

# YOUTH DEVELOPMENT

## Aquatics, Preschool Lessons

### WATERBABIES

Age 6 to 18 months

Small Pool. An adjustment program designed to introduce young children to the water, basic safety and fun. A parent or other trusted adult must accompany their "waterbaby" in the pool.

Wednesday 9:00 - 9:30 am  
Saturday 8:00 - 8:30 am  
Member Fee \$40  
Non-Member Fee \$75

### WATERBABIES II

Age 19 to 36 months

Small Pool. An adjustment program designed to introduce young children to the water, basic safety and fun. A parent or other trusted adult must accompany their "waterbaby" in the pool.

Monday 9:50-10:20 am  
Tuesday 10:00 - 10:30 am  
Tuesday 5:20 - 5:50 pm  
Wednesday 9:35 - 10:05 am  
Thursday 9:00 - 9:30 am  
Friday 9:10 - 9:40 am  
Saturday 8:35 - 9:05 am  
Member Fee \$40  
Non-Member Fee \$75

### PIKES WITH PARENTS

Age 3 to 5 years

Small Pool. This class is for the child who is not yet comfortable in the water.

Tuesday 8:30 - 9:00 am  
Wednesday 2:45 - 3:15 pm  
Saturday 9:10 - 9:40 am  
Member Fee \$55  
Non-Member Fee \$105

### PIKES

Age 3 to 5 years

Small Pool. For young swimmers who may be unfamiliar with or uncomfortable in the water.

Monday 10:25 - 10:55 am  
Monday 1:30 - 2:00 pm  
Tuesday 4:45 - 5:15 pm  
Wednesday 10:10 - 10:40 am  
Wednesday 5:40 - 6:10 pm  
Thursday 4:35 - 5:05 pm  
Thursday 6:20 - 6:50 pm  
Friday 4:05 - 4:35 pm  
Saturday 11:10 - 11:40 am  
Member Fee \$55  
Non-Member Fee \$105

### EELS

Age 3 to 5 years

Small Pool. This program builds on the development of the Pikes sessions.

Monday 9:10 - 9:40 am  
Monday 2:05 - 2:35 pm  
Monday 4:00 - 4:30 pm  
Tuesday 11:00 - 11:30 am  
Tuesday 4:00 - 4:30 pm  
Wednesday 10:45 - 11:15 am  
Wednesday 4:00 - 4:30 pm  
Thursday 4:00 - 4:30 pm  
Thursday 5:10 - 5:40 pm  
Friday 3:30 - 4:00 pm  
Saturday 10:35 - 11:05 am  
Saturday 11:45 - 12:15 pm  
Member Fee \$55  
Non-Member Fee \$105

### EELS PLUS

Age 3 to 5 years

Small & Main Pool. 30 minute class designed to ease the transition from the small to the main pool. Participants should be high end "eels" with minimal to no flotation.

Wednesday 4:15 - 4:45 pm  
Wednesday 10:45 - 11:15 am  
Friday 4:00 - 4:30 pm  
Saturday 10:30 - 11:00 am  
Member Fee \$55  
Non-Member Fee \$105

### RAYS

Age 3 to 5 years

Main Pool. Conducted in the Main Pool with minimal or no flotation and features continued development of swimming skills and endurance.

Monday 10:45 - 11:30 am  
Monday 4:45 - 5:30 pm  
Tuesday 1:00 - 1:45 pm  
Tuesday 4:45 - 5:30 pm  
Wednesday 2:00 - 2:45 pm  
Wednesday 4:00 - 4:45 pm  
Thursday 4:45 - 5:30 pm  
Friday 4:00 - 4:45 pm  
Member Fee \$62  
Non-Member Fee \$119

### STARFISH

Age 3 to 5 years

Main Pool. Starfish continue to develop aquatic skills while learning survival floating, surface dives, somersaults, jumping from a height, boating and personal safety.

Tuesday 2:00 - 2:45 pm  
Tuesday 4:00 - 4:45 pm  
Wednesday 4:45 - 5:30 pm  
Thursday 4:00 - 4:45 pm  
Saturday 10:30 - 11:15 am  
Member Fee \$62  
Non-Member Fee \$119



# YOUTH DEVELOPMENT

## Aquatics, School Age Lessons

### YSL POLLIWOG

Age 6 years (must be in 1st grade) and up  
Main or Small Pool. For beginners without experience or with limited skills.

