

Aquatics

For Swim School Philosophy and Parent Guideline see our website

Aquatics Director	ext. 110
Pool Office	ext. 152
Private Lessons	ext. 153
Pool Parties	ext. 110

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Pool Policy

Schedules are available at the front desk or online.

Please check the pool office for cancelled and added swim and class times. The pool is closed for holidays, swim meets, and for two weeks in August.

Pool rules are strictly enforced and are listed on our website.

You MUST present your membership card with swim plan sticker or membership card and dip ticket to lifeguard before swimming.

Swim Fees

(exact change required if not purchasing pass at front desk)

17 years and under

Members	\$3
Dip Ticket (12 Swims)	\$30
Guest	\$7

18 years and over

Members	\$4
Dip Ticket (12 Swims)	\$40
Guest	\$10

Seniors

Members	\$3
Dip Ticket (12 Swims)	\$30
Guest	\$7

1-Day Pass (non-members) \$15

Private Lessons

Fee is \$45 per half-hour, based on availability of instructor and pool space. Discounted packages are available. YWCA membership fee required. Call ext 153.



Swim Plan Memberships

(includes YWCA membership fee)

	Annual	6 mo.	3 mo.
Individual	\$430	\$280	\$150
Family	\$585	\$395	\$210
Senior	\$335	\$215	\$115

YWCA membership is included in plan pricing. Swim Plans are based on a 48-week schedule. The pool is closed for holidays, swim meets, and for two weeks in August.

Pool Closed:
Jan 18, April 4, May 31

No classes:
Feb 13 - 19,
March 29-April 3,
May 29-30

Welcome!

Our short Winter session is designed to give new program participants a sample of what we do. Meanwhile our Fall participants continue to learn and progress into the Spring session. You can register for Winter only or for Winter AND Spring at the same time, reserving your place in the pool during the busiest learn-to-swim time of the year!

Mini-sessions give you even more flexibility and start on January 12, 2010! See page 12.

This January, we are also introducing the YWCA Masters Club for those who fitness swim or are interested in competition.

Masters Club members will enjoy:

- Exclusive Masters swim times
- Informative seminars
- Stroke clinics
- Community of those with like interests
- Structured workouts

For more detailed information please see the Masters swim page online, or email kkent@ywcawhiteplains.com call (914) 949-6227 x 152.

FREE COMMUNITY EVENTS/COURSES please check out our website for complete calendar & descriptions.

All events require RSVP at x 152

Swim Safety Practices June 18th, 4:30 pm

Home Pool Safety June 18th, 5:30-6:00 pm

Basic Water Rescue Course June 19th, 12:00 - 4:00 pm

Pool Party Rentals

Whole or half-pool party rentals available after regular swim hours on Saturdays and Sundays. Enjoy our beautiful pool and party rooms for your special event. As a bonus, your guests will receive one free open swim pass to come back and visit us another time. For information call: (914) 949-6227 ext 110 or email: kkent@ywcawhiteplains.com

Half Pool Rental - Max. 25 persons
\$225 for members
\$250 for Non-members

Whole Pool Rental - Max. 65 persons
\$325 for Members
\$350 for Non-members **fees include room rental*

Aquatic Exercise & Adult Class Schedule

Our Adult Programming is uniquely flexible and accommodating. Learning to swim is not a personal luxury, it is an important life skill. We know that it is hard to take time for yourself. If responsibilities make it impossible to get to swim class, be aware that any missed class can be made up in any other appropriate level adult swim class.

> Adult Learn to Swim

Adults can learn to swim, too. Overcome your fears, set your goals, and learn in a supportive environment. Instructors work with adults at all levels to accomplish individual goals.

Winter \$120 Spring \$288

Mon	10:15 am - 11:00 am	AQM1AL
Mon	8:45 pm - 9:30 pm	AQM2AL
Wed	8:15 pm - 9:00 pm	AQW1AL

>NEW! Absolutely Terrified

This class is excellent for those with a profound fear of water. Relaxation exercises are combined with basic skills and water exploration.

