

## DIVE INTO SUMMER

Dive in to the 14th Street Y's full range of aquatics programs, including swim instruction for all ages, stages, and abilities, an inspiring variety of aqua exercise classes, and daily opportunities for family and adults-only open swim. 14Y swim classes are available for children as young as six months. We also offer instruction for children with special needs. For a low-impact, full-body workout, turn to our expert instructors in aqua aerobics, cardio, boot camp, and boxing. We feature the American Red Cross Learn to Swim program, taught by certified water safety instructors, for children three and older. Private and semi-private swim lessons are also available.

### ADULTS

#### ADULT BEGINNER SWIM

Learn the fundamentals: freestyle, backstroke, breaststroke, breath control, and flotation. No swim skills are required.

**M \$170, NM \$200 (Sun., Tue., Wed., Thurs.)**

#### ADULT ADVANCED BEGINNER SWIM

This class is for those who have passed Adult Beginner Swim and/or can swim one full lap front crawl and one lap backstroke. Continue to master the skills you learned in Adult Beginner Swim.

**M \$170, NM \$200 (Sun. or Wed.)**

#### AQUA AEROBICS

Designed to develop cardiovascular fitness and strengthen muscles, this is the perfect way to get fit without stressing your joints. Have fun during a great, wet workout. No swim skills required.

**M \$116, NM \$151 (Mon. Wed., or Fri.)**

#### AQUA BOOT CAMP

Circuits, strength training, and cardio drills—without the impact. Get all of the benefits of boot camp, but in the water! No swim skills required.

**M \$116, NM \$151 (Mon.)**

#### AQUA EXERCISE

Strengthen muscles, increase your cardio and range of motion with minimal impact to your joints. No swim skills required.

**M \$116, NM \$151 (Wed.)**



### CHILDREN

#### CHILDREN WITH SPECIAL NEEDS

##### SWIM CLASS | 4 – 16 years

###### WITH PARENT/CAREGIVER

This swim class is designed for children with special needs. The program aims to meet the safety and swim development of your child. Our small class sizes will ensure your child receives optimal focus and attention throughout the course. Swim class is taught by experienced Certified Water Safety Instructors.

**M \$130, NM \$170 (Mon. or Sat.)**

##### AQUA JETS SWIM TEAM | 6 – 17 years

A non-competitive recreational swim team for children and teenagers. Work and improve on on all 4 competitive strokes, starts, and turns. All practices are conducted by a qualified and experienced coach. Swimmers must be level 5 or above and have the desire to have fun.

**M \$170, NM \$200 (Tue. or Thurs.)**

##### BABY BELUGAS | 6 – 16 months

A swim class designed to help your baby become accustomed to the pool environment while having loads of fun. Class includes water activities, games, songs, toys, and flotation devices. A parent or caregiver must accompany the child in the water. All babies must wear swim diapers.

**M \$130, NM \$170**

##### LITTLE DIPPERS | 17 – 24 months

Your child will make a basic adjustment to the pool environment with water activities, games, songs, and fun flotation devices. Appropriate swim skills are taught as your child progresses. A parent or caregiver must accompany the child in the water. All children must wear swim diapers.

**M \$130, NM \$170**

##### BIG FISH | 25 – 35 months

This class is designed to help transition your child from Big Fish (with parent/caregiver) to the Tadpoles (the first drop-off class for kids 3 to 4). Independent swim skills are introduced as your child continues to progress.

**M \$130, NM \$170**

## DROP-OFF SWIM CLASSES

FOR AGES 3+

### LEARN TO SWIM PROGRAM

presented by  American Red Cross

Add a splash to your child's life with the 14 Street Y's American Red Cross Learn to Swim Program. All classes are taught by certified Water Safety Instructors. Our Learn to Swim Program consists of six levels that teach children of all ages and ability levels to swim skillfully and safely. Our progressive system will give your child the opportunity to complete as many levels as they can in the semester. Children are grouped according to their ability. Our low student/teacher ratio (5 students to 1 instructor) ensures that your child receives optimal focus and attention throughout the course.

