

## Aquatic Activities

- \*All participants are required to have a proper bathing suit\*
- \*All participants should have a towel and proper footwear\*
- \*\*Children still in diapers should wear swimming diapers under their bathing suits\*\*

**Fall Session I: Week of: September 17th- Week of: October 22nd, Registration starts August 27 and ends September 16th.**

**Fall Session II: November 5th – Week of: December 17th**

### *Family Swim*

Please check the pool's schedule for the proper family swim times during the week. Family swim is set aside for families to enjoy the pool together. Children must be accompanied by a parent that is in the water at this time.

### *Adult Lap Swim*

There is always at least one lap lane open during the course of the day for lap swimming. Lap Swimmers must be 18 years or older. If there is more than one person in a lane, please share and circle swim (stay on the right side of the lane at all times, one swimmer after another).

### *Youth Recreational swim*

Please adhere to the pool's schedule for the Youth Rec. swimming times. The Youth Rec. swim is for all youth members and guests in grades 1-8. All swimmers will be required to pass a swim test in order to be permitted to swim in the deep end.

### *High School Recreational Swim*

Please check the pool's schedule for the times of High School Rec. swim. The High School Rec. swim is for all students in grades 9-12. All swimmers will be required to pass a swim test in order to swim in the deep end.

### *Aqua Aerobics*

Please look at the pool's schedule to confirm the times of our water fitness classes. These water fitness classes, which are free to all YMCA members, are a great way to meet new people and get an excellent low impact workout. These workout are based upon increasing cardiovascular endurance and strength. Also, this class provides an increase in balance and flexibility.

**Want your child to have a splashing good time at the Lynn YMCA?:** Rent our pool for your child's birthday bash or any other special event! The party includes the use of our pool and also a party room. To schedule your party today or to inquire about prices and times please call the YMCA at 781-581-3105.

## *High School Swim Team Prep*

This program is geared towards those young swimmers who have knowledge of swimming and want to perfect their strokes before the start of the High School swimming season. This program focuses on technique of all four strokes, endurance, sprints and distance swimming. High School Swim Team Prep. Is meant for those who are in High School and have an interest in swimming competitively. The teens that join this class must be capable of swimming 50 yards of Freestyle and Backstroke and also must have knowledge of Breaststroke and Butterfly.

Cost: \$60.00

Time: Mondays, Wednesday, Friday from 5:00-6:00pm

## Swimming Lessons

Days	Member Price	Non-Member Price
Mon/Wed.	\$72.00	\$144.00
Tues/Thurs.	\$72.00	\$144.00
Sat. or Sun.	\$36.00	\$72.00

### *Parent Tot*

The primary objective of this class is to get both the parent and the child comfortable within the water. The child will become aware of the differences between moving on the water and on the dry-land and the parent will become aware of how to teach his or her child to be safer in and around the water. The child will be exposed to games that use basic movements in the water, such as kicking, arm strokes, and breath control, based on the developmental abilities of the child.

Time: Sunday 12:00-12:30pm

### *Pike*

This level helps children develop safe pool behavior, adjust to the water, and develop independent movements within the water. It is designed for new swimmers who will begin to learn basic paddle stroke, kicking skills, and comfort with holding their face in the water while blowing bubbles with a floatation device.

Times: Tues/Thurs 6:00-6:30pm  
Saturday 10:00-10:30am

### *Eel*

This level helps children develop safe pool behavior, adjust to the water and develop independent movements within the water. It is designed for comfortable new swimmers, teaching basic paddle stroke and kicking skills, pool safety, and comfort holding their face in the water while blowing bubbles and also swimming. These children are starting to move away from the floatation device.

Times: Tues/Thurs 6:00-6:30pm  
Saturday 10:30-11:00am





### **Ray**

Children at this level review previously learned skills and refine their strokes as well as their personal safety and floating skills. Children can swim a length of the pool on their front and back at the end of this level and should also no longer need a floatation device at the end of this level.

Times: Tues/Thurs 6:30-7:00pm  
Saturday 11:00-11:30am



### **Starfish**

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float and perform the progressive paddle stroke.

Times: Tues/Thurs 6:30-7:00pm  
Saturday 11:30-12:00pm



### **Polliwog**

This is the beginning level for school age Children. It enables children to get acquainted with the pool, floatation devices and floating. By the end of this level, they should know both the front crawl and backstroke.

Times: Mon/Wed 6:00-6:30pm  
Saturday 10:00-11:00am



### **Guppy**

At this level children review previous skills, improve stroke skills, learn more personal safety and floatation skills, build endurance and learn to tread water. Children can swim across the pool on their front and back by the end of this class.

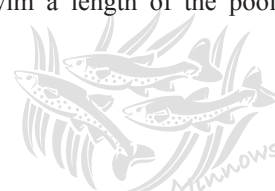
Times: Mon/Wed 6:00-6:30pm  
Saturday 10:30-11:00am



### **Minnow**

The children in this class continue to practice and build upon basic skills and performing more advanced skills without the use of a floatation device. They are introduced to the breaststroke and elementary backstroke. children can swim a length of the pool without assistance at the end of this level.

