



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LET'S LEARN TOGETHER

For questions regarding our Youth & Family Programs call: 287-2260 or go to www.rochfamy.org

KID'S CARE

Your Kids Can Have Fun While You Work Out!

Kids develop strong bodies, great motor skills and balance in Kid's Care! We provide supervised care for our members' children in a safe, nurturing and caring environment while parents are in the building participating in Y Fitness! We have lots of active fun in Kid's Care. Our schedule of game time, arts and crafts, and free play will make your child's time in Kid's Care fun and exciting!

Unlimited Kid's Care can be added to a family membership for \$25.00 per month. For Non-Members and Members without the Kid's Care add-on, there is a \$3.00 charge per day for ~~first~~ child and \$2.00 for each additional child. Kid's Care payments must be made at the Welcome Center before your children enter Kid's Care. Please make a reservation if you have an infant.

Kid's Care Hours:

Monday - Friday 9:00am-1:00pm & 4:30pm-7:30pm

Saturday - 8:30am-12:00pm

Y-TOTS PRESCHOOL 2012-2013 School Year

Our state licensed preschool will help your child develop independence, self-confidence, and school readiness skills. Our daily routine includes structured & unstructured play, SEEDS early literacy, basic curriculum concepts, indoor and outdoor large motor activities (this includes monthly usage of the Water Park), snack time, and a variety of seasonal and holiday themes. Y-Tots is open to all children ages 3-5, regardless of sex, race, color, national origin, or ability to pay. Children must be toilet trained to be a Y-Tot. You must have a Y Membership to qualify for the member rate. There are no online registrations for Y-Tots.

A \$50.00 non-refundable fee is payable at the time of registration. Contact Julie Ellis for scholarship information or with any questions about our Y-Tots Preschool Program at juliee@rochfamy.org.

3 Years Old

must be 3 by September 1, 2012

Tuesdays and Thursdays

Two Days a Week

9:00am-11:30am

Members - \$118.00/month

Non-Members - \$136.00/month

4-5 Years old

must be 4 by September 1, 2012

Tuesdays and Thursdays

12:30pm-3:00pm

Members - \$118.00/month

Non-Members - \$136.00/month

Monday, Wednesday, Friday

9:00am-11:30am

or

12:30pm-3:00pm

Members - \$140.00/month

Non-Members - \$156.00/month

Y SPACE AFTER SCHOOL CARE

Free After School Care For Kids!

Y SPACE is available for free to those that have a Y Family Membership. You can enroll your child at the Y Welcome Center for our Y SPACE Program. Parent check-in is not required for children age 10 & older. Pick up must be by 7:00pm. The Y's structured after school program will include: gym time, swim time, supervised computer usage, community service projects, homework time, and more. Y SPACE has the following available for the youth that participate: foosball table, air hockey table, Wii games, Guitar Hero, computers, arts and crafts, and much more! Open on Rochester Public School Early Release days at 12:30pm.

Transportation From School To The Y

Busing is available from the schools listed on www.rochester.k12.mn.us. In order to have your child dropped off at the Y you must fill out a Rochester Public School childcare transportation request form. These forms are available on the district's web site under the transportation tab.

Y SPACE Hours: Kindergarten-8th Grade

Mon-Fri School Days 3pm-7:30pm, Sat 9am-12pm

*Non school days - Kid Adventure Days are NOT in session
9-NOON and 3pm-7:30 pm

*Non school days - Kid Adventure Days in session 9-NOON.

LEGO ROBOTICS CLUB

This after school program is designed for the 1st-6th grade age group and introduces the Lego Robotics in a fun, friendly way. This club is for all levels of working with Lego Robotics. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org
Thursdays January 12th - March 1st 4:00pm-5:15pm
Members: \$40.00, Non-Members: \$55.00

Space is limited.
Sign up early.





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FAMILY TIME

For questions regarding our Youth & Family Programs call: 287-2260 or go to www.rochfamy.org

FAMILY FUN NIGHTS

Come to the Y for an energy packed night of fun. This is a great way to spend time together and get to know other Y families. Activities will be appropriate for children ages 4 and up. Kid's Care will also be open during this program for younger children. Remember that families that play together stay together. This is an essential trait of happy, healthy families. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org

**Free to Members, \$10.00 per family of 5 for Non-Members
6:15pm-7:30pm**

Friday January 6th	Parachute Games
Friday February 3rd	Tag Games
Friday March 2nd	Kickball
Friday April 6th	Dodge ball
Friday May 4th	Soccer
Friday June 1st	Volleyball

PARENT'S DATE NIGHT

Drop the kids off at the Y and enjoy an evening out on the town! Your kids will enjoy making a craft, eating a healthy snack, playing gym games, and watching a movie. Registration form required.

