



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BE STRONG BE CONFIDENT

YMCA Silver Spring  
AQUATICS GUIDE

Spring I Session  
February 27 – Apr 23

Registration begins on  
02/13 for Full Members and  
02/20 for Program Members.





# WELCOME!

## YMCA Silver Spring Aquatic Programs

Spring I Session

February 27 – April 23

Registration begins on 02/13 Full Members and  
02/20 for Program Members.



### YMCA Silver Spring

9800 Hastings Drive,  
Silver Spring, MD 20814  
301-585-2120  
www.ymcadc.org  
facebook.com/ymcadc  
twitter.com/ymcadc

### HOURS OF OPERATION:

Monday–Friday:

Indoor pool: 6:00am –  
9:45pm

Outdoor Pool: 6:15am–7:45 pm

Saturday:

Indoor Pool: 7:00am–7:45pm

Outdoor pool 7:30am–7:45pm

Sunday:

Indoor Pool: 9:00am–7:45pm

Outdoor pool: 9:30am –7:45pm

### FOR MORE INFORMATION ON AQUATICS PROGRAMS CONTACT:

Aleksandar.Milojkovic@ymcadc.org

Regina.Melito@ymcadc.org



**The Y's Aquatic Programs encourages children and adults to live healthier Lifestyles, have fun and be safe in the water.**

Our aquatic programs help to combat startling water-related statistics that drowning is the number cause of unintentional deaths, according to the Centers for Disease Control. The Y provides techniques for water safety for all.

Youth can take advantage of programs that range from beginner to advanced swimming. As youth grow, opportunities are available to learn CPR or become certified lifeguards.

For adults, there are additional benefits of swimming or participating in water activities such as

- Improves muscle definition
- Improves flexibility
- Reduces inflammation..
- Lowers stress and depression
- Burns greater amount of calories
- Improves blood flow
- Lowers blood pressure

### REFUND/CANCELLATION POLICY

- The YBCC aquatics department will only credit/refund money due to family emergencies or medical reasons with a doctor's note.
- Any credit/refund made after the start of a session will be prorated at the discretion of the Aquatics Director.
- If the YBCC cancels the class or reschedules a course at the beginning of the session, full credit/refund will be given, if transfer to another class is not possible.
- The YMCA does not offer make-ups for individual absences.
- If verified illness prohibits class attendance, and is reported to the YMCA Aquatics Staff, a makeup lesson will be given. A doctor's note must be submitted.
- All programs have a minimum enrollment number of three participants. Programs with fewer participants may be combined or canceled. You will have the option of receiving a full refund/credit or switching to another similar price program or class.
- Only the Aquatics Director will approve refund for a reason not mentioned above.

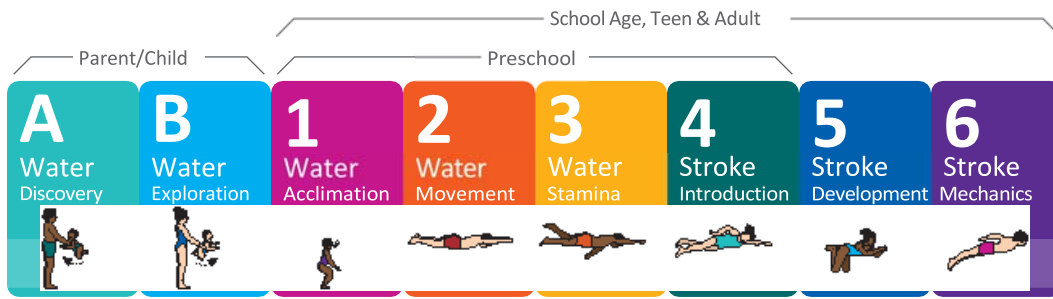
### MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.



# YMCA Swim Lessons

## STAGES



All age groups are taught the same skills but divided according to their developmental milestones.

**EVERYTHING THE Y DOES IS IN SERVICE OF BUILDING A BETTER US.**

One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

**WE'RE HERE FOR EVERYONE**  
All ages—from infants to seniors—can learn to swim. Check out our class offerings to find one that fits your family's busy schedule.

### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



#### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



#### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit.
- Jump, push, turn, grab while parents learn about water safety, drowning prevention, and the importance of supervision.



#### 1/ WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



#### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



#### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

### SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



#### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



#### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



#### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

# YMCA Swim Lesson Schedule

## YMCA Silver Spring

Regional Aquatics Director: Aleksandar Milojkovic

Aquatics Director: Regina Melito

Spring I Session • February 27 – April 23

Registration begins on 02/13 for Full Members and 2/20 for Program Members.

NO CLASSES SPRING BREAK 04/03-04/09

To register, go to [www.ymcadc.org](http://www.ymcadc.org) and click on Easy to Enroll.



### MONDAYS 8 weeks

Masters Mondays

02/27 – 4/17 • 8 CLASSES

Start	End	Class	Class Code	Full Priv.	Program	Pool
8:00 PM	9:00 PM	Masters	02301-05	\$136	\$160	Indoor

### WEDNESDAYS 8 weeks

Masters Wednesdays

03/01 – 4/19 • 8 CLASSES

Start	End	Class	Class Code	Full Priv.	Program	Pool
8:00 PM	9:00 PM	Masters	02301-06	\$136	\$160	Indoor

