

# YAQUATICS™

We build strong kids, strong families, strong communities

YMCA South Hampton Roads  
Serving Coastal Virginia and Northeastern North Carolina

Parent/Child Class - 6 to 36 months  
Preschool Class - 3 to 5 years  
School Age Class - 6 to 12 years  
Teen/Adult - 13 years & up

## MARCH - JUNE 2010

Great Bridge/Hickory Family YMCA

**PRICING**  
\$40 - Members  
\$92 - Potential Members

Session START DATE - END DATE	TIME	CLASS
<b>March 1 - March 25</b>	8:30 AM	Teen/Adult (Tues/Thurs ONLY)
	10:00 AM	Parent/Child
<b>March 29 - April 29</b>	10:30 AM	Preschool
	11:00 AM	Preschool
<b>May 3 - May 27</b>	4:30 PM	Preschool, School Age
	5:00 PM	Preschool, School Age
<i>Classes meet 2 times a week for 4 weeks on Monday &amp; Wednesday OR Tuesday &amp; Thursday</i>	5:30 PM	Parent/Child (Tues/Thurs ONLY)
	6:00 PM	Preschool & School Age (Tues/Thurs ONLY) Teen/Adult (Mon/Wed ONLY)
	6:30 PM	Preschool & School Age (Mon/Wed ONLY)

*No classes held during the week  
of Spring Break, April 4 - 10*

TIME	CLASS	Session START DATE - END DATE
9:00 AM	Parent/Child, Preschool, School Age	<b>March 6 - April 24</b>
9:30 AM	Parent/Child, Preschool, School Age	
10:00 AM	Preschool, School Age	<b>May 1 - June 19</b>
10:30 AM	Preschool, School Age	
		<i>Classes meet on SATURDAYS for 8 weeks</i>

*No classes held during the week  
of Spring Break, April 4 - 10*

**TERRIFIC TURTLES** is an adapted swim class for ages 3 - 14.  
**TERRIFIC TURTLES II** is an adapted swim class for ages 15- 24.

These swim classes are ideal for any child with an active I.E.P.  
Information can be found on a separate flier or online at [www.ymcashr.org](http://www.ymcashr.org)

Register at the Member Services Desk. Members - **SAVE TIME** and register online at [www.ymcashr.org](http://www.ymcashr.org).

Registration closes the **FRIDAY** prior to the **SESSION START DATE**.  
Potential Members may register no earlier than 30 days prior to Session Start Date.

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## Class Descriptions

### Parent/Child Class

Designed for children 6 to 36 months old who will participate with a parent. Focus is on water orientation and adjustment.

### Preschool Class

Children ages 3 - 5 years beginner to advanced. Emphasis will be on teaching fundamentals of swimming, personal safety, character development, rescue skills and water sports.

### School Age Class

Children ages 6 - 12 years beginner to advanced. Participants learn skills pertaining to personal growth, stroke development, personal safety, rescue, water sports and games. Each child will have his/her skills evaluated the first day of class to ensure proper placement in the progressive program of the YMCA.

### Teen/Adult Class

Swim lessons for teens and adults of all abilities from beginner to advanced to reach swimming goals of the individual.

### Terrific Turtles

Adapted small group swim lessons for ages 3 - 14 years. This is the ideal class for any child with an active I.E.P. Classes are held in the Therapy Pool, which is the perfect environment to help a child relax, learn water skills, build physical stamina, tone muscles and build a healthy self-esteem. *Diagnosis needs to be stated on registration form to ensure appropriate level of placement.* Information and class times can be found on a separate flier or online at [www.ymcashr.org](http://www.ymcashr.org).

*Children under 3 years of age may not attend a swim lesson without a parent present in the water.*

**PLEASE NOTE: If you miss a class because of other commitments and/or sickness, the class will not be made up. We only make up classes (if time permits) that we as the Aquatic Department cancel.**