



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



**2018 WINTER 1**  
**Monday, October 29<sup>th</sup> --**  
**Sunday, December 23<sup>rd</sup>**

**1088 W Whitty Road,  
Toms River, NJ 08755  
732 341 9622 (P)  
732 341 1629 (F)  
ocymca.org**

# AQUATICS

## FREE SWIM EVALUATIONS

Not sure what class level your child belongs in? Children ages 3 & up may come to any open evaluation time. No appointment is necessary. Simply show up on the pool deck at one of the following times: Ages 3-12

### Thursday

10/11 7:00PM

### Saturday

10/13 1:00PM

If you cannot make a scheduled evaluation time please call our Aquatics Department to schedule an appointment email [aquatics@ocymca.org](mailto:aquatics@ocymca.org) or call 732 341 9622 ext 2277.

# SAFETY FIRST SKILLS SECOND

## PARENT/CHILD-TODDLER

### WATER DISCOVERY (ages 6-23 months)

This class is designed to introduce children to the aquatic environment while introducing basic water skills and safety. No evaluation needed for this level. Must wear swim diapers.

W 10:55-11:25AM

\*SA 9:40-10:10AM no class 11/3 & 12/15

Annual Member **\$80**, Program Member **\$124**

\*Annual Member **\$60**, Program Member **\$93**

### WATER EXPLORATION (ages 18-36 months)

This class is designed for the child to explore fundamental water skills and safety. No evaluation needed for this level. Must wear swim diapers.

W 10:20-10:50AM

\*SA 10:15-10:45AM no class 11/3 & 12/15

Annual Member **\$80**, Program Member **\$124**

\*Annual Member **\$60**, Program Member **\$93**

### WATER APPLICATION (ages 24-36 months)

This class is designed for the child to adjust to swimming independently. Parents are in the water to facilitate learning and direction following, but instructions are directed towards the child. Child must be recommended for this class. Must wear swim diapers.

W 5:05-5:35PM

\*SA 9:05-9:35AM no class 11/3 & 12/15

Annual Member **\$80**, Program Member **\$124**

\*Annual Member **\$60**, Program Member **\$93**

## PRIVATE SWIM LESSONS

Single - half hour lesson

Annual Member **\$37**, Program Member **\$58**

## PRIVATE SWIM LESSON BUNDLE

4 - half hour lessons

Annual Member **\$125**

Program Member **\$196**

9 half hour lessons

Annual Member **\$235**

Program Member **\$368**

## SEMI PRIVATE SWIM LESSON

For two or more family members or friends.

Single - half hour lesson

Annual Member **\$28 per person**

Program Member **\$44 per person**

## SEMI PRIVATE SWIM LESSON BUNDLE

8 - half hour lessons

Annual Member **\$160 per person**

Program Member **\$250 per person**

Swim lesson time slots are offered:

**Monday 5-7PM**

**Wednesday 11AM-1:30PM**

**Sunday 12-4PM**

Email [Aquatics@ocymca.org](mailto:Aquatics@ocymca.org) to set up your private swim lesson before paying for class.

Private Swim Lesson purchases expire one year from date of issue.



# AQUATICS

## PRESCHOOL

### PRESCHOOL WATER ACCLIMATION

Child must be independent of parent and at least 3 years old before the first day of class. This class increases comfort with underwater exploration and introduces basic self-rescue skills preformed with assistance. No evaluation is needed to register for this level. 30-minute class

TU 10:00-10:30AM  
W 5:00-5:30PM  
W 5:50-6:10PM  
\*SA 8:30-9:00AM no class 11/3 & 12/15  
\*SA 9:40-10:10AM no class 11/3 & 12/15  
\*SA 9:41-10:11AM no class 11/3 & 12/15  
\*SA 10:50-11:20AM no class 11/3 & 12/15

Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$60**, Program Member **\$93**

### PRESCHOOL WATER MOVEMENT

This class encourages forward movement in the water and basic self-rescue skills performed independently. Child must be evaluated for this level to register. 30-minute class

TU 10:35-11:05AM  
TU 6:50-7:20PM  
W 6:15-6:45PM  
\*TH 5:00-5:30PM no class 11/22  
\*\*SA 9:05-9:35AM no class 11/3 & 12/15  
\*\*SA 9:06-9:36AM no class 11/3 & 12/15  
\*\*SA 10:15-10:45AM no class 11/3 & 12/15  
\*\*SA 11:25-11:55AM no class 11/3 & 12/15

Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**  
\*\*Annual Member **\$60**, Program Member **\$93**

### PRESCHOOL WATER STAMINA

This class develops intermediate self-rescue skills performed at longer distances than in previous stages. Child must be evaluated for this level to register. 30-minute class

TU 11:10-11:40AM  
W 5:35-6:05PM  
\*TH 7:00-7:30PM no class 11/22  
\*\*SA 8:30-9:00AM no class 11/3 & 12/15  
\*\*SA 10:50-11:20AM no class 11/3 & 12/15

Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**  
\*\*Annual Member **\$60**, Program Member **\$93**

### PRESCHOOL STROKE INTRODUCTION 1

This class introduces basic stroke technique in front crawl (freestyle) and back crawl (backstroke) and reinforces water safety through treading water and elementary backstroke. Child must be evaluated for this level to register. 45-minute class.

M 5:00-5:45PM  
\*TH 6:00-6:45PM no class 11/22  
\*\*SA 9:20-10:05AM no class 11/3 & 12/15

Annual Member **\$96**, Program Member **\$152**  
\*Annual Member **\$84**, Program Member **\$133**  
\*\*Annual Member **\$72**, Program Member **\$114**

### PRESCHOOL STROKE INTRODUCTION 2

This class refines basic stroke technique in freestyle and backstroke and reinforces water safety through treading water and elementary backstroke. Child must be evaluated for this level to register. 45-minute class.

\*TH 5:35-6:20PM no class 11/22

\*Annual Member **\$84**, Program Member **\$133**



# AQUATICS

## YOUTH

### YOUTH WATER ACCLIMATION/WATER MOVEMENT (Ages 6-12)

This class increases comfort with underwater exploration, and encourages forward movement in the water and basic self-rescue skills performed independently. No evaluation is needed to register for this level. 30-minute class

TU 6:25-6:55PM  
W 6:50-7:20PM  
\*SA 10:15-10:45AM no class 11/3 & 12/15  
\*SA 11:25-11:55AM no class 11/3 & 12/15  
\*SA 12:00-12:30PM no class 11/3 & 12/15  
Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$60**, Program Member **\$93**

### YOUTH WATER STAMINA (Ages 6-12)

This class develops intermediate self-rescue skills performed at longer distances than in previous stages. Child must be evaluated for this level to register. 30-minute class

TU 6:15-6:45PM  
W 6:50-7:20PM  
\*TH 6:50-7:20PM no class 11/22  
\*\*SA 10:15-10:45AM no class 11/3 & 12/15  
\*\*SA 12:00-12:30PM no class 11/3 & 12/15

Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**  
\*\*Annual Member **\$60**, Program Member **\$93**

### YOUTH STROKE INTRODUCTION 1 (Ages 6-12)

This class introduces basic stroke technique in front crawl (freestyle) and back crawl (backstroke) and reinforces water safety through treading water and elementary backstroke. Child must be evaluated for this level to register. 45-minute class.

M 5:50-6:35PM  
TU 5:35-6:20PM  
W 6:10-6:55PM  
\*TH 6:40-7:25PM no class 11/22  
\*\*SA 8:30-9:15AM no class 11/3 & 12/15  
\*\*SA 11:20-12:05PM no class 11/3 & 12/15

Annual Member **\$96**, Program Member **\$152**  
\*Annual Member **\$84**, Program Member **\$133**  
\*\*Annual Member **\$72**, Program Member **\$114**

### YOUTH STROKE INTRODUCTION 2 (Ages 6-12)

This class refines basic stroke technique in freestyle and backstroke and reinforces water safety through treading water and elementary backstroke. Child must be evaluated for this level to register. 45-minute class.