Ages 2-12

5:30pm-9:00pm

Members:	\$15.00 for the first child	Jan 13
	\$5.00 for additional kids	Feb. 14
Non-Members:	\$20.00 for the first child	Mar. 9th
	\$10.00 for additional kids	Apr. 13
		May 11

NEW HOME SCHOOL PHYSICAL EDUCATION

An important part of every school curriculum is physical education. Research indicates that physical education helps increase the overall health of students. In addition, healthier students tend to do better academically. The class will meet on Tuesdays starting January 10th and running through February 28th in the red/blue gym's. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org.

Grades: K-12 **\$20.00 Y Member**
Tuesdays 10:30am-11:30am **\$40.00 Non-Member**

SWEETHEART DANCE

Friday, February 10, 2012

Create some great family memories this year at our annual Sweetheart Dance. This is your chance to show off your dance moves and spend some extra time with the special people in your life. Each family's entrance ticket includes admittance to the dance, a flower for the ladies, and one keepsake photo per family. (\$8.00 for each additional photo)

Members \$10.00 per family of 5 People

Non-Members 25.00 per family of 5 People

\$3 per additional family member.

6:30pm-8:30pm

TUMBLING TUESDAYS

This program is where kids learn basic tumbling and dance. You and your child will work together learning basic skills and having fun as well. The first few weeks will be geared towards learning basic tumbling and dance, while the final week will culminate in a performance. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org.

\$30.00 Y Member \$60.00 Non-Members

Tuesdays, Jan. 10th-Feb. 14th, 6pm-6:45pm

Ages: 4-6

KIDS ADVENTURE DAYS

This fun-filled full day camp program is offered on non-school days. Have a ton of fun at the Y while school is out for the day. Games, sports, crafts, swimming in the water park, and much more! Bring a swimsuit, towel, lunch, and drink each day. An afternoon snack will be provided. The program will run from 9:00am-4:00pm. Free extended care is offered in Y SPACE from 6:30am-6:00pm.

\$20.00 Members **Jan. 2nd, 16th, 27th**

\$30.00 Non-Members **Feb. 20th**

Mar. 30th

Apr. 2nd-6th

May 28th

ADULT VOLLEYBALL

Adult Volleyball offers a great opportunity to play with your fellow members and non-members. It will be set up were teams are formed day of. The month of January will be Free open volleyball and February will be league play. The Rochester Area Family Y emphasizes the values of respect, caring, honesty, and responsibility.

Free for Members

Sunday's, January 8th through February 5th

2:00pm to 4:00pm in the South Gym



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH & TEEN PROGRAMS

For questions regarding our Youth & Family Programs call: 287-2260 or go to www.rochfamy.org

SATURDAY BASKETBALL LEAGUE

Boys and girls will learn the fundamentals of basketball which include shooting, passing, dribbling, offense, and defense. Also, they will develop teamwork, self-esteem, and confidence while having lots of fun. We will practice, scrimmage, and play games during the eight week session. Everyone will receive an equal amount of playing time. Games are scheduled Saturdays, between the hours of 8:15am - 4:00pm. The schedule is determined by the number of teams in each division. Team shirts and coach's shirts will be distributed prior to the first game. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org.

\$40.00 Members Saturdays, January 14th-March 3rd
\$80.00 Non-Members Schedules available at Meet the Coach Day

Meet the Coach Day

Saturday, January 7th, at these times:

Grades K-1: 9:00am-10:00am
2nd Grade: 10:15am-11:15am
3rd Grade: 11:30am-12:30am

MIDDLE SCHOOL VOLLEYBALL

This 8 week volleyball league is for middle school girls in grades 6th-8th. The first two weeks will consist of skills clinics. The remaining six weeks will consist of half practice and half game. As the season progresses the practices will get shorter and the games longer. The girls will learn the basic fundamentals of the game while having fun. The Rochester Area Family Y emphasizes the values of respect, caring, honesty, and responsibility. In addition, we are committed to creating an environment where children can grow, develop, and most importantly have fun. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org.

