



YMCA ANTHONY BOWEN

**WELCOME
TO
WINTER
CLASS
SESSION**

January 06, 2025 - February 23, 2025

**Registration opens
DECEMBER 27, 2024**

Active membership required prior to registration

**YMCA Anthony Bowen
1325 W St NW
Washington, DC 20009
202/232-6936**



Refund policy

Instructional/Programs:

If a participant cancels, the following policy will be followed:

1. Participants cancel before the first class – 90% refund

2. Participants cancel after the first class– 75% YMCA credit only. No refund provided.

3. Participants cancel after the second class– 50% YMCA credit only. No refund provided.

4. Members are NOT eligible for credit or refund after the third class.

- The YAB 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 YAB 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-up for individual absences.
- 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



YMCA ANTHONY BOWEN

WINTER SWIM CLASS SCHEDULE

JANUARY 06, 2025 – FEBRUARY 23, 2025

***ACTIVE YMCA MEMBERSHIP IS REQUIRED PRIOR TO REGISTRATION**
 Classes ratio are for parent/child class 1:12, Pre-school 1:4-7, Youth and adult 1:6-8

| 7 WEEKS THURSDAY | | | | | | |
|------------------|---------|--------------------|----------|-----|----------|----------|
| START | END | CLASS | CLASS# | AGE | FULL MEM | PROG MEM |
| 7:00 PM | 7:45 PM | TEEN & ADULT S1-S2 | 02301 01 | 13+ | \$123 | \$190 |

| 7 WEEKS SATURDAY | | | | | | |
|------------------|----------|----------------------|----------|-----------|----------|----------|
| START | END | CLASS | CLASS# | AGE | FULL MEM | PROG MEM |
| 9:00 AM | 9:30 AM | Water Acclimation S1 | 02101 57 | 3y - 5y | \$105 | \$175 |
| 9:30 AM | 10:00 AM | Water Movement S2 | 02101 28 | 3y - 5y | \$105 | \$175 |
| 10:00 AM | 10:30 AM | Water Stamina S3 | 02101 52 | 3y - 5y | \$105 | \$175 |
| 10:30 AM | 11:00 AM | Water Discovery SA | 02101 01 | 6m - 24m | \$105 | \$175 |
| 10.30 AM | 11:00 AM | Water Exploration SB | 02101 15 | 24m - 36m | \$105 | \$175 |
| 12:00 PM | 12:45 PM | SWIM CLUB | 02201 73 | 7y - 14y | \$158 | \$239 |

| 7 WEEKS SUNDAY | | | | | | |
|----------------|----------|------------------------|----------|-----------|----------|----------|
| START | END | CLASS | CLASS# | AGE | FULL MEM | PROG MEM |
| 9:00 AM | 9:30AM | Water Acclimation S1 | 02101 26 | 3y - 5y | \$105 | \$175 |
| 9:30 AM | 10:00AM | Water Movement S2 | 02101 25 | 3y - 5y | \$105 | \$175 |
| 9:00 AM | 9:40 AM | Water Acclimation S1 | 02201 04 | 6y - 12y | \$123 | \$190 |
| 9:40 AM | 10:20AM | Water Movement S2 | 02201 05 | 6y - 12 y | \$123 | \$190 |
| 10 :20 AM | 11:00 AM | Water Stamina S3 | 02201 18 | 6y - 12y | \$123 | \$190 |
| 10:00 AM | 10:40 AM | Stroke Introduction S4 | 02202 40 | 6y - 12y | \$123 | \$190 |



STAGE DESCRIPTIONS

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



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.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.