



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE STRONG BE CONFIDENT

YMCA BETHESDA-CHEVY CHASE
AQUATICS GUIDE

Winter Session
Jan 6 – February 23

Registration begins on
12/23 for Full Members and
12/30 for Program Members.



WELCOME!

YMCA Bethesda-Chevy Chase Aquatic Programs

Winter Session

January 6- February 23

Registration begins on 12/23 full Members and
12/30 for Program Members.



YMCA BETHESDA-CHEVY CHASE

9401 Old Georgetown Road
Bethesda, MD 20814
301-530-3725
www.ymcadc.org
facebook.com/ymcadc
twitter.com/ymcadc

HOURS OF OPERATION:

Monday–Friday:

A Pool: 6:00am–9:45pm

B Pool: 6:00am–9:45pm

Outdoor Pool: 6:15am–7:45 pm

Whirlpool: 6:00am–8:30pm

Saturday:

A & B Pools: 6:00am–7:45pm

Outdoor pool 6:15am–7:30pm

Whirlpool: 6:00am–7:00pm

Sunday:

A & B Pools: 8:00am–7:45pm

Outdoor pool 8:15am–7:30pm

Whirlpool: 8:00am–7:00pm

FOR MORE INFORMATION ON AQUATICS PROGRAMS CONTACT:

Marko.Dokic@ymcadc.org

Veselina.Gancheva@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.

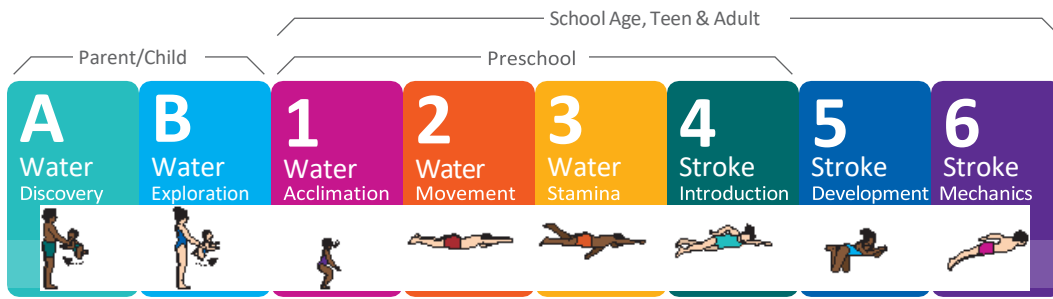
MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

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 BETHESDA-CHEVY CHASE

Aquatics Director: Marko Dokic

Aquatics Coordinator: Veselina Gancheva

Winter Session • Jan 6 – February 23

Registration begins on 12/23 for Full Members and 12/30 for Program Members.

To register, go to www.ymcadc.org and click on Easy to Enroll.



MONDAY

01/06 – 02/17 • 7 CLASSES

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:00 PM	4:30 PM	Pre Stage 2: Water Movement	02101-46	\$99	\$163	A
4:00 PM	4:40 PM	Youth Stage 4: Stroke Introduction	02202-23	\$118	\$201	A
4:45 PM	5:15 PM	Youth Stage 3: Water Stamina	02201-23	\$99	\$163	A
4:45 PM	5:25 PM	Teen Stage 3/4	02203-02	\$118	\$201	A
5:30 PM	6:10 PM	Youth Stage 5: Stroke Development	02202-11	\$118	\$201	A
6:10 PM	6:50 PM	Youth Stage 6: Stroke Mechanics	02202-75	\$118	\$201	A
6:00 PM	6:40 PM	Adult Stage 3/4	02301-06	\$118	\$201	A

TUESDAY

01/07 – 02/18 • 7 CLASSES

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:00 PM	4:30 PM	Pre Stage 1: Water Acclimation	02101-19	\$99	\$163	A
4:00 PM	4:30 PM	Pre Stage 2: Water Movement	02101-43	\$99	\$163	A
4:00 PM	4:30 PM	Youth Stage 3: Water Stamina	02201-28	\$99	\$163	A
4:40 PM	5:10 PM	Youth Stage 1: Water Acclimation	02201-08	\$99	\$163	A
4:40 PM	5:10 PM	Youth Stage 2: Water Movement	02201-10	\$99	\$163	A
4:40 PM	5:10 PM	Youth Stage 3: Water Stamina	02201-39	\$99	\$163	A
5:15 PM	5:45 PM	Pre Stage 1: Water Acclimation	02101-30	\$99	\$163	A
5:15 PM	5:55 PM	Youth Stage 4: Stroke Introduction	02202-08	\$118	\$201	A
6:00 PM	6:30 PM	Stage A/B	02101-10	\$99	\$163	A
6:30 PM	7:00 PM	Adult 1/2	02301-29	\$99	\$163	A

YMCA Swim Lesson Schedule

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Thursday

01/09 – 02/20 • 7 CLASSES

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:00 PM	4:30 PM	Pre Stage 1: Water Acclimation	02101-25	\$99	\$163	A
4:00 PM	4:30 PM	Pre Stage 2: Water Movement	02101-45	\$99	\$163	A
4:00 PM	4:30 PM	Pre Stage 3: Water Stamina	02101-62	\$99	\$163	A
4:40 PM	5:10 PM	Pre Stage 1: Water Acclimation	02101-32	\$99	\$163	A
4:40 PM	5:10 PM	Youth Stage 2: Water Movement	02201-18	\$99	\$163	A
4:40 PM	5:20 PM	Youth Stage 4: Stroke Introduction	02202-03	\$118	\$201	A
5:15 PM	5:55 PM	Youth Stage 5: Stroke Development	02202-22	\$118	\$201	A
6:00 PM	6:40 PM	Youth Stage 6: Stroke Mechanics	02202-13	\$118	\$201	A