Member Fee: \$40 Non-Member Fee: \$80
January 17th-March 6th
Tuesdays, 6pm-7pm in the South Gym

YOUTH IN GOVERNMENT Model Assembly

State Conference: Jan 7, 2012

The Model Assembly Session provides unique, hands-on opportunities for the young people of Minnesota to learn about their government. Minnesota YMCA Model Assembly has the honor to use the facilities of the Minnesota State Capital Complex and Minneapolis Hilton Hotel. While the primary goal of this program is the promotion of responsible citizenship, students come away from Model Assembly with much more than a greater knowledge of the inner-workings of government. As Model Assembly participants experience what it is like to run the State of Minnesota for a few days, they also learn a great deal about themselves - their abilities, their interests, and their responsibilities as citizens of a participatory democracy.

This is open for students in 8th-12th grades and the student must be available for the state conference January 6-9, 2011. \$420 includes fees, transportation, and lodging for both conferences. Food at the state conference is an additional cost.

WINTER THEMED ANIMATION PROJECT

The Rochester Art Center will be holding a WINTER THEMED ANIMATION PROJECT class. Each child will receive a DVD with the project they made before they leave class. Stop by the front desk to register!

Hosted by: Rochester Art Center
Y Member Fee: \$35
Non-Member Fee: \$65
Friday, February 24th,
4:00pm-7:00pm
Ages: 10 & up





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH & TEEN PROGRAMS

For questions regarding our Youth & Family Programs call: 287-2260 or go to www.rochfamy.org

GYM AND SWIM PROGRAM

This program is designed for children between the ages of 3 and 5. The session begins in the South gym with story time, then our energetic instructors teach traditional and non-traditional games that help the little ones get the wiggles out. Children move, run, jump, and try their hand at everything from dribbling basketballs to tossing beanbags.



During the second part of the morning, children swim in the water park pool, where teachers help both novice and more experienced swimmers. As a parent, you're welcome to join your preschooler in the pool but not required. This is a fun way to introduce your child to swimming, even as a true beginner.

All parents are invited to watch their children develop skills or use this time to work out, but we do ask the parents to stay in the facility and help their child in the locker room and escort them to the pool after gym time.

Ages 3 to 5 years

February 8th – March 7th

Wednesdays 11:45am-12:45pm

11:45-12:10– Gym games

12:15-12:45 – Swimming fun

Members: \$40

Non-Members: \$60

YOUTH KARATE

Classes are held on Saturdays for boys and girls ages 5-14. Our instructors teach self-defense and mental discipline through a classical style of Karate developed on the island of Okinawa. Children will learn the basic techniques of blocking, punching, kicking, and efficient forms of self-defense. Karate training is a great way to build strength, balance, coordination, and develop character in a noncompetitive atmosphere.

\$40.00 Members, \$80.00 Non-Member

Visit www.rochfamy.org to get session details or call: 287-2260

SMALL STUFF BASKETBALL

This special program is a unique way to spend time with your child while learning the fundamentals of basketball. Led by Y staff, you and your child will together through skill stations (dribbling, passing, shooting.) The season ends with kids playing in a BIG game! Each child will receive a Y shirt. This program meets in the Youth & Family gym at the Y. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org.



Parent and Child – Age 3^{1/2}-5

January 11-February 1

Wednesdays 5:45-6:30PM

\$25.00 Members

\$50.00 Non-Members

SMALL STUFF SOCCER

This program is a unique way to spend time with your child while they learn the basic fundamentals of soccer. You and your child work together through multiple skill stations. The season ends with the kids playing in the big game! Each child will receive a Y shirt. Soccer will meet in the south gym at the Rochester Area Family Y. Season runs from February 8th-29th. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org.



Parent and Child – Age 3^{1/2}-5

Wednesdays 5:45-6:30PM

February 8th-29th

\$25.00 Members

\$50.00 Non-Members



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUR GOALS BECOME OUR GOALS

For questions regarding our Youth & Family Programs call: 287-2260 or go to www.rochfamy.org

WOMEN ON WEIGHTS

Ladies, bump up your fitness routine by adding free weights to the mix. Our certified personal trainers will focus on different muscle groups each week. You will get a great workout learning several exercises for the legs, chest, back, shoulders, abs, and arms all using free weights. 4-week sessions.

\$40.00 Members \$80.00 Non-Members

Thursdays, 12-12:45pm

Toning Transformation: **January 5-26**

Turn up the Heat: **February 2-23**

Beach Body Workout: **March 1-22**

TEEN MUSCLE CHALLENGE

Challenge your body through functional movement with a class that improves strength, coordination, and core stability while utilizing multiple muscle groups simultaneously. You will push, pull, lunge, squat, lift, twist & bend your way to greater strength and flexibility using free motion equipment.