**TADPOLES | 3 – 4 years (first drop-off class)**

**SEA HORSES | 4 – 5 years**

**OTTERS | 6 – 7 years**

**DOLPHINS | 8 – 9 years**

**SHARKS | 10 – 12 years**

**M \$130, NM \$170**



## PRIVATE SESSIONS

### PRIVATE SWIM LESSONS

30 Minutes | **M \$45, NM \$60/person**

Package | **Buy ten lessons and get one FREE**

**M \$450, NM \$600/person**

### SEMI-PRIVATE SWIM LESSONS

30 Minutes | **M \$40, NM \$55/person**

Package | **Buy ten lessons and get one FREE**

**M \$400, NM \$550/person**

# SUMMER AQUATICS SCHEDULE

JULY 7 – AUGUST 24

ADULTS

CHILDREN

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<b>ADULTS</b>	<b>ADULT BEGINNER</b> 2:30 - 3:30PM  <b>ADULT ADV. BEGINNER SWIM</b> 2:30 - 3:30PM	<b>AQUA AEROBICS</b> 11:00AM - 12:00PM  <b>AQUA BOOT CAMP</b> 6:00 - 7:00PM	<b>ADULT BEGINNER</b> 6:30 - 7:30PM	<b>AQUA AEROBICS</b> 11:00AM - 12:00PM  <b>AQUA EXERCISE</b> 6:00 - 7:00PM  <b>ADULT BEGINNER</b> 8:00 - 9:00PM  <b>ADULT ADV. BEGINNER SWIM</b> 8:00 - 9:00PM	<b>ADULT BEGINNER</b> 6:30 - 7:30PM	<b>AQUA AEROBICS</b> 11:00AM - 12:00PM	
<b>CHILDREN</b>	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 9:30 - 10:00AM  <b>BIG FISH</b> 10:00 - 10:30AM  <b>SEAHORSES</b> 12:00 - 12:30PM  <b>TADPOLES</b> 12:00 - 12:30PM  <b>TADPOLES</b> 12:30 - 1:00PM  <b>OTTERS</b> 12:30 - 1:00PM  <b>DOLPHINS</b> 1:00 - 1:30PM  <b>SHARKS</b> 1:00 - 1:30PM  <b>BABY BELUGAS</b> 1:30 - 2:00PM  <b>LITTLE DIPPERS</b> 2:00 - 2:30PM	<b>BABY BELUGAS</b> 2:30 - 3:00PM  <b>LITTLE DIPPERS</b> 3:00 - 3:30PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>TADPOLES</b> 3:30 - 4:00PM  <b>CHILDREN WITH SPECIAL NEEDS</b> 4:00 - 4:30PM  <b>TADPOLES</b> 4:00 - 4:30PM	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 10:00 - 10:30AM  <b>BIG FISH</b> 10:30 - 11:00AM  <b>TADPOLES</b> 2:00 - 2:30PM  <b>BIG FISH</b> 2:30 - 3:00PM  <b>TADPOLES</b> 3:00 - 3:30PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>TADPOLES</b> 3:30 - 4:00PM  <b>OTTERS</b> 4:00 - 4:30PM  <b>SEA HORSES</b> 4:00 - 4:30PM  <b>AQUA JETS SWIM TEAM</b> 4:30 - 5:30PM	<b>BIG FISH</b> 2:00 - 2:30PM  <b>BABY BELUGAS</b> 2:30 - 3:00PM  <b>LITTLE DIPPERS</b> 3:00 - 3:30PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>TADPOLES</b> 3:30 - 4:00PM  <b>OTTERS</b> 4:00 - 4:30PM  <b>SEA HORSES</b> 4:00 - 4:30PM	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 9:30 - 10:00AM  <b>BIG FISH</b> 10:00 - 10:30AM  <b>TADPOLES</b> 10:30 - 11:00AM  <b>BABY BELUGAS</b> 2:00 - 2:30PM  <b>TADPOLES</b> 3:00 - 3:30PM  <b>OTTERS</b> 3:30 - 4:00PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>DOLPHINS</b> 4:00 - 4:30PM  <b>SHARKS</b> 4:00 - 4:30PM  <b>AQUA JETS SWIM TEAM</b> 4:30 - 5:30PM	<b>LITTLE DIPPERS</b> 2:00 - 2:30PM  <b>BIG FISH</b> 2:30 - 3:00PM  <b>TADPOLES</b> 3:00 - 3:30PM	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 9:30 - 10:00AM  <b>BIG FISH</b> 10:00 - 10:30AM  <b>BIG FISH</b> 11:30AM - 12:00PM  <b>OTTERS</b> 12:00 - 12:30PM  <b>SEA HORSES</b> 12:00 - 12:30PM  <b>TADPOLES</b> 12:30 - 1:00PM  <b>BABY BELUGAS</b> 1:00 - 1:30PM  <b>LITTLE DIPPERS</b> 1:30 - 2:00PM  <b>CHILDREN WITH SPECIAL NEEDS</b> 4:00 - 4:30PM  <b>CHILDREN WITH SPECIAL NEEDS</b> 4:30 - 5:00PM

▶ Adults | ▶ Children | ▶ Children with Parent/Caregiver | ▶ Children with Special Needs | ▶ Aqua Jets Swim Team



## POOL RULES

**FAMILY SWIM** is a free members-only swim time. Bring your family for an open co-ed swim. Children under 13 years must be accompanied by an adult in the water. Children three or younger must wear a swim diaper and a bathing suit. Swim caps must be worn by everyone. Swim caps can be purchased at the Service Desk.

**POOL SCHEDULES** are available above, at the Service Desk or online at [14StreetY.org/Schedules](http://14StreetY.org/Schedules)

**ADULT LAP SWIM** is offered throughout the day for members. During Family Swim time, a courtesy lap lane will be provided, but is subject to change based on capacity (more than 25 swimmers).