

AQUATICS

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SWIM LESSONS

We are pleased to offer swimming lessons for every age and ability at the YMCA all year round. Swimming is a fundamental life skill which can be taught to anyone. YMCA instructors encourage participants to put forth their best effort using a gentle, fun approach to make learning to swim a positive experience. Learning to swim takes time! Your swimmer may be asked to repeat a level. This is all part of the learn to swim process. We strive to keep the student to teacher ratio as low as possible, with class sizes limited to 6 students. Classes may be combined based upon enrollment. Students with special needs are very welcome to participate. Please let us know how we can accommodate. Lessons missed due to weather are always rescheduled and made up.

SWIM LESSON FEES: \$42 Y-members; \$84 Non-members

5 YEARS AND UNDER

Stage A: Water Discovery 6 months to 3 years. The youngest swimmers can enjoy the water with their parent or caregiver. Swimmers will learn to acclimate to the water, enjoy a wonderful sensory experience, spend a cheerful morning splashing, playing and socializing with their new pool pals. The adults will learn how to guide their children to become swimmers as they grow.

- Aug. 29-Oct. 17** Sat. 10:30-11:10 a.m. (first 2 classes held at Firley outdoor pool)
- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m.
- Oct. 5-28** M/W 9:30-10:10 a.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m.
- Oct. 24-Dec. 12** Sat. 10:30-11:10 a.m.
- Nov. 3-Dec. 1** T/TH 4:30-5:10 p.m. (no class Nov. 26)

Stage B: Water Exploration 2-4 years. This class is designed to guide swimmers ages 2-4 who are continuing on their swim journey with a parent or caregiver in the water. Swimmers will learn to blow bubbles, float with help and some fundamental water safety skills.

- Aug. 29-Oct. 17** Sat. 10:30-11:10 a.m. (first 2 classes held at Firley outdoor pool)
- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m.
- Sept. 9-Oct. 5** M/W 10-10:40 a.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m.
- Oct. 24-Dec. 12** Sat. 10:30-11:10 a.m.
- Nov. 2-25** M/W 10-10:40 a.m.
- Nov. 3-Dec. 1** T/TH 4:30-5:10 p.m. (no class Nov. 26)
- Dec. 3-31** T/TH 4:30-5:10 p.m. (no class Dec. 24)

Stage 1: Water Acclimation 3-5 years. This class is for kids learning to push off and glide to their teacher, float with assistance, jump in and get back to the wall, and learn how fun swimming is!

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- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m.
- Sept. 9-Oct. 5** M/W 10-10:40 a.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m.
- Oct. 24-Dec. 12** Sat. 10:30-11:10 a.m.
- Nov. 2-25** M/W 10:45-11:25 a.m.
- Nov. 3-Dec. 1** T/TH 4:30-5:10 p.m. (no class Nov. 26)
- Dec. 3-31** T/TH 4:30-5:10 p.m. (no class Dec. 24)

Stages 2-3: Water Movement and Stamina 3-5 years. The swimming journey continues with swimming longer distances, integrating arm and leg movements with floating and continued emphasis on water safety performed independently. Develops intermediate self-rescue skills performed at longer distances.

- Aug. 29-Oct. 17** Sat. 10:30-11:10 a.m. •**Nov. 3-Dec. 1** T/TH 5:15-5:55 p.m.
(first 2 classes held at Firley outdoor pool) *(no class Nov. 26)*
- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m. •**Dec. 3-31** T/TH 5:15-5:55 p.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 10:30-11:10 a.m.

6-12 YEARS

Stages 1-2: Water Acclimation and Movement 6-12 years old. This class is for those who enjoy the water, but may be lacking confidence in their swimming skills. Floating on fronts and backs, increasing comfort below the water surface, and beginning to swim with support as needed are all part of this class.