\$40.00 Members \$80.00 Non-Members

Tuesdays 5:00pm – 5:45pm

Session I: **January 10-31**

Session II: **February 7-28**

Session III: **March 6-27**

PRE-TEEN ALL-STARS

Pre-teens, come and test your skills in this fun new class! Each 4-week session will have a different theme each week: Minute to Win it, Amazing Race, Sports Mix-up, and Relay Madness. Class will meet in the South Gym. Free Y t-shirt for all participants! Ages 9-12.

\$30.00 Members \$60.00 Non-Members

Tuesdays, 6:00-6:45pm

Session I: **January 10-31**

Session II: **February 7-28**

Session III: **March 6-27**

PRENATAL FITNESS

Ladies...Looking to stay in shape during your pregnancy? Want to learn to exercise safely throughout pregnancy, then begin to work off that 'baby fat' afterwards? Look no further! The Y will be offering a pre and post natal fitness program starting this winter. Sign up & leave your contact information at the Fitness Center desk if you are interested. Classes will run when minimum participation requirements are met.

LUNCH AND LEARN SERIES

New in 2012! Enjoy a healthy catered lunch from a local restaurant and a presentation by one of our Health and Wellness professionals. There will also be a prize drawing each week!

Mondays, 12:00-12:45pm

	Members:	Non-members:
Individual sessions:	\$12	\$18
Entire 8-Week Series:	\$70	\$105

January 9th A New Year, A New You

–Jen Brewer, Registered Dietician

January 16th Strength Training 101 –Kirk Thomas, CPT

January 23rd Small Steps to Big Changes –Jen Brewer

January 30th Weight Training for Weight Loss

–Kevin Rivers, CPT

February 6th Give Your Muscles a Break

–Deb Cannon, Massage Therapist

February 13th So, You Want to Be a Runner?

–Summer Groth, CPT

February 20th Picking Produce –Jen Brewer

February 27th Desk Sit Fit –Jana Janosik, CPT

CABLE DYNAMICS

Challenge your body through functional movement with a class that improves strength, coordination, and core stability while utilizing multiple muscle groups simultaneously. You will push, pull, lunge, squat, lift, twist & bend your way to greater strength and flexibility using free motion equipment.

\$40.00 Members \$80.00 Non-Members

4-week session; check our website for session dates and times.

Y WEIGHT? WEIGHT LOSS SUPPORT GROUP

Take control of your weight once and for all. Join Jen, our registered dietician, for our popular and effective weight management course. Learn the tools you need to reach your wellness vision in this 16 week course.

\$70.00 Members \$140 Non-Members

Tuesdays, 11:30am – 12:30pm

January 24th – May 8th



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUR GOALS BECOME OUR GOALS

For questions regarding our Youth & Family Programs call: 287-2260 or go to www.rochfamy.org

YOUR GOALS BECOME OUR GOALS PERSONAL TRAINING

Ages 13 and up, by appointment only

Get a personal program designed just for you! Our nationally certified personal trainers will work with you to develop an exercise program that fits your needs. Whether you are just getting started or need a serious challenge we can provide what you need. We recommend a 30 minute session for a consult, a three to five hour package for a complete program, or a ten hour package for a complete program with ongoing training.

Individual Training Sessions

Members: \$20.00 for 30 minutes
\$40.00 for 60 minutes
Non-Members: \$30.00 for 30 minutes
\$60.00 for 60 minutes

Personal training Packages

Members: Three hours for \$108.00
Five hours for \$170.00
Ten hours for \$320.00
Non-Members: Three hours for \$162.00
Five hours for \$255.00, Ten hours for \$480.00

OUR TRAINERS

Our personal trainers are nationally certified with ongoing continuing education credits in various subjects including senior fitness, chronic conditions, weight management, and many more. Please see our website or our personal training brochure for a complete bio of each of our trainers.

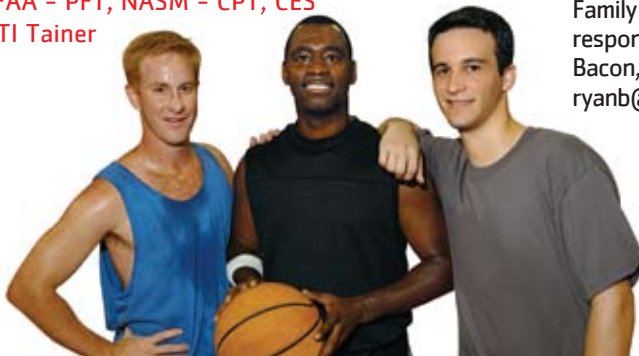
Feel free to contact our trainers directly. If you would like to be matched with a trainer contact Jana Janosik, our Fitness Center Coordinator, at extension 349 or at janaj@rochfamy.org. All Personal Training Packages are Non-Refundable.

