



SWIM

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WELCOME TO THE COY'S SWIM PROGRAM

CLASS POLICIES:

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

PRICING LIST:

Class refund policy: Before the first class is held, 90% refund minus \$20 administrative fee.
After the first class is held, 50% refund minus \$20 administrative fee.

PRIVATE SWIM LESSONS

1 Lesson: \$30 m / \$42 non-mem
5 Lessons: \$135 m / \$185 non-mem
10 Lessons: \$250 m / \$350 non-mem

SEMI-PRIVATE LESSONS (2 PEOPLE)

1 Lesson: \$60 m / \$75 non-mem
5 Lessons: \$250 m / \$300 non-mem
10 Lessons: \$425 m / \$525 non-mem

GROUP SWIM CLASSES

HALF HOUR SWIM CLASSES

9 weeks: \$162 mem / \$198 non-mem
10 weeks: \$180 mem / \$220 non-mem
11 weeks: \$198 mem / \$242 non-mem

45 MIN. SWIM CLASSES

10 Weeks: \$240 m / \$300 non-mem

ONE HOUR SWIM CLASSES

9 weeks: \$270 mem / \$315 non-mem

CREATE-A-CLASS

HALF HOUR SWIM CLASSES

Create your own class! Any time, whatever you want, however you want it. For all ages! Find 3 or more interested individuals and we will find you an instructor

THREE ½ HOUR LESSONS

\$60 mem / \$75 non-mem per swimmer

CREATE-A-CLASS

HALF HOUR SWIM CLASSES

Create your own class! Any time, whatever you want, however you want it. Swimming for all ages! Find 3 or more interested individuals and we will find you an instructor. Three ½ hour lessons.

\$60 mem / \$75 non-mem per swimmer

PAMPER PADDLERS

AGES 7-24 MONTHS (WITH PARENT)

Introduce your child to the water through fun activities. Skills covered include kicking, bobbing and blowing bubbles. Doctor's note required at registration if child is less than 7 months. Children in diapers must wear rubber swimming diapers.

9 Sun., beg. Jan. 8 10 Thurs., beg. Jan. 5
12:00 – 12:30 p.m. 12:30 – 1:00 p.m.

9 Mon., beg. Jan. 9
11:30 a.m. – 12:00 p.m.

SWIM TIME WITH MOMMY

AGES 7-36 MONTHS (WITH PARENT)

With songs and water toys, your child will learn such skills as arm pull, kicking, blowing bubbles, and water safety. Children in diapers must wear rubber pants or bathing suit. Thursday class is given during female only swim time.

10 Thurs., beg. Jan. 5 9 Sun., beg. Jan. 8
(Female only) (Co-Ed)
9:30 – 10:00 a.m. 1:30 – 2:00 p.m.

LITTLE FISHES

AGES 2-3 (WITH PARENT)

Teach your youngster to become more independent in the water with the use of games and small equipment. Children in diapers must wear rubber pants or bathing suit.

9 Sun., beg. Jan. 8
12:30 – 1:00 p.m.

FANTASTIC FISHES

AGES 3-4 (NON SWIMMERS WITH PARENT)

Familiarize your youngster with the water in this fun class. Certified swim instructors teach swimming skills such as arm pull, kicking, blowing bubbles, and water safety.

9 Sun., beg. Jan. 8 10 Thurs., beg. Jan. 5
1:00 – 1:30 p.m. 12:00 – 12:30 p.m.

JUNIOR 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.

9 Sun., beg. Jan. 8 10 Wed., beg. Jan. 4
12:30 – 1:00 p.m. 4:30 – 5:00 p.m.
1:30 – 2:00 p.m. 10 Thurs., beg. Jan. 5
9 Mon., beg. Jan. 9 11:30 a.m. – 12:00 p.m.
12:00 – 12:30 p.m. 3:30 – 4:00 p.m.

OPEN SWIM

Take your child to our open swim sessions! Watch them play with our extensive pool toys and equipment. Free to registrants of Pamper Paddlers, Swimtime with Mommy, Little Fishes and Fantastic Fishes only.

10 Wed., beg. Jan. 4 10 Thurs., beg. Jan. 5
10:30 – 11:30 a.m. 10:30 – 11:30 a.m.

AMERICAN RED CROSS SWIM PROGRAM

There are five levels in the program that offer a wide variety of activities. Skills taught include: personal safety, rescue skills, diving safety, and stroke skills. Each level is designed to stimulate interest and motivate students to advance to the next section.

ONE HOUR CLASSES

Level II

9 Sun., beg. Jan. 8
2:00 – 3:00 p.m.

Level III

9 Sun., beg. Jan. 8
2:00 – 3:00 p.m.

Level IV/V - Swim Clinic

9 Sun., beg. Jan. 8
2:00 – 3:00 p.m.

45 MIN CLASSES

Level I

10 Tues., beg. Jan. 3
3:30 – 4:15 p.m.

Level II

10 Tues., beg. Jan. 3
3:30 – 4:15 p.m.
4:15 – 5:00 p.m.

Level III

10 Tues., beg. Jan. 3
4:15 – 5:00 p.m.

WATER EXPLORATION (LEVEL I)

For first-time swimmers or children fearful of the water. Skills include safety, floating, bubbles, kicking and arm action.