Winter \$120 Spring \$288

Thurs 9:00 pm - 9:45 pm AQH1AL

> Women's Learn to Swim

Swim class for all levels taught by a female instructor. If requested in advance we are able to provide female lifeguarding staff and a private environment for some women learn-to-swim classes. Please contact the Aquatics Director at x 110.

Winter \$120 Spring \$288

Tues	9:00 pm - 9:45 pm	AQT1WL
Wed	10:15 am - 11:00 am	AQW1WL

> **NEW! Master's Club** for fitness & competition swimmers. Call ext. 110 or see our website for more info.

Aquaerobic Classes

Therapeutic Classes *(below)*

>Deep Water Running

Classes taught in the deep and shallow water. Flotation devices worn while working in deep water.

>Waterfit

Get in shape, stay in shape, or lose weight. The shallow water workout for all ages.

>Weekend Workout

Held entirely in deep water (floatation devices used). This class provides a full body stretch, flex and tone.

Aquaerobics Class Cards

8-class ticket \$150
12-class ticket \$220
20 -class ticket \$340

Have your class card punched each time you attend. Design your OWN schedule.

Fitness & Swim plan members receive 40% off any learn to swim class and 20% discount on Aquaerobic Class Card purchase.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:45 Waterfit	5:30 - 6:30 Master's Swim	9:00 - 9:45 Waterfit	5:30 - 6:30 Master's Swim	9:00 - 9:45 Waterfit	9:00 - 9:45 Weekend Workout	11:30 - 2:30 Lifeguard Training
10:15 - 11:00 Deep Water Running --- Adult Learn to Swim		10:15 - 11:00 Deep Water Running --- Women's Learn to Swim				
1:00 - 1:45 AFAP --- Master's Swim		1:00 - 1:45 AFAP --- Master's Swim		1:00 - 1:45 AFAP --- Master's Swim		
8:45 - 9:30 Adult Learn to Swim	9:00 - 9:45 Women's Learn to Swim	8:15 - 9:00 Teen Training --- Adult Learn to Swim	9:00 - 9:45 Absolutely Terrified			

Therapeutic Classes

>Arthritis Foundation Aquatic Program (AFAP)

Specially designed recreational exercise for persons with arthritis. Have fun and meet others. It is not necessary to know how to swim.

10-class ticket \$100
5-class ticket \$55

Parent-Tot (Ages 6 - 36 mos) & Preschool (Ages 3 - 5 years)