- Aug. 29-Oct. 17** Sat. 11:15-11:55 a.m. •**Nov. 3-Dec. 1** T/TH 5:15-5:55 p.m.
(first 2 classes held at Firley outdoor pool) *(no class Nov. 26)*
- Sept. 8-Oct. 1** T/TH 5:15-5:55 p.m. •**Dec. 3-31** T/TH 4:30-5:10 p.m.
- Oct. 6-29** T/TH 5:15-5:55 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 11:15-11:55 a.m.

Stage 3: Water Stamina 6-12 years. The swimming journey continues with swimming longer distances, integrating arm and leg movements with floating and continued emphasis on water safety.

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(first 2 classes held at Firley outdoor pool) *(no class Nov. 26)*
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- Oct. 6-29** T/TH 5:15-5:55 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 11:15-11:55 a.m.

Stage 4: Stroke Introduction 6-12 years. In this stage, swimmers learn the freestyle, backstroke, elementary backstroke and learn to tread water.

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- Sept. 8-Oct. 1** T/TH 5:15-5:55 p.m. •**Dec. 3-31** T/TH 5:15-5:55 p.m.
- Oct. 6-29** T/TH 5:15-5:55 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 11:15-11:55 a.m.

Stages 5 and 6: Stroke Development and Mechanics 6-12 years. In this final level, swimmers learn the breaststroke, butterfly, and flip turns. Swimming endurance is also increased.

- Aug. 28-Oct. 16** Fri. 4:30-5:10 p.m. •**Oct. 23-Dec. 11** Fri. 4:30-5:10 p.m.
(first 2 classes held at Firley outdoor pool)
- Aug. 29-Oct. 17** Sat. 11:15-11:55 p.m. •**Oct. 24-Dec. 12** Sat. 11:15-11:55 p.m.
- (first 2 classes held at Firley outdoor pool)*

OTHER LESSONS

Private Lessons. Private/Semi-Private lessons are a wonderful option for those with busy schedules or patrons with special needs or circumstances. Those who need to reach a specific swimming goal, such as a scout badge, can achieve it! These are also a viable options for those with intense water fear. Contact Lisa Dyer at 573-761-9007 to get started! Lessons are scheduled at a mutually agreeable time.

FEES: Six Private 30-minute lessons: \$125 Y-member; \$185 Non-member

Six Semi-Private 40-minute lessons: \$150 Y-member; \$210 Non-member

High School/Adult Lessons. It's never too late to learn to swim! Classes are taught by understanding adults who will work with you. Give yourself the gift of learning to swim in 2020!

•Oct. 24-Dec. 12 Sat. 11:15-11:55 a.m.

T.O.W. - Terrified of Water. This class is for adults and teens who have intense water fear. Classes will progress gradually and participants will work within their comfort range.

•Oct. 24-Dec. 12 Sat. 11:15-11:55 a.m.

JUNIOR LIFEGUARD

School is not in session for JC students on October 12—why not learn some new swimming safety skills? Want to know what it takes to be a lifeguard? Come and learn! Youth ages 12-15 will learn some basic lifeguard rescues, water safety and even some swim instruction tips. Junior Guards will then be eligible to volunteer around the pool as their schedules allow.

Day/Time: Oct. 12 / 9 a.m.-4 p.m.

Location: Knowles Indoor Pool

Fee: \$25 Y-member; \$50 Non-member (*Free for 8GI members*)



SPECIAL SWIM DAYS

Last Blast Family Pool Party of Summer 2020 - Sat., Sept. 5. Join us on September 5 from 6-8 p.m. at the Firley Outdoor Pool for music, pool games and fun for families!



JCAY BARRACUDA SWIM TEAM (ages 7-21)

Be a `Cuda! A swim team with a 40 year tradition in Jefferson City! Swimmers learn all four competitive strokes, diving off the blocks, competitive swim turns and more. They will receive a workout each day from coaches who care! Every swimmer is a winner on the Barracudas with no bench warmers! Everyone who makes the team, is part of the team! Practices are held each day, but swimmers attend only as many as their schedule allows. The Barracudas participate in swim competitions and swimmers select the meets they will attend. The team has a fall-spring season and a summer season. However, swimmers can join anytime! Families with more than one Barracuda are eligible for a discount.