AGES 5-7

9 Sun., beg. Jan. 8
12:00 – 12:30 p.m.
9 Mon., beg. Jan. 9
4:30 – 5:00 p.m.
10 Wed., beg. Jan. 4
4:00 – 4:30 p.m.

AGES 8-11

9 Sun., beg. Jan. 8
12:30 – 1:00 p.m.
10 Thurs., beg. Jan. 5
3:30 – 4:00 p.m.
4:30 – 5:00 p.m.

PRIMARY SKILLS (LEVEL II)

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

AGES 5-7

9 Sun., beg. Jan. 8
12:00 – 12:30 p.m.
12:30 – 1:00 p.m.
1:00 – 1:30 p.m.
9 Mon., beg. Jan. 9
3:30 – 4:00 p.m.
4:30 – 5:00 p.m.
10 Wed., beg. Jan. 4
4:00 – 4:30 p.m.
10 Thurs., beg. Jan. 5
4:00 – 4:30 p.m.

AGES 8-11

9 Sun., beg. Jan. 8
12:00 – 12:30 p.m.
9 Mon., beg. Jan. 9
4:00 – 4:30 p.m.
10 Wed., beg. Jan. 4
3:30 – 4:00 p.m.
TEEN/ADULT AGE 13+
10 Sun., beg. Jan. 8
1:30 – 2:00 p.m.
11 Wed., beg. Jan. 4
7:00 – 7:30 p.m.

AGES 5-11

9 Sun., beg. Jan. 8
1:30 – 2:00 p.m.

STROKE READINESS (LEVEL III)

Children learn rotary breathing, backstroke, water safety and improve upon skills learned in Level II. Geared for those children who can glide on their own in the water, on their fronts as well as their backs.

AGES 5-7

9 Sun., beg. Jan. 8
12:00 – 12:30 p.m.
9 Mon., beg. Jan. 9
3:30 – 4:00 p.m.
4:00 – 4:30 p.m.
10 Wed., beg. Jan. 4
3:30 – 4:00 p.m.
4:30 – 5:00 p.m.

AGES 8-11

9 Sun., beg. Jan. 8
12:30 – 1:00 p.m.
10 Thurs., beg. Jan. 5
4:00 – 4:30 p.m.
TEEN/ADULT AGES 13+
11 Wed., beg. Jan. 4
7:30 – 8:00 p.m.

AGES 5-11

9 Sun., beg. Jan. 8
1:30 – 2:00 p.m.

STROKE DEVELOPMENT (LEVEL IV)

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

9 Sun., beg. Jan. 8
1:00 – 1:30 p.m.
10 Thurs., beg. Jan. 5
4:30 – 5:00 p.m.

STROKE REFINEMENT (LEVEL V)

For children who passed Level IV and can successfully perform prerequisite skills. Children learn breast stroke, side stroke, turns and rescue skills, improve their front crawl, back crawl, and endurance. The purpose of this class is to facilitate lap swimming skills.

9 Sun., beg. Jan. 8
1:00 – 1:30 p.m.



AQUAFLAMES COMPETITIVE SWIM TEAM

**Sanctioned by
USA Swimming
Open to boys &
girls: AGES 6-18**

**TRYOUTS:
ON-GOING**
(All swim team info is
provided on Tryout
Day)

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

Mon.–Thurs. 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: On-going

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.

ADAPTIVE SWIM PROGRAMS

Just because the summer is over doesn't mean you need to stop swimming. Help your child make the most of the school year! The Central Queens Y is thrilled to offer Adaptive Swim Lessons for children with Autistic Spectrum Disorders (ASD) ages 6-12 years old. Our program offers:

- private 1:1 instruction
- nurturing skilled instructors
- an encouraging and supportive environment
- focus on water safety and swimming skills

Swim lessons are held in 3 half-hour sessions.
\$60 mem / \$80 non-mem

For more information, contact Lior Harpaz,
Aquatic Director, at (718) 268-5011 ext. 502
or lharpaz@cqy.org.

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? If so, you can become a lifeguard! Upon successful completion of the class, participants obtain Red Cross Lifeguard Training Certification, and certifications in CPR and First Aid.

Dates to be announced.

\$400 mem / \$450 non-mem

WATER SAFETY INSTRUCTOR AND LIFEGUARDING INSTRUCTOR COURSES

Do you want to be a certified Lifeguarding or Water Safety Instructor? Please contact Lior Harpaz, Aquatics Director, at (718) 268-5011 ext. 502 or lharpaz@cqy.org.