Winter: February 1 - March 14
Spring: March 15 - June 20

30 Minutes Weekly (wks)	Wee Splash	Wee Splash Too	Wee Fish	Clownfish	Angelfish	Goldfish
Monday Winter \$100 (5) Spring \$240 (12)	9:15 M1WS	9:15 M1WT	2:00 M1WF	2:00 M1CF 3:45* M1SF 4:30 M2CF	2:00 M1AF 3:45* M1SF 4:30 M2AF	2:00 M1GF 3:45* M1SF 4:30 M2GF
Tuesday Winter \$100 (5) Spring \$260 (13)	10:00 T1WS			10:00 **mini 1:00 **mini 2:00 T2CF 3:45 T3CF 4:15 T4CF 4:45 T5CF	10:00 **mini 1:00 **mini 2:00 T2AF 3:45 T3AF 4:15 T4AF 4:45 T5AF	10:00 **mini 1:00 **mini 2:00 T2GF 3:45 T3GF 4:15 T4GF
Wednesday Winter \$100 (5) Spring \$260 (13)	2:00 W1WS	2:00 W1WT	2:00 W1WF	2:00 W3CF 3:45 W4CF	2:00 W3AF 3:45 W4AF	2:00 W3GF 3:45 W4GF
Thursday Winter \$100 (5) Spring \$260 (13)	<p>SPECIAL!! Register for Winter & Spring at the same time and receive 10% off the Spring classes! Until February 1st, 2010</p> <p>Mini Sessions are back! See page 12 for complete mini session schedule**</p>			1:00 **mini 1:30 H1CF 2:00 H2CF 3:45 H3CF 4:15 H4CF	1:00 **mini 1:30 H1AF 2:00 H2AF 3:45 H3AF 4:15 H4AF	1:00 **mini 2:00 H1GF 3:45 H2GF 4:15 H3GF
Friday Winter \$100 (5) Spring \$260 (13)				10:00 **mini 10:30 F1CF 1:30 F2CF 2:00 F3CF 3:45* F1SF	10:00 **mini 10:30 F1AF 1:30 F2AF 2:00 F3AF 3:45* F1SF	10:00 **mini 10:30 F1GF 1:30 F2GF 2:00 F3GF 3:45* F1SF
Saturday Winter \$100 (5) Spring \$220 (11)	10:00 S1WS	10:00 S1WT 10:30 S2WT	11:00 S1WF 1:00 S2WF	9:00 S1CF 9:35 S2CF 11:45 S3CF 1:00 S4CF 1:45* S1SF	9:00 S1AF 9:35 S2AF 11:45 S3AF 1:00 S4AF 1:45* S1SF	9:00 S1GF 9:35 S2GF 11:45 S3GF 1:00 S4GF 1:45* S1SF
Sunday Winter \$100 (5) Spring \$220 (11)	10:00 U1WS 10:30 U2WS	10:00 U1WT 10:30 U2WT	12:00 U1WF 12:30 U2WF	10:00 U1CF 10:30 U2CF 11:00 U3CF 11:30 U4CF	10:00 U1AF 10:30 U2AF 11:00 U3AF 11:30 U4AF	10:00 U1GF 10:30 U2GF 11:00 U3GF 11:30 U4GF

*Swim Evaluations take place on the first day of class.

**Mini Sessions offer fewer weeks of classes to allow greater flexibility. Children will be tested the first day and divided into clownfish, angelfish, and goldfish.

Wee Splash (6-18mos) & Wee Splash Too (18mos and up)

Parent or caregiver will be in the water. This instructor-led course uses songs, games, group and individual activities to support the introduction of basic swimming skills and water safety. Children are challenged at a developmentally appropriate level.

Wee Fish: Transition class. Children must be 3 by end of session. The session begins with parents, children, and instructor in the water practicing water exploration skills. The session ends with parents out of the water as children continue their exploration independently with the instructor.

Clownfish: Beginner skills. Children must be 3 at beginning of session. Water exploration, bubbling, submersion, freestyle and floating introduction begin in positive, comfortable environment of gentle encouragement and fun.

Angelfish: Prerequisites: Comfortable submersion and some floating ability, no locomotion. Swim skill development continues in a framework of fun and games. Intermediate skills include freestyle and backstroke development.

Goldfish: Prerequisites: Some swimming skills. Our little swimmers work on advanced skills including coordinated freestyle, rhythmic breathing, backstroke and diving – this class take place entirely in deep water. Usual progression to Level 3 Jr. or Level 4.

Youth Classes (Ages 6 - 12 years) Winter: February 1 - March 14 Spring: March 15 - June 20