Friday

01/10 – 02/21 • 7 CLASSES

Start	End	Class	Class Code	Full Priv.	Program	Pool
4:30 PM	5:10 PM	Youth Stage 4: Stroke Introduction	02202-09	\$118	\$201	A
4:30 PM	5:00 PM	Pre Stage 3: Water Stamina	02101-59	\$99	\$163	A
5:15 PM	5:45 PM	Pre Stage 4: Stroke Introduction	02101-77	\$99	\$163	A
5:10 PM	5:40 PM	Youth Stage 3: Water Stamina	02201-24	\$99	\$163	A
6:00 PM	6:40 PM	Youth Stage 6: Stroke Mechanics	02202-12	\$118	\$201	A

YMCA Swim Lesson Schedule

YMCA BETHESDA-CHEVY CHASE

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Winter Session • J a n 6 – February 23

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SATURDAY 01/11 – 02/22 • 7 Classes

Start	End	Class	Class Code	Full Priv.	Program	Pool
9:00 AM	9:30 AM	Pre Stage 1: Water Acclimation	02101-20	\$99	\$163	A
9:00 AM	9:30 AM	Pre Stage 2: Water Movement	02101-98	\$99	\$163	A
9:40 AM	10:10 AM	Stage A: Water Discovery	02101-03	\$99	\$163	A
9:40 AM	10:10 AM	Youth Stage 2: Water Movement	02201-16	\$99	\$163	A
10:20 AM	10:50 AM	Stage A/B	02101-12	\$99	\$163	A
10:20 AM	10:50 AM	Pre Stage 1: Water Acclimation	02101-38	\$99	\$163	A
11:00 AM	11:30 AM	Pre Stage 3: Water Stamina	02101-67	\$99	\$163	A
11:00 AM	11:30 AM	Youth Stage 3: Water Stamina	02201-36	\$99	\$163	A
11:40 AM	12:10 PM	Youth Stage 2: Water Movement	02201-14	\$99	\$163	A
11:40 AM	12:10 PM	Pre Stage 4: Stroke Introduction	02101-28	\$99	\$163	A
12:20 PM	12:50 PM	Youth Stage 3: Water Stamina	02201-25	\$99	\$163	A
9:00 AM	9:40 AM	Youth Stage 4: Stroke Introduction	02202-05	\$118	\$201	B
9:45 AM	10:25 AM	Youth Stage 5: Stroke Development	02202-15	\$118	\$201	B
10:30 AM	11:10 AM	Youth Stage 6: Stroke Mechanics	02202-26	\$118	\$201	B

YMCA Swim Lesson Schedule

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SUNDAY 01/12 – 02/23 • 7 Classes

Start	End	Class	Class Code	Full Priv.	Program	Pool
8:30 AM	9:00 AM	Adult Stage 1/2	02301-02	\$99	\$163	A
9:00 AM	9:30 AM	Stage A/B	02101-09	\$99	\$163	A
9:30 AM	10:00 AM	Stage A/B	02101-05	\$99	\$163	A
9:30 AM	10:00 AM	Pre Stage 1: Water Acclimation	02101-33	\$99	\$163	A
10:10 AM	10:40 AM	Youth Stage 1: Water Acclimation	02201-06	\$99	\$163	A
10:10 AM	10:40 AM	Youth Stage 2: Water Movement	02201-15	\$99	\$163	A
10:50 AM	11:20 AM	Pre Stage 2: Water Movement	02101-52	\$99	\$163	A
10:50 AM	11:20 AM	Pre Stage 3: Water Stamina	02101-70	\$99	\$163	A
11:30 AM	12:00 PM	Pre Stage 1: Water Acclimation	02101-21	\$99	\$163	A
11:30 AM	12:00 PM	Youth Stage 3: Water Stamina	02201-37	\$99	\$163	A
12:10 PM	12:40 PM	Pre Stage 3: Water Stamina	02101-63	\$99	\$163	A
12:10 PM	12:40 PM	Pre Stage 2: Water Movement	02101-53	\$99	\$163	A
9:30 AM	10:10 AM	Youth Stage 4: Stroke Introduction	02202-06	\$118	\$201	B
10:15 AM	10:55 AM	Youth Stage 5: Stroke Development	02202-16	\$118	\$201	B
11:00 AM	11:40 AM	Youth Stage 6: Stroke Mechanics	02202-25	\$118	\$201	B
11:45 AM	12:30 PM	Youth Competitive Technique	02203-09	\$118	\$201	B

Other YMCA Aquatics Programs

Adaptive Swim

People with Physical disabilities who want to learn how to swim. No experience is required to participate in the swim program. The swim program will help your child to develop confidence in the water and pool safety skills.

Youth Competitive Technique

Competitive Technique introduces participants to competitive swimming and provides the experience of being part of a team and their practices. Competitive Technique focuses on competitive skills without the full commitment of a competitive swim team.

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.