Kirk Thomas, NSCA-CPT, CMT, CSFI, HFS

Kevin Rivers, NSCA - CPT, HES

Jana Janosik - AFAA - PFT, NASM - CPT, CES

Hal Iverson - NPFI Trainer



GROUP PERSONAL TRAINING

New in 2012! Start the new year working out with a friend (or two)! Training in a small group is a fun, cost effective way to reach your goals. Work with one of our certified personal trainers to get a great workout while learning how to motivate each other.

Group Training Packages (prices listed are per group):

2 Participants:	3 Participants:
1 hour \$60	1 hour \$70
3 hours \$165	3 hours \$195
5 hours \$250	5 hours \$300
10 hours \$450	10 hours \$500

All group training packages are non-refundable. Non-members must purchase a day pass for each session to participate in this program.

MASSAGE THERAPY

Relax and unwind while taking part in a massage by a certified massage therapist at the Y! Receive 10% off your first one hour massage here at the Y.

Members:	Non-Members:
\$35.00 half hour	\$45 half hour
\$55.00 hour	\$65.00 hour

Massage types include:

- Swedish
- Deep Tissue
- Sports
- Reflexology
- Senior
- Pre-Natal

Men's 4 vs. 4 Half-Court Basketball League

This 8 week league is for men ages 21 and up. Teams are welcome, or individuals will be placed on teams. Teams may be comprised of members and non-members. The first week will be a pre-season game. The next six weeks will be all regular season games. The last week will be a single elimination tournament. The Rochester Area Family Y emphasizes the values of respect, caring, honesty, and responsibility. If you would like more information contact Ryan Bacon, our Sports and Camp Coordinator, at extension 335 or at ryanb@rochfamy.org.

Ages: 21 and +

February 12th-April 8th

Sundays, 4:30pm to 6:00pm in the South Gym

\$25.00 Members

\$45.00 Non-Members



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATICS

For questions regarding our Aquatics Programs contact Crystal Sobotta, Aquatics Director ext. 304 or at crystals@rochfamy.org

PARENT/CHILD AQUATICS

These programs are a great way to introduce aquatic safety skills through games and songs. They offer water enjoyment for both the parent and the child. These classes are designed to encourage learning and water adjustment in a safe, positive setting. Parents accompany their children at all times while an experienced instructor guides parents in teaching their children fundamental safety and aquatic skills. These classes are an excellent way for children to begin transitioning to the preschool swim program.

Suggestions To Prepare You For These Programs:

- Please bring a swimsuit and towel for both of you.
- Clothes, street shoes, diaper bags, and other personal items should be stored in a locker.
- Bring a padlock to lock up your valuables.
- Shower before entering the pool.
- Only one parent is allowed in the pool with the child.
- If child is not potty trained, they must wear a swim diaper and a tight fitting swim suit or plastic pants.
- Have fun! Enjoy this special time with your child.

PORPOISE CLUB

Session I: Jan 9-Feb 13

MONDAY

Session II: Feb 20-Mar 26

6:15-7:00pm

\$40 Members \$60 Non-Members

This swim club is for swimmers ages 11-14 who have progressed through group lessons and would like to keep swimming non-competitively. Swimmers will work on endurance, stroke refinement, and more. Pre requisite: Completed Flying Fish/Shark skills.

ADULT SWIMMING LESSONS

Session I: Jan 9-Feb 13

MONDAY

Session II: Feb 20-Mar 26

6:15-7:00pm

Each lesson is 45 minutes long

\$40 Members \$60 Non-Members

These classes are for adults and teens that want to develop or improve on basic swimming skills and overcome any fear of water. These lessons are held in a group setting; for those looking for one-on-one attention a private lesson is recommended.