40 Minutes Weekly (wks)	Level 1	Level 2	Level 3 Jr.	Level 3	Level 4	Level 5	Level 6
Monday Winter \$120 ⁽⁵⁾ Spring \$288 ⁽¹²⁾	3:45* M2SF 4:30 M1L1	3:45* M2SF 4:30 M1L2		3:45* M2SF 4:30 M1L3	3:45* M2SF 4:30 M1L4	4:30 M1L5	4:30 M1L6
Tuesday Winter \$120 ⁽⁵⁾ Spring \$312 ⁽¹³⁾	3:45 T1L1	3:45 T1L2 4:30 T2L2	4:30 T13J	3:45 T1L3 4:30 T2L3	4:30 T1L4	4:30 T1L5	4:30 T1L6
Wednesday Winter \$120 ⁽⁵⁾ Spring \$312 ⁽¹³⁾	3:45 W1L1	3:45 W1L2		3:45 W1L3	3:45 W1L4	3:45 W1L5	3:45 W1L6
Thursday Winter \$120 ⁽⁵⁾ Spring \$312 ⁽¹³⁾	3:45 H1L1	3:45 H1L2	3:45 H13J 4:30 H23J	3:45 H1L3 4:30 H2L3	4:30 H1L4	4:30 H1L5	4:30 H1L6
Friday Winter \$120 ⁽⁵⁾ Spring \$312 ⁽¹³⁾	3:45* F2SF	3:45* F2SF		3:45* F2SF	3:45* F2SF		
Saturday Winter \$120 ⁽⁵⁾ Spring \$288 ⁽¹¹⁾	10:10 S1L1 11:00 S2L1 1:00 S3L1 1:45* S2SF	10:10 S1L2 11:00 S2L2 1:00 S3L2 1:45* S2SF	10:10 S13J	10:10 S1L3 11:00 S2L3 1:00 S3L3 1:45* S2SF	11:00 S1L4 1:45* S2SF	10:10 S1L5	10:10 S1L6
Sunday Winter \$120 ⁽⁵⁾ Spring \$288 ⁽¹¹⁾	10:00 U1L1 11:00 U2L1 12:00 U3L1	10:00 U1L2 11:00 U2L2 12:00 U3L2	11:00 U13J	10:00 U1L3 11:00 U2L3 12:00 U3L3	10:00 U1L4 12:00 U2L4	11:00 U1L5	11:00 U1L6

Class maximums are contingent upon swim level and instructor. Our basic guideline is an 8:1 ratio, but enrollment can be less or greater than the guideline. Please note that the YWCA reserves the right to combine classes.

Level 1 Beginner skills: Participants work on exploration and submersion. Freestyle and floating are introduced.

Level 2 Advanced beginner skills: Freestyle and backstroke development continue and include breathing skills. Deep water orientation and treading.

All Level 3 and above classes are taught entirely in the deep end.

Level 3 Junior (Ages 4-6) Evaluation or instructor recommendation required. This course for our younger intermediate swimmers includes level 3 skills with emphasis on building endurance and strength.

Level 3 (Ages 7 and up) Intermediate skills: Freestyle and backstroke refinement include alternate breathing and endurance. Elementary backstroke and breaststroke kick, and diving are introduced. Swimmers work at increasing distance.

Level 4 Advanced Intermediate skills: Stroke development includes the breaststroke. The butterfly stroke is introduced as well as increasing endurance. Diving skills are emphasized.

Level 5 Advanced skills: Stroke refinement includes freestyle, backstroke, butterfly and breaststroke. Sidestroke is introduced as well as flip turns.

Level 6 Stroke Clinic: Endurance and ongoing stroke refinement to cultivate efficiency of movement, proficiency in swimmer self-correction, and an understanding of the swim workout. Continue swimming in Swim Team Prep, Teen Classes, Lifeguard Training, or Synchronized swimming!

Children's Classes (continued)

Class Registration Dates

Currently Enrolled Members: Nov 30
 Open Winter Registration: Dec 14
 Open Spring Registration: Feb 1

MINI SESSIONS (ages 3-5)

Fewer weeks = Flexible schedule

Children will be tested on the 1st day of class and divided into Clownfish, Angelfish or Goldfish.

Fee: \$140

Session 1 7 weeks

1/12-3/2	Tuesday	10:00-10:30am
	Tuesday	1:00-1:30pm
2/14-3/4	Thursday	1:00-1:30pm
1/15-3/5	Friday	10:00-10:30am

Session 2 7 weeks

3/9-4/27	Tuesday	10:00-10:30am
	Tuesday	1:00-1:30pm
3/11-4/29	Thursday	1:00-1:30pm
3/12-4/30	Friday	10:00-10:30am

Session 3 7 weeks

5/4-6/15	Tuesday	10:00-10:30am
	Tuesday	1:00-1:30pm
5/6-6/17	Thursday	1:00-1:30pm
5/7-6/18	Friday	10:00-10:30am

Mini Session Special!

