



## Included in YMCA Membership:

### **Adult Lap - whole pool**

M,T, TH,& F      5:45 AM – 8:00 AM  
                          11:30 AM - 1:30 PM  
                          7:45 PM – 8:45 PM

W                    5:45 AM – 8:00 AM  
                          11:30 AM - 1:30 PM

SAT                 7:00 AM – 8:00 AM

### **Adult Lap - one lane**

M & W             3:30 PM - 5:00 PM

T & TH            3:30 PM - 6:00 PM

FRI                 3:30 PM - 7:45 PM

SAT                 11:45 AM - 2:30 PM

SUN                 12:45 PM – 4:00 PM

### **Family Swim**

M & F              3:30 PM - 7:45 PM

T & TH            3:30 PM—6:00 PM

WED              3:30 PM – 7:00 PM

SAT                 10:00 AM - 2:30 PM

SUN                 12:45 PM – 4:00 PM

Meadville Family YMCA is a community service organization.

We base our facility on four characteristics:  
 Respect, Responsibility, Caring and Honesty. All shapes, sizes, ages and level of

#### *Scholarship Policy;*

*It is the hope of the Meadville Family YMCA that no one be excluded from programs because of an inability to pay. If you are in financial need, please fill out our scholarship form at the Members Services desk.*



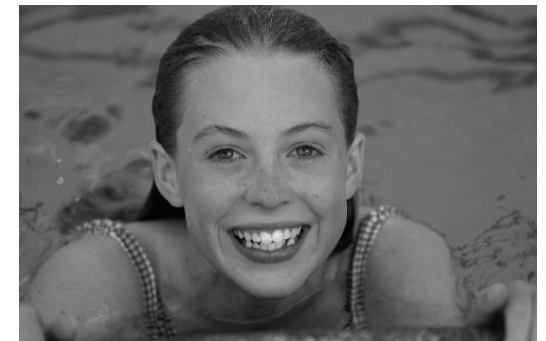
YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all



Meadville Family YMCA  
 356 Chestnut Street  
 Meadville, PA 16335



# MEADVILLE FAMILY YMCA AQUATICS



356 CHESTNUT ST  
 MEADVILLE, PA  
 814-336-2196

[www.meadvilleymca.org](http://www.meadvilleymca.org)

# **Y** SWIMMING

## **LESSONS**

### **Aqua Baby** - Infant to 3 yrs

*No Cost to members*

*Non Members pay day pass for adult and child*

The activities in this class are designed to be enjoyable for both the child and the parent. They represent some of the natural steps which prepare the child to be able to swim later. Children progress at their own rate with goals that are challenging and appropriate.



### **Skippers (Preschool) - Ages 3 - 5**

*Members \$13*

*Non Members \$27*

### **Beginner**

In this level the child should be comfortable in the water; will learn to support him/herself in the water with a floatation belt; demonstrate the front and back float with a floatation belt.

### **Advanced**

In this level children will learn to swim a length of the pool front, back, and side paddle with a floatation device; swim a width of the pool in the above mentioned strokes without a floatation device; and learn the basics of rhythmic breathing.

## **PROGRESSIVE SWIM LESSONS**

### **Age 6 and up**

*Members \$19*

*Non Members \$38*

### **Polliwog** - Level I

Children will learn to paddle on the front, back, and side for a length of the pool with a floatation device and a width of the pool without the device.

### **Guppy** - Level II

Children will learn front, back and side alternating paddle stroke; swim a length of the pool using front and back symmetrical paddle stroke.

### **Minnow** - Level III

Children will learn breaststroke; sidestroke with scissor kick; backstroke with flutter kick.

### **Fish** - Level IV

Children will swim front crawl with rotary breathing; breaststroke with a pull, kick, and glide; elementary backstroke with a glide;

### **Flying Fish** - Level V

Children will swim the crawl stroke, breaststroke and back crawl for 100 yards with open turns; swim the butterfly 50 yards with fins and 25 yards without.

### **Shark** - Level VI

Work on starts and turns; swim an individual medley consisting of butterfly, backstroke, breast stroke, and freestyle (one lap each) with starts and turns.

## **ADULT SWIM LESSONS**

*Members \$19*

*Non-members \$38*

Entry level swim lessons; get over your fear of the water, improve stroke mechanics.



## **ADULT WATER EXERCISE CLASSES**

*No Charge for members*

*Day Pass for non-members*

### **Water Fitness**

Deep and shallow water exercise; low impact workouts, kicking and wall exercises, abdominal moves, upper-body resistance training, and stretching

### **Aqua Aerobics**

Cardiovascular conditioning, muscular endurance and flexibility. Participants need not be able to swim.

### **Water Walking**

Low intensity water exercise

*For your child's safety, we require any child under 12 years old be accompanied by someone 16 or older.*

*Thank you for your cooperation.*