WATER BABIES

6-18 months

\$35 Members

\$55 Non-Members

Session One		
Thursday	Jan 12-Feb 16	4:30-5:00pm
Saturday	Jan 14-Feb 18	10:30-11:00am
Session Two		
Thursday	Feb 23-Mar 29	4:30-5:00pm
Saturday	Feb 25-Mar 31	10:30-11:00am

WATER TOTS

19 mos-5 years

\$35 Members

\$55 Non-Members

Session One		
Thursday	Jan 12-Feb 16	5:05-5:35pm
Saturday	Jan 14-Feb 18	10:00-10:30am
Session Two		
Thursday	Feb 23-Mar 29	5:05-5:35pm
Saturday	Feb 25-Mar 31	10:00-10:30am

PRIVATE SESSIONS

\$45 Members

\$65 Non-Members

Session One		
Private A	Jan 10,17,24	4:00, 4:35, 5:05, 5:45
Private B	Jan 31, Feb 7, 14	4:00, 4:35, 5:05, 5:45
Session Two		
Private A	Feb 21, 28, Mar 6	4:00, 4:35, 5:05, 5:45
Private B	Mar 13, 20, 27	4:00, 4:35, 5:05, 5:45





**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM LESSONS

For questions regarding our Aquatics Programs contact Crystal Sobotta, Aquatics Director ext. 304 or at crystals@rochfamy.org

Long known for their expertise in providing swim instruction and aquatics programming to all generations, the Y has introduced tens of millions of people nationwide to swimming since inventing group swim instruction in 1906. At the Rochester Area Family YMCA our lessons are divided by both age and skill level.

Preschool Lesson Levels

Ages 3-5

The preschool program provides children with their first pool experience without parental assistance, in a safe, fun and positive learning environment. Child must be 3 by the start of the class. Maximum enrollment for each class is five, and the minimum is two.

PIKE

This class is a great way to introduce new swimmers to the pool who have not had group swim lessons before and/or may be a little hesitant about swimming. Skills Spotlight: Comfortable in the water, blowing bubbles, and introduction of floating and paddling with assistance.

PIKE TWO

This class is for preschool swimmers who are comfortable in the water, and can swim independently with an IFD (noodle, rotation pack). Skills Spotlight: Independent paddle front and back (2 yards), floating front and back with assistance, submerging face/head.

EEL

The Eel class is for swimmers who are well adjusted to the water and are eager to learn more. Eel swimmers continue to build on Pike skills such as effective kicking and floating.

Skills Spotlight: Kicking, floating on both front and back, and progressive paddle stroke. Pre-requisite: Completed Pike or Pike Two skills.

RAY/STARFISH

Ray/Starfish swimmers are ready to begin developing their endurance and stroke development. This level is also introduced to treading water, rhythmic breathing, rescue skill and personal water safety. Skills Spotlight: Independent arm strokes for front crawl, back crawl, elementary back stroke, breast stroke, and side stroke. Pre-requisite: Completed Eel skills.

School Age Lesson Levels

Ages 6 and up

Whether your school age child is a new swimmer or has been swimming circles around you, the school age program offers a class that is just right for your child's skill level. Child must be 6 by the start of the class. Maximum enrollment is six, and the minimum is two.

POLLIWOG

Polliwog is the beginner level for school age children to help them become adjusted to the water. Skills Spotlight: Introduction to fundamental skills of front and back floating, treading water with assistance, front, back, and side paddle (5 yards with a rotation aide; 2 yards independently) Equivalent to Red Cross Level 1 & 2

GUPPY

Guppies continue to develop confidence in their abilities by increasing their swim stroke endurance. paddle stroke practice, floating & rotary breathing without the aid of floating devices. Skills Spotlight: Front crawl, back crawl, breast stroke, elementary back, side stroke, 25 yards with rotation, 10 yards without rotation aides. Introduction to scissor & whip kicks, rhythmic breathing, and diving skills. Pre-requisite: Polliwog skills. Equivalent to Red Cross Level 2 & 3

MINNOW

Swimmers continue to refine their stroke skills and develop correct timing and coordination of arm and leg movements. Skills Spotlight: Introduction to rotary breathing, butterfly, basic water safety, and rescue skills. Pre-requisite: Completed Guppy skills. Equivalent to Red Cross Level 3 & 4

FISH

Swimmers build on previous work to perform strokes with greater precision and accuracy. Skills Spotlight: Endurance continues to increase (to 50 yards). Pre-requisite: Completed Minnow skills. Equivalent to Red Cross Level 4

FLYING FISH/SHARK

This is an advanced level where students focus on stroke perfection. Skills Spotlight: Swimmers will learn open turns/flip turns, perfect their strokes, and rescue skills. Equivalent to Red Cross Level 5 Pre-requisite: Completed Fish skills.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM LESSONS

REGISTER ONLINE AT: www.rochfamy.org

Member Registration starts November 14 * Non-Member Registration starts November 21