Times: Mon/Wed 6:30-7:00pm  
Saturday 11:00-11:30am



### **Fish**

This is the intermediate level. At this level, children work to perform the crawl stroke and backstroke with turns. They are introduced to the butterfly. And also diving skills are introduced. This is the most advanced class for school age children.

Times: Mon/Wed 6:30-7:00pm  
Saturday 11:30-12:00pm



### **Adult**

Beginning class for adults. Allows participants to be comfortable in the water, and learn the basics of paddling and kicking.

Time: Saturday 9:00-9:30am

### **Private Lessons**

Private lessons are a great way to learn to swim or to improve your stroke techniques. Each lesson lasts 30 minutes and these lessons are at your convenience by contacting the Aquatic Director.

Cost:	Member and Non-Member Prices
One class	\$30.00
Four classes	\$100.00
Eight classes	\$160.00

# Greater Lynn YMCA Fall '07 Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
<b>6:00am-9:00am</b>	Adult Lap (6)	Adult Lap (6) Group 8-9 (3)	Adult Lap (6)	Adult Lap (6)	Adult Lap(6)		<b>8:00am-9:00am</b>	Adult Lap (6) Family (4) Adult Lap (2)
<b>9:15am-10:15am</b>	Fitness (5) Adult Lap (1)	Fitness (5) Adult Lap (1)	Fitness (5) Adult Lap (1)	Fitness (5) Adult Lap (1)	Fitness (5) Adult Lap (1)		<b>9:00am-10:00am</b>	Fitness (4) Lessons (1) Adult Lap (1) Family (4) Adult Lap (2)
<b>10:30am-11:30am</b>	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)		<b>10:00am-12:00pm</b>	Lessons (3) Adult Lap (3) Family (3) Adult Lap (3)
<b>11:30am-12:30pm</b>	Adult Lap(6)	Adult Lap (6)6)	Adult Lap (6)	Adult Lap (6)	Adult Lap (6)		<b>12:00pm-1:00pm</b>	Adult Lap (3) Youth Open (3) Family (3) Adult Lap (3)
<b>12:30pm-2:30pm</b>	Family Swim(3) Adult Lap (3)	Family Swim(3) Adult Lap (3)	Family Swim(3) Adult Lap (3)	Family Swim(3) Adult Lap (3)	Family Swim (3) Adult Lap (3)		<b>1:00pm-2:00pm</b>	Adult Lap (3) Youth Open (3) Rentals(6)
<b>2:30pm-4:00pm</b>	Youth Cent. (3) Adult Lap (3)	Youth Cent. (3) Adult Lap (3)	Youth Cent. (3) Adult Lap (3)	Youth Cent. (3) Adult Lap (3)	Youth Cent. (3) Adult Lap (3)		<b>2:00pm-3:00pm</b>	Youth Open (3) Adult Lap (3) Rental (6)
<b>4:00pm-5:00pm</b>	SACC (3) Adult Lap (3)	SACC (3) Adult Lap (3)	SACC (3) Adult Lap (3)	SACC (3) Adult Lap (3)	SACC (3) Adult Lap (3)		<b>3:00pm-6:45pm</b>	Family (3) Adult Lap (3) Rental (6)
<b>5:00pm-6:00pm</b>	Adult Lap(1) High School Swim Team Prep (2) High School(3)	Adult Lap (1) High School Swim Team Prep (2) High School(3)	Adult Lap (1) High School Swim Team Prep (2) High School(3)	Adult Lap (3) High School Swim Team Prep (2) High School(3)	SACC (3) High School Swim Team Prep (2) Adult Lap (3)			
<b>6:00pm-6:30pm</b>	Lessons (3) Adult Lap (3)	Lessons (3) Adult Lap (3)	Lessons (3) Adult Lap (3)	Lessons (3) Adult Lap (3)	Private Youth Group (3) Adult Lap (3)			
<b>6:30pm-7:00pm</b>	Adult Lap (1) Lessons (1) Fitness (4)	Adult Lap (1) Lessons (1) Fitness (4)	Adult Lap (1) Lessons (1) Fitness (4)	Adult Lap (1) Lessons (1) Fitness (4)	Private Youth Group(3) Adult Lap (3)			
<b>7:00pm-7:30pm</b>	Fitness (4) Adult Lap (2)	Fitness (4) Adult Lap (2)	Fitness (4) Adult Lap (2)	Fitness (4) Adult Lap (2)	Adult Lap (6)			
<b>7:30pm-9:45pm</b>	Adult Lap (6)	Adult Lap (6)	Adult Lap (3)	Adult Lap (6)	Adult Lap (6)			
Number in parenthesis indicates number of lanes							<i>Schedule is Subject to change.</i>	