Register for more than one mini-session (per week) and receive 50% off the second class.

Would your child benefit from more than one class per week?

Register for more than one children's class per week PRIOR to January 31st and receive a 35% discount off the second lower priced class.

After January 31st the second class discount is 25%.

Special Aquatics

> Teen Swim (Ages 13-18)

Can't swim well enough to use the water for a workout? Interested in becoming a lifeguard? This swim class combines learn to swim as well as fitness swimming and stroke refinement.
 Fee: Winter \$120 Spring \$312

All Levels

Wednesdays 8:15-9:00pm AYW1TL

Advanced

Thursdays 4:30-5:15pm AQH1TL

> Swim Team Prep

This class is a stepping stone to any swim team. Swimmers work on all competitive strokes, starts, and turns. Taught by an experienced swim coach. Registration requires instructor approval. For information and placement call x 152.

Please note, current session registrants are able to register in the same unit without instructor approval.

February 2 - June 26 3:45 - 4:30pm

Tuesday (18wks) AQT1SP \$432

Thursday (18wks) AQH1SP \$432

Saturday (16wks)

11:00 - 11:45 am AQS1SP \$388

> Synchronized Swimming

Coach: Rowena Dale Mohammed

Learn basic skills, simple patterns and routines of this Olympic sport. Taught by veteran coach and national silver medal winner. Trial classes are available.

All classes listed are beginner/intermediate level. Advanced level instruction available, call ext 152.

Thursdays Ages 6 and up AYW1SS
 3:45 - 5:00 pm (18 wks) \$456

Saturdays Ages 6 - 9 AQS1SS
 11:45 - 1:00 pm (16 wks) \$360

Saturdays Ages 10 and up AQS2SS
 11:00 - 1:45 pm (16 wks) \$390

Certification Classes

> American Red Cross Lifeguard Training (LGT)

Certification includes LGT/first aid/CPR/AED. Successful candidates must complete a 300yd swim test to qualify for the class. A non-refundable pre-test fee holds your class spot. Only candidates who have successfully completed the pretest may register for the class. Participants must be 15 years of age by end of the course.

Note that this certification is for lifeguarding at pools only. For lake/non-surf waterfront see Waterfront Lifeguarding Certification.

Pre-Test Fees: \$20

Class Fees include materials

Member: \$375 Non-Member: \$395

Class #1 - Sunday AQLG1

Pretest: Sunday, Feb 28 12:00pm-2:30pm

Class: March 14-May 16 11:30am-2:30pm

April 11 9:30am-5:30pm

(no class 4/4)

Class #2 - Tues/Thurs/Sat AQLG2

Pretest: Thurs, March 11 8:15pm-9:15pm

Class: March 16, 18, 23, 25 6:00pm-9:45pm

March 20, 27 9:30am-5:30pm

Class #3 - Spring Vacation Class AQLG3

Pretest: Mon, March 29 9:00am-10:30am

Class: March 29 12:00pm-6:00pm

March 30 - April 1 9:00am-6:00pm

Class #5 - Tues/Thurs/Sat AQLG5

Pretest: April 8 8:15pm-9:15pm

Class: April 13, 15, 20, 22 6:00pm-9:45pm

April 17 & 24 9:00am-6:00pm

Class #6 - Tues/Thurs/Sat AQLG6

Pretest: April 30 8:15pm-9:15pm

Class: May 4, 6, 11, 13 6:00pm-9:45pm

May 8 & 17 9:00am-6:00pm

Class #7 - Tues/Thurs/Sat AQLG7

Pretest: June 3 8:15pm-9:15pm

Class: June 8, 10, 15, 17 6:00pm-9:45pm

June 12 & 19 9:00am-6:00pm

Certification Classes (continued)

> WATERFRONT Lifeguarding Certification Full Course

American Red Cross Certification for guarding pools, lakes, and waterfront. Includes waterfront LGT/First Aid and CPRAED/FPR.