PRESCHOOL LEVEL LESSONS

\$35 Members \$55 Non-Members

SUNDAY	
Session I: Jan 8-Feb 12 Session II: Feb 19-Mar 25	
4:00-4:30pm	Pike
4:00-4:30pm	Pike Two
4:35-5:05pm	Eel
4:35-5:05pm	Ray/Starfish
5:10-5:40pm	Pike Two
5:10-5:40pm	Eel
5:45-6:15pm	Pike
5:45-6:15pm	Ray/Starfish
6:20-6:50pm	Pike Two
6:20-6:50pm	Eel

MONDAY	
Session I: Jan 9-Feb 13 Session II: Feb 20-Mar 26	
4:30-5:00pm	Pike Two
4:30-5:00pm	Eel
5:05-5:35pm	Pike
5:05-5:35pm	PikeTwo
5:40-6:10pm	Pike
5:40-6:10pm	Ray/Starfish
6:15-6:45pm	PikeTwo
6:15-6:45pm	Eel

TUESDAY	
Session I: Jan 10-Feb 14 Session II: Feb 21-Mar 27	
10:00-10:30am	Eel
10:00-10:30am	Ray/Star
10:35-11:05am	Pike Two
10:35-11:05am	Pike

THURSDAY	
Session I: Jan 12-Feb 16 Session II: Feb 23-Mar 29	
4:30-5:00pm	Eel
4:30-5:00pm	Water Baby
5:05-5:35pm	Pike
5:05-5:35pm	Water Tots
5:40-6:10pm	Pike Two
5:40-6:10pm	Pike
6:15-6:45pm	Ray/Star
6:15-6:45pm	Pike Two

SATURDAY	
Session I: Jan 14-Feb 18 Session II: Feb 25-Mar 31	
9:30-10:00am	Pike
10:05-11:10am	Pike Two
10:40-11:10am	Eel
11:15-11:45am	Ray/Star
10:00-10:30am	Water Tots
10:30-11:00am	Water Baby

WEDNESDAY	
Session I: Jan 11-Feb 18 Session II: Feb 22-Mar 28	
9:15-9:45am	Pike Two
9:50-10:20am	Eel
10:25-10:55am	Ray/Star

10:00-10:30am Parent/Child and Water Tots will now be combined. Water Tots are for children 19 months – 5 years.

A minimum of 2 participants in each class is required for the class to be offered.

SCHOOL AGE LEVEL LESSONS

\$40 Members \$60 Non-Members

SUNDAY	
Session I: Jan 8-Feb 12 Session II: Feb 19-Mar 25	
4:00-4:40pm	Polliwog
4:00-4:40pm	Guppy
4:45-5:25pm	Minnow
4:45-5:25pm	Fish
5:30-6:10pm	Flying Fish/Shark
5:30-6:10pm	Polliwog
6:15-6:55pm	Minnow
6:15-6:55pm	Guppy

MONDAY	
Session I: Jan 9-Feb 13 Session II: Feb 20-Mar 26	
4:30-5:10pm	Guppy
4:30-5:10pm	Minnow
5:15-5:55pm	Polliwog
5:15-5:55pm	Guppy
6:00-6:40pm	Polliwog
6:00-6:40pm	Fish

TUESDAY	
Session I: Jan 10-Feb 14 Session II: Feb 21-Mar 27	
Home School Lessons	
9:15-9:55am	Beginner
9:15-9:55am	Intermediate/Advanced

THURSDAY	
Session I: Jan 12-Feb 16 Session II: Feb 23-Mar 29	
4:30-5:10pm	FF/Shark
4:30-5:10pm	Polliwog
5:15-5:55pm	Guppy
5:15-5:55pm	Minnow
6:00-6:40pm	Fish
6:00-6:40pm	Guppy

SATURDAY	
Session I: Jan 14-Feb 18 Session II: Feb 25-Mar 31	
9:30-10:10am	Polliwog
10:15-10:55am	Guppy
11:00-11:40am	Fish

YOUTH & ADULT

YOUTH & ADULT PRIVATE LESSONS

\$45 Members \$65 Non-Members

SUNDAY	
Private A	
4:00-4:30pm	Jan 8, 15, 22 Feb 19, 26, Mar 4
4:35-5:05pm	Jan 8, 15, 22 Feb 19, 26, Mar 4
5:10-5:40pm	Jan 8, 15, 22 Feb 19, 26, Mar 4
5:45-6:15pm	Jan 8, 15, 22 Feb 19, 26, Mar 4
6:20-6:50pm	Jan 8, 15, 22 Feb 19, 26, Mar 4
Private B	
4:00-4:30pm	Jan 29, Feb 5, 12 Mar 11, 18, 25
4:35-5:05pm	Jan 29, Feb 5, 12 Mar 11, 18, 25
5:10-5:40pm	Jan 29, Feb 5, 12 Mar 11, 18, 25
5:45-6:15pm	Jan 29, Feb 5, 12 Mar 11, 18, 25
6:20-6:50pm	Jan 29, Feb 5, 12 Mar 11, 18, 25