Mon. (main pool)	4:00 - 4:45 pm
Mon. (small pool)	4:45 - 5:30 pm
Tue. (main pool)	4:45 - 5:30 pm
Wed. (small pool)	4:45 - 5:30 pm
Thurs. (main pool)	4:00 - 4:45 pm
Sat. (small pool)	9:45 - 10:30 am
Member Fee	\$62
Non-Member Fee	\$119

### YSL GUPPY

Age 6 years (must be in 1st grade) and up  
Main Pool. For advanced beginners who are comfortable in the Main Pool.

Monday	4:00 - 4:45 pm
Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Wednesday	4:00 - 4:45 pm
Thursday	4:00 - 4:45 pm
Saturday	9:00 - 9:45 am
Saturday	9:45 - 10:30 am
Saturday	10:30 - 11:15 am
Member Fee	\$62
Non-Member Fee	\$119

### YSL MINNOW

Age 6 years (must be in 1st grade) and up  
Main Pool. For advanced beginners to develop a rudimentary front crawl with rotary breathing, a rudimentary breaststroke, elementary backstroke, back crawl and sidestroke.

Monday	4:00 - 4:45 pm
Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Tuesday	4:45 - 5:30 pm
Wednesday	4:00 - 4:45 pm
Wednesday	4:45 - 5:30 pm
Thursday	4:45 - 5:30 pm
Saturday	9:00 - 9:45 am
Saturday	9:45 - 10:30 am
Member Fee	\$62
Non-Member Fee	\$119

### YSL FISH

Age 6 years (must be in 1st grade) and up  
Main Pool. Intermediate work on refining a front crawl, back crawl, breaststroke, elementary backstroke and sidestroke.

Monday	4:00 - 4:45 pm
Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Tuesday	4:45 - 5:30 pm
Wednesday	4:00 - 4:45 pm
Thursday	4:00 - 4:45 pm
Thursday	4:45 - 5:30 pm
Saturday	9:00 - 9:45 am
Saturday	9:45 - 10:30 am
Member Fee	\$62
Non-Member Fee	\$119

### YSL FLYINGFISH

Age 6 years (must be in 1st grade) and up  
Main Pool. For the advanced swimmer, class builds increased efficiency and endurance in the six basic strokes with an introduction to flip turns, starts and pullouts.

Monday	4:45 - 5:30 pm
Tuesday	4:00 - 4:45 pm
Wednesday	4:45 - 5:30 pm
Saturday	9:00 - 9:45 am
Member Fee	\$62
Non-Member Fee	\$119

### YSL SHARK

Age 6 years (must be in 1st grade) and up  
Main Pool. The advanced swimmer refines his/her strokes and learns the concepts of competitive swimming while building endurance.

Wednesday	4:45 - 5:30 pm
Thursday	4:45 - 5:30 pm
Saturday	9:45 - 10:30 am
Member Fee	\$62
Non-Member Fee	\$119

# YOUTH DEVELOPMENT

## Aquatics, School Age Lessons

### YSL HAMMER HEADS

Age 11-14 years

Main Pool. Participants will be able to enhance their limited skills and experience in an age friendly, sensitive class environment.

Thursday	4:45 - 5:30 pm
Member Fee	\$62
Non-Member Fee	\$119

### YSL PORPOISE

Age 10 years and up

Main Pool. The accomplished swimmer ventures into character development and leadership training in return to an oldie but a goodie program. Students will receive a 45 minute instructional session followed by a 30 minute assistant teaching session. Participants will refine their own abilities as well as learn how to assist teaching swim lessons, all while reinforcing the Y's Core Values of Caring, Honesty, Respect, and Responsibility.

Thursday	4:00 - 4:45 pm
Member Fee	\$70
Non-Member Fee	\$125

### SWIM LESSONS FOR CHALLENGED YOUTH

Age 6 years and up

Small & Main Pool. This instructional and recreational program is customized to the special needs of your swimmer.

