

For children who are skilled enough to be a part of the swim team, but are only ready or able to practice twice a week. This class will progressively work on endurance, speed, and stroke technique. Prerequisite: the child must be able to swim one length of the pool.

PRACTICE HOURS:

Mon. - Thurs. 5:00 - 6:00 p.m. (must choose two days) and Sun. 7:00 - 9:00 p.m.

DYNAMIC DOLPHINS SWIM CLUB

TRYOUTS: MONDAY-THURSDAY 4-7:00 pm

The CQY Dynamic Dolphins Swim Club is a recreational club focused on developing swimmers of all levels. We provide quality coaching and offer specialized workouts to enhance the participant's physical, intellectual and emotional well-being as well as add to their character development. Exciting swimming games and events build team spirit and create a rewarding experience. Your child can have it all: swimming technique, fitness conditioning, team spirit, and lots of dynamic fun! Coach Gaby Baldwin Prerequisite: Level III swim classes (Ages 5-12)

Practice Hours: Mon. & Wed. 7:00 - 8:00 p.m. Sun. 7:00 - 9:00 p.m.

AMERICAN RED CROSS LIFEGUARDING

Can you swim 300 yards (12 lengths) continuously, retrieve a 10lb. submerged object from a minimum 7 foot depth and tread water for two minutes? Red Cross Lifeguard Training Certification, and certifications in CPR and First Aid. Dates to be announced. \$375 m / \$425 nm

WATER SAFETY INSTRUCTOR

Please contact Lior Harpaz, Aquatics Director, (718) 268-5011 ext. 502 or lharpaz@cqy.org.