



AQUATICS CLASSES – FALL 2023

BABY AND TODDLER LEARN TO SWIM CLASSES

For Babies and Toddlers Ages 6 – 35 Months and Caregivers

Classes are designed to help your little one become comfortable in and around water so when the time comes, they are ready to learn how to swim. One parent or caregiver must accompany the child in the water. All babies must wear swim diapers.

Baby Belugas Ages 6 – 16 Months	Little Dippers Ages 17 – 24 Months	Big Fish Ages 25 – 35 Months
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YOUTH LEARN TO SWIM CLASSES

For Children Ages 3 – 17

Our American Red Cross Learn to Swim Program teaches children of all abilities 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 grouped according to their ability. Our low student/teacher ratio ensures that your child receives one-on-one attention throughout the course.

Tadpoles Ages 3 – 4 <small>(First drop-off swim class)</small>	Sea Horses Age 5	Otters Ages 6 – 7
Dolphins Ages 8 – 9	Sharks Ages 10 – 12	Aqua Jet Swim Team Ages 6 – 17

Aqua Jet Swim Team

On our non-competitive recreational swim team, children and teens work on all four competitive strokes, starts and turns. All practices are conducted by a qualified and experienced coach. Swimmers must be American Red Cross Learn to Swim level 4 or above.

ADULT AQUATICS

Adult Learn to Swim

Learn the fundamentals of swimming. Freestyle, backstroke, breaststroke introduced in this course. No prior swim skills are required.

Aqua Aerobics

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

For pool rules, class prices and registration, please visit: 14StreetY.org/Aquatics

344 East 14th Street at 1st Ave New York, NY 10003 | 212-780-0800 | 14StreetY.org

SUMMER AQUATICS CLASS SCHEDULE

SEPTEMBER 18 – DECEMBER 18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BABIES AND TODDLERS		BABY BELUGAS 10:00 – 10:30 AM LITTLE DIPPERS 10:30 – 11:00 AM		BABY BELUGAS 10:00 – 10:30 AM LITTLE DIPPERS 10:30 – 11:00 AM	BIG FISH 2:00 – 2:30 PM	BABY BELUGAS 10:00 – 10:30 AM LITTLE DIPPERS 10:30 – 11:00 AM BIG FISH 11:00 – 11:30 AM	BABY BELUGAS 10:00 – 10:30 AM LITTLE DIPPERS 10:30 – 11:00 AM BIG FISH 11:00 – 11:30 AM	
YOUTH	TADPOLES 3:00 – 3:30 PM TADPOLES 3:30 – 4:00 PM OTTERS 4:00 – 4:30 PM DOLPHINS 4:30 – 5:00 PM	TADPOLES 3:00 – 3:30 PM TADPOLES 3:30 – 4:00 PM OTTERS 4:00 – 4:30 PM AQUA JETS SWIM TEAM 4:30 – 5:30 PM	TADPOLES 3:00 – 3:30 PM TADPOLES 3:30 – 4:00 PM OTTERS 4:00 – 4:30 PM SHARKS 4:30 – 5:00 PM	TADPOLES 3:00 – 3:30 PM SEA HORSES 3:30 – 4:00 PM DOLPHINS 4:00 – 4:30 PM AQUA JETS SWIM TEAM 4:30 – 5:30 PM			TADPOLES 12:30 – 1:00 PM SEA HORSES 1:00 – 1:30 PM OTTERS 1:30 – 2:00 PM	TADPOLES 12:30 – 1:00 PM SEA HORSES 1:00 – 1:30 PM OTTERS 1:30 – 2:00 PM
ADULT	AQUA AEROBICS 11:00 AM – 12:00 PM AQUA AEROBICS 6:00 – 7:00 PM	ADULT LEARN TO SWIM 6:30 – 7:30 PM	AQUA AEROBICS 11:00 AM – 12:00 PM AQUA AEROBICS 6:00 – 7:00 PM	ADULT LEARN TO SWIM 6:00 – 7:00 PM	AQUA AEROBICS 11:00 AM – 12:00 PM		ADULT LEARN TO SWIM 2:00 – 3:00 PM	