

AQUATICS

Our sparkling pool is refreshing in the darkest days of winter as it is on the hottest summer day.

DIVE INTO FALL

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 \$344, NM \$390 (Sun., Tue., Wed. or 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 \$344, NM \$390 (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 \$232, NM \$302 (Mon. Wed., or Fri.)

AQUA BOXING

Our newest aquatics workout that combines aqua aerobics with boxing techniques is designed to improve upper and lower body strength, speed, and balance. All exercises are done circuit style, with little to no breaks, ensuring an extremely intense and productive workout. This class is for participants with intermediate and advanced fitness levels. No swim skills required.

M \$232, NM \$302 (Mon.)

AQUA EXERCISE

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

M \$232, NM \$302 (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 \$259, NM \$344 (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 \$344, NM \$390 (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 \$259, NM \$344

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 \$259, NM \$344

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 \$259, NM \$344

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 \$259, NM \$344



PRIVATE SESSIONS

PRIVATE SWIM LESSONS

30 Minutes | **M \$50, NM \$65/person**

Package | Buy ten lessons and get one FREE

M \$500, NM \$650/person

SEMI-PRIVATE SWIM LESSONS

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

Package | Buy ten lessons and get one FREE

M \$450, NM \$600/person

FALL AQUATICS SCHEDULE

SEPTEMBER 8 – DECEMBER 19

ADULTS

CHILDREN

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	
ADULTS	ADULT BEGINNER 2:30 - 3:30PM ADULT ADV. BEGINNER SWIM 2:30 - 3:30PM	AQUA AEROBICS 11:00AM - 12:00PM AQUA BOXING 6:00 - 7:00PM	ADULT BEGINNER 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM AQUA EXERCISE 6:00 - 7:00PM ADULT BEGINNER 8:00 - 9:00PM ADULT ADV. BEGINNER SWIM 8:00 - 9:00PM	ADULT BEGINNER 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM		
CHILDREN	BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 9:30 - 10:00AM BIG FISH 10:00 - 10:30AM SEAHORSES 12:00 - 12:30PM TADPOLES 12:00 - 12:30PM TADPOLES 12:30 - 1:00PM OTTERS 12:30 - 1:00PM DOLPHINS 1:00 - 1:30PM SHARKS 1:00 - 1:30PM BABY BELUGAS 1:30 - 2:00PM LITTLE DIPPERS 2:00 - 2:30PM	BABY BELUGAS 2:30 - 3:00PM LITTLE DIPPERS 3:00 - 3:30PM SEA HORSES 3:30 - 4:00PM TADPOLES 3:30 - 4:00PM CHILDREN WITH SPECIAL NEEDS 4:00 - 4:30PM TADPOLES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 10:00 - 10:30AM BIG FISH 10:30 - 11:00AM TADPOLES 2:00 - 2:30PM BIG FISH 2:30 - 3:00PM TADPOLES 3:00 - 3:30PM SEA HORSES 3:30 - 4:00PM TADPOLES 3:30 - 4:00PM OTTERS 4:00 - 4:30PM SEA HORSES 4:00 - 4:30PM AQUA JETS SWIM TEAM 4:30 - 5:30PM	BIG FISH 2:00 - 2:30PM BABY BELUGAS 2:30 - 3:00PM LITTLE DIPPERS 3:00 - 3:30PM SEA HORSES 3:30 - 4:00PM TADPOLES 3:30 - 4:00PM OTTERS 4:00 - 4:30PM SEA HORSES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 9:30 - 10:00AM BIG FISH 10:00 - 10:30AM TADPOLES 10:30 - 11:00AM BABY BELUGAS 2:00 - 2:30PM TADPOLES 3:00 - 3:30PM OTTERS 3:30 - 4:00PM SEA HORSES 3:30 - 4:00PM DOLPHINS 4:00 - 4:30PM SHARKS 4:00 - 4:30PM AQUA JETS SWIM TEAM 4:30 - 5:30PM	LITTLE DIPPERS 2:00 - 2:30PM BIG FISH 2:30 - 3:00PM TADPOLES 3:00 - 3:30PM	BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 9:30 - 10:00AM BIG FISH 10:00 - 10:30AM BIG FISH 11:30AM - 12:00PM OTTERS 12:00 - 12:30PM SEA HORSES 12:00 - 12:30PM TADPOLES 12:30 - 1:00PM BABY BELUGAS 1:00 - 1:30PM LITTLE DIPPERS 1:30 - 2:00PM CHILDREN WITH SPECIAL NEEDS 2:00 - 2:30PM CHILDREN WITH SPECIAL NEEDS 2:30 - 3:00PM	NO CLASS 9/2, 9/30 NO CLASS 10/1 NO CLASS 10/9 NO CLASS 11/28

▶ 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

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).