### TUESDAY /THURSDAYS 4 weeks

02/28 – 03/23 • 8 CLASSES

Start	End	Class	Class Code	Full Priv.	Program	Pool
6:00 PM	6:30 PM	Pre Stage 1: Water Acclimation	02101-15	\$108	\$176	Indoor
6:40 PM	7:10 PM	Pre Stage 2: Water Movement	02102-15	\$108	\$176	Indoor
6:40 PM	7:10 PM	Youth Stage 1: Water Acclimation	02201-15	\$128	\$216	Indoor
7:20 PM	7:50 PM	Pre Stage 3: Water Stamina	02103-15	\$108	\$176	Indoor
7:20 PM	7:50 PM	Youth Stage 2: Water Movement	02202-15	\$128	\$216	Indoor
8:00 PM	8:45PM	Teen & Adult Intermediate	02301-15	\$128	\$216	Indoor

### TUESDAY /THURSDAYS 3 weeks

03/28 – 04/20 • 6 CLASSES no classes on Spring Break week 04/04 and 04/06

Start	End	Class	Class Code	Full Priv.	Program	Pool
6:00 PM	6:30 PM	Pre Stage 1: Water Acclimation	02101-17	\$81	\$132	Indoor
6:40 PM	7:10 PM	Pre Stage 2: Water Movement	02102-16	\$81	\$132	Indoor
6:40 PM	7:10 PM	Youth Stage 1: Water Acclimation	02201-16	\$96	\$162	Indoor
7:20 PM	7:50 PM	Pre Stage 3: Water Stamina	02102-17	\$81	\$132	Indoor
7:20 PM	7:50 PM	Youth Stage 2: Water Movement	02202-16	\$96	\$162	Indoor
8:00 PM	8:45PM	Teen & Adult Intermediate	02301-16	\$96	\$162	Indoor



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### Friday 7 weeks

3/03 – 4/21 • 7 CLASSES – no class on 04/07 Spring Break

Start	End	Class	Class Code	Full Priv.	Program	Pool
6:00 PM	6:30 PM	Pre Stage 1: Water Acclimation	02101-17	\$95	\$154	Indoor
6:40 PM	7:10 PM	Pre Stage 2: Water Movement	02102-18	\$95	\$154	Indoor
7:00 PM	7:45 PM	Teen & Adults Beginner	02301-17	\$112	\$189	Indoor
7:20 PM	7:50 PM	Youth Stage 1: Water Acclimation	02201-17	\$112	\$189	Indoor
8:00 PM	8:30 PM	Youth Stage 2: Water Movement	02202-17	\$112	\$189	Indoor

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### SATURDAY 7 weeks

3/04 – 4/22 • 7 Classes No class on Spring Break – 04/08

Start	End	Class	Class Code	Full Priv.	Program	Pool
8:00 AM	8:30 AM	Parent and Child A	02101-20	\$95	\$154	Indoor
8:00 AM	8:30 AM	Pre Stage 1: Water Acclimation	02101-22	\$95	\$154	Indoor
8:40 AM	9:10 AM	Parent and Child B	02101-21	\$95	\$154	Indoor
8:40 AM	9:10 AM	Youth Stage 1: Water Acclimation	02201-20	\$112	\$189	Indoor
9:20 AM	9:50 AM	Pre Stage 3: Water Stamina	02103-20	\$95	\$154	Indoor
9:20 AM	9:50 AM	Youth Stage 1: Water Acclimation	02201-21	\$112	\$189	Indoor
10:00 AM	10:30 AM	Pre Stage 1: Water Acclimation	02101-23	\$95	\$154	Indoor
10:00 AM	10:30 AM	Youth Stage 2: Water Movement	02202-21	\$112	\$189	Indoor
10:40 AM	11:10 AM	Pre Stage 2: Water Movement	02102-20	\$95	\$154	Indoor
10:40 AM	11:10 AM	Youth Stage 3: Water Stamina	02203-20	\$112	\$189	Indoor
11:20 AM	11:50 AM	Pre Stage 4: Stroke Introduction	02104-20	\$95	\$154	Indoor
11:20 AM	11:50 AM	Youth Stage 5: Stroke Development	02204-20	\$112	\$189	Indoor
4:00 PM	4:30 PM	Pre Stage 2: Water Movement	02102-20	\$95	\$154	Indoor
4:40 PM	5:10 PM	Youth Stage 1: Water Acclimation	02201-22	\$112	\$189	Indoor
5:20 PM	5:50 PM	Youth Stage 2: Water Movement	02202-22	\$112	\$189	Indoor

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### SUNDAY 7 weeks

3/05 – 4/23 • 7 Classes No classes on Spring break - 04/09

Start	End	Class	Class Code	Full Priv.	Program	Pool
9:20 AM	9:50 AM	Parent and Child A	02101-18	\$95	\$154	Indoor
9:20 AM	9:50 AM	Youth Stage 1: Water Acclimation	02201-18	\$112	\$189	Indoor
10:00 AM	10:30 AM	Pre Stage 2: Water Movement	02102-19	\$95	\$154	Indoor
10:00 AM	10:30 AM	Youth Stage 2: Water Movement	02202-18	\$112	\$189	Indoor
10:40 AM	11:10 AM	Pre Stage 1: Water Acclimation	02101-19	\$95	\$154	Indoor
10:40 AM	11:10 AM	Youth Stage 4: Stroke intro	02201-19	\$112	\$189	Indoor
11:20 AM	11:50 AM	Pre Stage 4: Stroke Introduction	02104-18	\$95	\$154	Indoor
11:20 AM	11:50 PM	Youth Stage 3: Water Stamina	02203-18	\$112	\$189	Indoor

# Other YMCA Aquatics Programs

## Masters Swim

A special class of competitive swimming. A Class for people who are looking to push themselves in long distance workouts. Working all parts of the bodies muscles.

## CERTIFICATES AND TRAINING

### CPR for the Community

Certification through American Safety and Health Institute. Participants will receive training for infant, child, and adult CPR. Certifications are valid for two years. Participants must be least 16 years old. This course is open to all members of the community.

### Red Cross Lifeguard Certification

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