M 6:40-7:25PM  
TU 5:00-5:45PM  
\*TH 5:50-6:35PM no class 11/22  
\*\*SA 9:20-10:05AM no class 11/3 & 12/15  
\*\*SA 10:50-11:35AM no class 11/3 & 12/15

Annual Member **\$96**, Program Member **\$152**  
\*Annual Member **\$84**, Program Member **\$133**  
\*\*Annual Member **\$72**, Program Member **\$114**

### YOUTH STROKE DEVELOPMENT (Ages 6-12)

This class introduces breaststroke and butterfly, while continuing to refine freestyle and backstroke. This class also reinforces water safety through treading water and sidestroke. Child must be evaluated for this level to register. 45-minute class

TU 5:50-6:35PM  
\*TH 5:00-5:45PM no class 11/22  
\*\*SA 8:30-9:15AM no class 11/3 & 12/15

Annual Member **\$96**, Program Member **\$152**  
\*Annual Member **\$84**, Program Member **\$133**  
\*\*Annual Member **\$72**, Program Member **\$114**

### YOUTH STROKE MECHANICS (Ages 6-12)

This class refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Child must be evaluated for this level to register. 45-minute class.

TU 6:40-7:25PM

Annual Member **\$96**, Program Member **\$152**

### PORPOISE CLUB (Ages 8 & up)

For swimmers with goals of leadership or recreation swimmers. Must have Jamie's approval before registering.



\*\*SA 10:15-11:15AM no class 11/3 & 12/15  
\*\*Annual Member **\$72**, Program Member **\$114**

### SHARK CLINIC (Ages 8-14)

Competitive based program for the swimmer who loves practicing for competitions, but involved in other activities, and unable to commit to swim team. Swimmers must be approved by Jamie at jbeers@ocymca.org before registering.



W 6:00-7:00PM

Annual Member **\$96**, Program Member **\$152**

### TEEN (Ages 11 - 17)

This class is designed to meet individual goals.

TU 6:00-6:45PM  
\*\*SA 12:15-1:00PM no class 11/3 & 12/15

Annual Member **\$96**, Program Member **\$152**  
\*\*Annual Member **\$72**, Program Member **\$114**



# AQUATICS

## RED CROSS LIFEGUARD COURSES

(Ages 15 & up)

Everyone interested in registering for an American Red Cross Lifeguard Course must complete and pass the Mandatory Pre-Test.

Mandatory Pre-Test

Wednesday, 10/24 @ 7:00PM or Saturday, 10/27 @ 2:00PM

Call ext. 2277 or email [aquatics@ocymca.org](mailto:aquatics@ocymca.org) for more info and to schedule the pretest

**LIFEGUARD TRAINING RED CROSS** -- 2 year certification

- The Professional Lifeguard Course includes First Aid and CPR/AED for the Professional Rescuer.
- All candidates are required to bring legal documentation for proof of age to the first day of class.
- Females must wear one piece swimsuit.

**MUST BE SIGNED UP FOR CLASS BY 10/31 \*EMAIL ADDRESS REQUIRED TO REGISTER**

**Blended Learning - Some independent online work study must be done prior to starting class.**

Friday 11/9, 5:00PM-9:00PM  
Saturday 11/10 7:00AM-5:00PM  
Sunday 11/11 8:15AM -5:00PM

Annual Member **\$250**, Program **\$300**, Public **\$350**

**Recert Class, CPR Class & CPR Recert Class**  
**Will return for the Winter 2 Session in early 2019**



## POOL INCLEMENT WEATHER POLICY

Safety of our members, program participants and staff is our highest priority. Therefore, in the event of thunder and lightning, all pool activity will be suspended and the pool deck will be cleared until 30 minutes after the last sign of thunder and lightning.



**Y GIVE  
ANYTHING  
ELSE?**

\*Gift cards can be used for YMCA Programs,  
Personal Training, or Membership.



**FOR YOUTH DEVELOPMENT®  
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**This holiday season why would you  
give anything else?**

**Our health and well-being effort redefine  
STRONG to include strong friendships, strong  
habits, and strong community. We are so much  
more than pumping iron and aerobics, we launch  
wellness journeys. We help our friends prepare  
for marathons AND to race after their children.  
Measuring wellness not by the number of reps  
but by the number of friends and milestones  
reached. We are more than a fitness center, we  
are a launching pad.**

**GIVE THE GIFT OF GOOD HEALTH THIS SEASON!  
OCYMCA.ORG**

**OCEAN COUNTY YMCA  
1088 W WHITTY ROAD  
TOMS RIVER, NJ 08755**