Successful candidates must pass pretest including 550yd swim, 10lb brick retrieval, and 20yd underwater swim. A non-refundable pretest fee holds your class spot. Only candidates who have passed the pre-test may register for the class. Participants must be 15 years of age by the end of the class. Class fee includes materials.

Pretest Fee: \$50
Participant must bring own mask, fins, & snorkel.
Member: \$425 Non-Member: \$450

Full Course - Monday - Friday	AQWF1
Pretest: March 29	9:00 am - 11:30 am
Class: March 29	12:00 pm - 6:00 pm
March 30- April 2	9:00 am - 6:00 pm

> WATERFRONT Lifeguarding Certification Bridge Course (for currently certified American Red Cross Lifeguards ONLY)

Open to currently certified American Red Cross lifeguards ONLY. A non-refundable pretest fee holds your class spot. Only candidates who have passed the pretest may register for the class. (See pretest description under FULL course).

The first day of this class is a standard lifeguarding and first aid skills challenge. The second day is the waterfront portion. CPR renewal not included. Additional CPR renewal option available.

CPR recert option available June 26. \$75
Pretest Fee: \$50
Participant must bring own lifeguarding manual, mask, fins, & snorkel.
Member: \$200 Non-Member: \$225

Bridge Course - Friday - Sunday	AQWF2
Pretest: June 25	7:45 pm - 8:45 pm
Class: June 26 & 27	10:00 am - 6:00 pm

Lifeguards are required to recertify in CPR/AED every year

>CPR/AED for the Professional Rescuer Review Courses

Bring your own pocket mask and LGT book for review OR if requested in advance we can make available:

Pocket Mask \$20 / LGT Book \$45
Member: \$75 Non-Member: \$110

Class #1 - Saturday	AQCPR1
May 1	1:00 pm - 6:00 pm

Class #2 - Wed/Thurs	AQCPR2
May 19 & 20	6:30 pm - 9:00 pm

Class #3 - Sunday	AQCPR3
June 6	9:30 am - 3:00 pm

Class #4 - Monday & Tuesday	AQCPR4
June 14 - 15	6:00 pm - 9:00 pm

>Lifeguarding Review Course

Participants must have had current LGT/First Aid Certification within 6 months of class participation. Participant must bring lifeguarding & CPR certifications to class.

Bring your own pocket mask and LGT book for review OR if requested in advance we can make available:

Pocket Mask \$20 / LGT Book \$45
Member: \$225 Non-Member: \$250

Monday - Wednesday	AQLR1
June 21, 22 & 23	9:30 am - 5:00 pm

(CPRAED/FPR recertification to be done on final day of class. If CPR recertification not required, please discount price of class by \$60)



>Water Safety Instructor

Learn to teach swimming and water safety. Pretest includes demonstration of Level 4 skills while swimming 25 yards front crawl, back crawl, breast stroke, elementary backstroke, and sidestroke, and 15 yards butterfly. This course is taught by a Water Safety Instructor Trainer with more than 20 years experience.

\$30 Pre-test fee (non-refundable)
Class fee includes materials
Member: \$425 Non-member: \$450

Tuesdays	AQTWS1
March 9 - June 15	6:30 pm - 9:30 pm

No class March 30

(Please note that some days class will run until 10:00 pm. These days will be pre-arranged.)

>USWFA National Water Fitness Instructor Certification Primary & Masters Level

Prerequisites: Must be CPR certified, please see class listings or call for information.

This class offers either beginner or advanced level certification in an easy, time-saving format.

- 1) Register for the class
- 2) Study the materials
- 3) Show up on the class day prepared for an instructor-led review, a written test, and to demonstrate a short class.

Primary Certification

Must be 16 years old
Member: \$211 Non-Member: \$247

Masters Certification

Must be 21 years old and have a minimum of 3 years experience/or a total of 150 hours of teaching water exercise.

Member: \$235 Non-Member: \$277

Sunday	March 21	9:30 am - 4:00 pm
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Registration Deadline: March 7, 2010
Call (561) 732-9908 or www.uwfa.com