



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

11/11

GYM & SWIM PROGRAMS

Dance & Swim
Sports & Swim
Gymnastics & Swim

Our Gym programs help prepare and reinforce habits that build a healthy, active lifestyle. Through age-appropriate activities, led by our trained instructors, your child will increase flexibility, balance, rhythm and overall body awareness. Your child's independence, confidence and movement skills will improve over time as well. The YMCA core values of caring, honesty, respect and responsibility are an integral part of each class.

Our Swim programs are developmentally appropriate and allow children to be successful as they progress through five levels of teaching stroke development, safety, rescue skills, water sports & games and personal growth.

Age requirements range from 3 through 6 years of age. 5 & 6 year olds will be placed appropriately -- See swim level descriptions for ages 5-13.

1. What classes are offered for the Gym portion?

The Greater Green Bay YMCA currently offers the following Gym Programs:
Sports; Gymnastics; Ballet, Tap, Jazz

2. What should we do to get ready for class?

Please put suits on at home. Pack underwear and a towel in a bag. Mark the towel and bag with your child's name. Please do not include extras (snacks, toys, etc.) in the bag. Please have children wear gym/athletic shoes for the gym portion of class or dance shoes where appropriate.

Because one of the program goals is to build independence, please select play clothes that children can handle themselves, i.e. no tight sleeves, small neck openings, etc.

3. What should we do on the first day of class?

Ask at the front desk if your child has gym or swim first and where to go. Children swimming first begin checking in 5 minutes before class starts. Please keep their coats, boots, etc.

When changing, teachers are there to help, but children are encouraged to do as much as possible themselves. This helps develop independence. Please make a bathroom stop before check-in.

4. What are the goals of Gym & Swim Programs?

The first goal is to build **SELF-ESTEEM**. We want the children to really feel good about themselves as active successful individuals.

Growing in **INDEPENDENCE** and **CONFIDENCE** is also vital. Children should carry their own bags and say their names to the teacher at check-in. (If shyness makes this difficult, parents are welcome to help.) Hesitant children usually begin to relax and enjoy themselves as soon as they see the other happy children in class.

And, of course, they should have **FUN**. While they are enjoying all the activities they are actually working on developmental moves that are so important at this age. Through physical activities, we develop listening skills; improve coordination, strength and balance; and teach the basics such as stopping/starting, turning, jumping, throwing, and catching that are valuable pre-sports skills.

5. What will they be learning in the gym?

Activities change every program session and children who participate for five sessions will enjoy activities that build upon the above mentioned skills.

6. What will they be learning in the pool?

At the Y, we believe the ability to swim is a critical life skill for every child and teen. In swim lessons, we use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Qualified instructors meet kids at their own level, help families set achievable goals and celebrate all successes. During all swim lessons, children will find opportunities to learn stroke development, personal safety, water sports, rescue and personal growth while incorporating the YMCA core values (Caring, Honesty, Respect & Responsibility).

6. Continued..... What will they be learning in the pool?

3-4 Year Old Swim Levels:

waterbug:

Little or no water experience necessary. Class will focus on ability to move through the water with confidence. Front and back floats and putting their face in the water are just a few of the skills learned at this level.

pike:

Class will focus on entering the pool safely, back/front float with support, submerging entire head, jumping into the pool independently with comfort, swim on front and back with support.

eel:

Class will focus on beginning to swim independently. Rhythmic breathing, jumping into the water independently and performing front/back glides and floats without support.

ray:

Class will focus on building confidence, independent front and back crawl, elementary backstroke and sidestroke, kicking and an introduction to deep water and breaststroke.

7. When may I observe a class?

The last week is Parent Observation/participation week.

Gym: During **Parents Observation Week**, you will be invited to participate in the gym with your child. Making alternative arrangements for siblings is encouraged, so your participating child can have your full attention. For a nominal fee Kids Korner is available. If necessary, siblings are allowed in the gym, but then both parent and siblings must remain on the side for safety's sake.

Pool: During **Parents Observation Week**, you may take pictures on deck at the beginning of class. Sorry, for safety's sake, no siblings or other children are allowed to be on deck. At the East Side center, during free time, parents are asked to observe from the sauna wall area.

8. Who do I talk with if I have questions or comments?

Ask the front desk staff for help in contacting the Aquatics or Preschool Director/Coordinator. Or, you may visit briefly with the instructor before or after class.

9. May I leave the building while my child is in class?

Parents are strongly encouraged to remain in the building while their children are in class.

10. What if we miss a class?

To ensure maximum program quality and safety, and to maintain the appropriate instructor/student ratio, make-up classes are not available. However, for extended medical absences, with doctor's verification, a credit will be given.

Have a wonderful time in class, and please let our staff know if we can be of assistance to you at any time!

Downtown 436-9672

West Side 436-9518

Broadview 436-9589

East Side 436-1246

YMCA Mission Statement

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

Membership for All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.