Friday	5:00 - 5:45 pm
Member Fee	\$62
Non-Member Fee	\$119

### PRIVATE SWIMMING LESSONS

Age 3 years and up

Small Pool or Main Pool. Private swim lessons are the optimal way to learn how to swim. Details and pricing information are available at the Welcome Center or call Julia at (508) 362-6500 x300.

### MAKO SWIM TEAM

Age 6 to 18 years

Main Pool. Competitive Age Group Swimming. The Mako Swim Team offers five different team levels; Novice, Age Group, Junior, Senior and National. The Y's Mako Swim Team competes in both YMCA and USA Swimming to develop swimmers to their fullest potential through use of proper technique, challenging workouts, and a strong team atmosphere. The program incorporates discipline, character development, skills, training, and endurance swimming. Advance through the progressive level program.

Swimmers interested in our Novice program must be able to swim freestyle and backstroke. In order to be a part of the Age Group Team, swimmers must be at least 6 years old and able to exhibit good swimming skills and a variety of competitive techniques. Maturity, conditioning and ability will help determine a swimmers level.

For more information visit [ymcacapecod.org](http://ymcacapecod.org) or contact the coaching staff at 508-362-6500 x109.



**Use the QR Code app on your smart phone to view more information about the Mako Swim Team or visit our web site.**



# HEALTHY LIVING

## Aquatics, Adult Classes

### ADULT SWIM LESSONS DRC

#### BEGINNERS

Small Pool. This program is designed to teach adults how to swim. Participants should be “beginners” with little or no swimming ability or experience.

Thursday	7:00 – 7:45 pm
Member Fee	\$50
Non-Member Fee	\$95

### YMCA AQUATICS ARTHRITIS FOUNDATION DRC

Small Pool. A recreational class in our heated pool for adults with any type of arthritis. Participants may attend 3 classes.

Monday, Wednesday & Friday	8:00 – 9:00 am
Monday, Tuesday, Wednesday & Friday	11:30 – 12:30 pm
Member Fee	\$58
Non-Member Fee	\$115

### AQUACIZE DRC

Small Pool. Aquacize stretches and tones your muscles with a low-impact, movement-based workout. Participants need not be accomplished “swimmers” to aquacize.

Monday and Wednesday	7:00 – 7:45 pm
Member Fee	\$58
Non-Member Fee	\$115

### FIT & SWIM DRC

Main Pool. Exercise in the pool to stretch and tone your muscles followed by 15 minutes of lap swimming or water walking. (You need not be a “swimmer” for this class.)

Monday, Wednesday & Friday	9:00 – 9:45 am
Monday, Wednesday & Friday	1:00 – 1:45 am
Member Fee	\$58
Non-Member Fee	\$115

### ISEP

Small Pool. Our Individualized Swimming Exercise Program is an adapted exercise and swim program for adults with special needs. Programs are custom designed to increase the individual’s fitness and independence. An aide may be necessary and welcomed to assist some class members.

Monday	5:45 – 6:45 pm
Member Fee	\$40
Non-Member Fee	\$85

### NO SWEAT! DRC

Main Pool. Work on your aerobic conditioning and muscle endurance by using the water’s natural resistance.

Monday, Wednesday & Friday	9:45 – 10:30 am
Member Fee	\$58
Non-Member Fee	\$115

### SWIM STROKE CLINIC

#### INTERMEDIATE

Main Pool. Looking to improve your workout? Triathlete? Master Swimmer? Refine your strokes under the guidance of the Y’s Head Swim Coach, Ben VanDyk. Class will focus on improving stroke technique.

Beginner	
Tuesday	7:00 – 8:00 am

Intermediate	
Thursday	7:00 – 8:00 am

Member Fee	\$85
Non-Member Fee	\$130

### WATER EXPRESS DRC

Main Pool. The fitness benefits of water exercise are many. This faster paced workout is designed to strengthen your heart and lungs as well as your muscles. You don’t need to be a swimmer to enjoy the power of the water in conditioning your body to be strong.

Monday and Wednesday	7:45 – 8:30 PM
Member Fee	\$20
Non-Member Fee	\$80