Try Out Criteria: If your swimmer can swim one length of the pool doing the crawl (freestyle) with some side breathing, and one length of the pool on their back, contact us to schedule a try out!

Try Out Schedule: Sept. 3 @ 4:30 p.m. - Firley Outdoor Pool/525 Ellis Blvd. *(additional tryouts Sept. 8-18 during practice times at Knowles Indoor Pool)*

First Day of Practice: Sept. 8 - Knowles Indoor Pool/424 Stadium

Practice Times:

Monday/Wednesday/Friday

Novice: 4:30-5:30 p.m.

Bronze/SilverGold: 4:30-6 p.m.

Tuesday/Thursday

Novice: 6:30-7:45 p.m. *(Deck warmup 6:30-6:46 p.m.)*

Bronze/SilverGold: 6:30-8 p.m. *(Deck warmup 6:30-6:46 p.m.)*

For more information, see us on the web at: www.Jc-barracudas.com. YMCA membership is required. Contact Lisa Dyer at 573-761-9007 or ldyer@jcmca.org or Don Eisinger at JCAY@Live.com for more information or to schedule a try out.

BARRACUDA BOOTCAMP BASIC TRAINING

This is perfect a perfect opportunity for a swimmer who is interested in joining the Barracudas Swim Team! Meet current swim team members and coaches, learn the strokes, and find out what being a `Cuda is all about!

Session: August 24-September 3 *(8 classes - Monday through Thursday each week)*

Time: 4:30-5:30 p.m.

Location: Firley Outdoor Pool

Fee: \$42 Y-members; \$84 Non-members

PAT GLADBACH SWIM SCHOLARSHIP

The Pat Gladbach scholarship was created to help finance swimming lessons for families in need of financial support. Pat has been a treasured swim and water aerobics instructor for 48 years at the YMCA. She has taught thousands of people to swim and exercise in the water and continues to share her expertise in aquatics today. This scholarship ensures even more young people will learn to swim. The application can be found at www.jcmca.org or pick up a copy at the Knowles YMCA. For those wishing to contribute, please contact Lisa Dyer, Aquatics Director, 573-761-9007.



WATER FITNESS

Sessions run every month, participants must register by the 10th of each month; after that date an additional late fee (\$2.50) will be charged to the monthly fee.

Sessions: Monthly

Place: Knowles Indoor Pool, 424 Stadium

Aqua Aerobics **T/TH @ 8:30 a.m.** **\$20 Y-member/\$30 Non-member**

Join this lively morning class to increase your strength, endurance, and flexibility. Enjoy the water's buoyancy and resistance throughout this easy-impact aerobic workout.

*New participants encouraged to arrive 10 minutes before start time for orientation.

Aqua Zumba **M/W @ 6 p.m.** **\$20 Y-member/\$30 Non-member**

Low-impact, high energy aquatic exercise. Less impact on joints so you can go all out, natural resistance created by water exercise helps tones muscles.

Deep Water **M/W @ 6 p.m.** **\$20 Y-member/\$30 Non-member**
T/TH @ 6 p.m. **\$20 Y-member/\$30 Non-member**

Come experience this invigorating class to increase your sense of well-being through muscle toning, calorie burning cardio, and friendly camaraderie. While suspended in the deep water with your buoyancy belt, you perform virtually any activity in the water that you do on land (and more!)

Swimnastics **M/W/F @ 8:30 a.m.** **\$20 Y-member/\$30 Non-member**

Fun water exercise with low-moderate intensity. Lots of muscle toning with an assortment of water equipment. *New participants encouraged to arrive 10 minutes before start time for orientation.

Water Works **T/TH @ 6 p.m.** **\$20 Y-member/\$30 Non-member**

A class for any fitness level. Enjoy aerobic exercise with little joint impact. Improves the cardiovascular system while strengthening the muscles. Great fun in the water!