Monday	
Private A	
4:30-5:00pm	Jan 9, 16, 23 Feb 20, 27, Mar 5
5:05-5:35pm	Jan 9, 16, 23 Feb 20, 27, Mar 5
5:40-6:10pm	Jan 9, 16, 23 Feb 20, 27, Mar 5
6:15-6:45pm	Jan 9, 16, 23 Feb 20, 27, Mar 5
Private B	
4:30-5:00pm	Jan 30, Feb 6, 13 Mar 12, 19, 26
5:05-5:35pm	Jan 30, Feb 6, 13 Mar 12, 19, 26
5:40-6:10pm	Jan 30, Feb 6, 13 Mar 12, 19, 26
6:15-6:45pm	Jan 30, Feb 6, 13 Mar 12, 19, 26

Thursday	
Private A	
4:30-5:00pm	Jan 12, 19, 26 Feb 23, Mar 1, 8
5:05-5:35pm	Jan 12, 19, 26 Feb 23, Mar 1, 8
5:40-6:10pm	Jan 12, 19, 26 Feb 23, Mar 1, 8
6:15-6:45pm	Jan 12, 19, 26 Feb 23, Mar 1, 8
Private B	
4:30-5:00pm	Feb 2, 9, 16 Mar 15, 22, 29
5:05-5:35pm	Feb 2, 9, 16 Mar 15, 22, 29
5:40-6:10pm	Feb 2, 9, 16 Mar 15, 22, 29
6:15-6:45pm	Feb 2, 9, 16 Mar 15, 22, 29

MONDAY	
Session I: Jan 9-Feb 13 Session II: Feb 20-Mar 26	
ADULT LESSONS	6:15-7:00pm
PORPOISE CLUB	6:15-7:00pm

Each private lesson is 30 minutes long

If you have a fear of water or want to improve your skills in a one on one setting, private lessons are your answer. These lessons are designed to give participants individualized attention in order to master their swimming skills. Together the instructor and student/parent will determine the goals for each session and the curriculum is customized to meet your goals. Each private session is three lessons.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Join The Y Today - 287-2260

For questions regarding our Aquatics Programs contact Crystal Sobotta, Aquatics Director ext. 304 or at crystals@rochfamy.org

LIFEGUARD TRAINING AND CERTIFICATIONS

Lifeguard Training, American Red Cross

Age 16+ (Maximum of 10 students)

Course candidates will become lifeguards by gaining the necessary skills needed to recognize, prevent and respond to aquatic emergencies. Prerequisites: swim 300 yards combination of front crawl and breaststroke (non-swimming), perform a surface dive 9 feet to retrieve a 10 pound brick and swim back holding the brick on top of the water.

Participants must have a passing score of 80% or better on all exams and pass the final skill scenarios in order to receive verifications. The course fee includes textbooks, AED, First Aid, and Lifeguard Training. If certification requirements are not met, certification will not be awarded and no refund will be given.

Member Fee: \$130 Non-Member Fee: \$160
Feb. 22nd -26th
Wednesday-Friday 5:30pm - 9:00pm
Saturday-Sunday 9:00am-5:00pm

CPR/AED for the Professional Rescuer - full course

Designed for individuals with a duty to respond to emergencies, this program combines discussions, video and hands-on training. Real-life rescue scenarios reinforce decision-making skills. Course covers how to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. Also covered in the class is how to use an AED. Course fee includes text book and a pocket mask. The class must have a minimum of 3 students to be held.

Member Fee: \$80 Non-Member Fee: \$100
Sunday January 8th 12:00pm-6:00pm
Sunday March 4th 12:00pm-6:00pm

CPR/AED for the Professional Rescuer - Review course

Refresh your skills at this review course designed to allow you to be re-certified in CPR/AED for the Professional Rescuer without taking the full course. You are required to present an American Red Cross CPR certificate for the Professional Rescuer that is current or has expired within the last year at the beginning of the course. You must provide your own textbook and resuscitation mask. The class must have a minimum of 3 students to be held.

Member Fee: \$30 Non-Member Fee: \$45
Thursday January 5th 6:30pm-9pm
Thursday March 1st 6:30pm-9pm

