

## 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 semester.

**CLASS REFUND POLICY:** After the first class is held, 90% refund less a \$20 administrative fee. After the second class is held, 50% refund less a \$20 administrative fee. No refund or credit for missed classes.

10% sibling discount available for group swim classes only.

**CREATE-A-CLASS:** Find 3 or more interested individuals and we will find you an instructor.

Each session is 30 minutes. \$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.

**10 Sundays Beginning March 26**

12:00-12:30 pm

**8 Mondays beginning March 27**

11:30 am-12:00 pm

**9 Thursdays beginning March 30**

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.

**9 Thursdays beginning March 30**

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

**10 Sundays beginning March 26**

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.

**10 Sundays beginning March 26**

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.

**10 Sundays beginning March 26**

1:00-1:30 pm

**9 Thursdays beginning March 30**

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)**

**10 Wednesdays beginning March 30**

10:30-11:30 am

**9 Thursdays beginning March 31**

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.

**10 Sundays beginning March 26**

12:30-1:00 pm

1:30-2:00 pm

**8 Mondays beginning March 27**

12:00-12:30 pm

**10 Wednesdays beginning March 29**

4:30-5:00 pm

**9 Thursdays beginning March 30**

11:30 am-12:00 pm

3:30-4:00 pm

**11 Fridays beginning March 31**

4:00-4:30 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.

**10 Sundays beginning March 26**

12:00-12:30 pm

**8 Mondays beginning March 27**

4:30-5:00 pm

**10 Wednesdays beginning March 29**

4:00-4:30 pm

5:30-6:00 pm

## SPRING 2017 SWIM CLASSES BEGINNING MARCH 26th

### CLASS PRICES Members / Non-members

	30 minutes	45 minutes	1 hour
8 weeks	\$144 / \$176	-----	-----
9 weeks	\$162 / \$198	-----	\$270/\$315
10 weeks	\$180 / \$220	\$240/\$300	\$300/\$350
11 weeks	\$198 / \$242	\$264/\$330	-----

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

**10 Sundays beginning March 26**

12:30-1:00 pm

**8 Mondays beginning March 27**

5:00-5:30 pm

**9 Thursdays beginning March 30**

3:30-4:00 pm

4:30-5:00 pm

**11 Fridays beginning March 31**

3:30-4:00 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.

**10 Sundays beginning March 26**

12:00-12:30 pm

12:30-1:00 pm

1:00-1:30 pm

**8 Mondays beginning March 27**

3:30-4:00 pm

4:30-5:00 pm

**10 Wednesdays beginning March 29**

4:00-4:30 pm

5:00-5:30 pm

**9 Thursdays beginning March 30**

4:00-4:30 pm

**11 Fridays beginning March 31**

3:30-4:00 pm

4:30-5:00 pm

**Level 2 (Primary Skills) Ages 5-11**

(see previous description)

**10 Sundays beginning March 26**

1:30-2:00 pm

**Level 2 (Primary Skills) Ages 8-11**  
**(see previous description)**

**10 Sundays beginning March 26**

12:00-12:30 pm

**8 Mondays beginning March 27**

4:00-4:30 pm

5:30-6:00 pm

**10 Wednesdays beginning March 30**

3:30-4:00 pm

5:30-6:00 pm

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

**10 Sundays beginning March 26**

1:30-2:00 pm

**10 Wednesdays beginning March 29**

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.

**10 Sundays beginning March 26**

12:00-12:30 pm

**8 Mondays beginning March 27**

3:30-4:00 pm

4:00-4:30 pm

5:30-6:00 pm

**10 Wednesdays beginning March 29**

3:30-4:00 pm

4:30-5:00 pm

5:00-5:30 pm

**11 Fridays beginning March 31**

4:00-4:30 pm

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

**10 Sundays beginning March 26**

1:30-2:00 pm

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

**10 Sundays beginning March 26**

12:30-1:00 pm

**9 Thursdays beginning March 30**

4:00-4:30 pm

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

**10 Wednesdays beginning March 29**

7:30-8:00 pm

**Level 4 (Stroke Development)**

For children who passed Level 3. Learn rhythmic breathing, crawl stroke, backstroke: survival floating and safety skills are improved. Breast and side stroke are introduced.

**10 Sundays beginning March 26**

1:00-1:30 pm

**8 Mondays beginning March 27**

5:00-5:30 pm

**9 Thursdays beginning March 30**

4:30-5:00 pm

**11 Fridays beginning March 31**

4:30-5:00 pm

**Level 5 (Stroke Refinement)**

For children who have passed Level 5 and can successfully perform prerequisite skills. 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.

**10 Sundays beginning March 26**

1:00-1:30 pm

**Water Exercise: Aquadynamics**

Both adults and senior adults with any type of arthritis benefit from this recreational water exercise program. Participants are led 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

FREE for members/\$90 non-members

**11 Fridays beginning March 31**

10:00-10:30 am

FREE for members/\$100 non-members

**Adaptive Swim Programs (ages6-12)**

Help your child make the most of the school year! The Central Queens Y is thrilled to offer Adaptive Swim Lessons for children on 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.**

**45 Minute Classes -**

**10 Tuesdays Beginning March 28th**

**Level 1**

3:30-4:15 pm

**Level 2**

3:30-4:15 pm

**Level 3**

4:15-5:00 pm

5:00-5:45 pm

4:15-5:00 pm

5:00-5:45 pm

**11 Fridays Beginning March 31st**

**Level 2**

5:00-5:45 pm

**Level 3**

5:00-5:45 pm

**1 Hour Classes -**

**10 Sundays**

**Beginning March 26th**

Level 2, 3 or

IV/V (Swim Clinic)

2:00-3:00 pm

**9 Thursdays**

**Beginning March 28th**

Level 2 or 3

5:00-6:00 pm

**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.

**CENTRAL QUEENS YM & YWHA SWIM TEAMS**

**THE AQUAFLAMES PRACTICE 5 DAYS A WEEK**

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

5:00 - 7:00 pm

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.