



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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# CELEBRATE SUMMER

## SUMMER 2014 PROGRAMS • OAK SQUARE

### SESSION DATES:

**Summer A (1x/week, 8 weeks)** Sunday, June 29 – Saturday, August 23  
**Summer B (1x/week, 4 weeks)** Sunday, June 29 – Saturday, July 26  
**Summer C (1x/week, 4 weeks)** Sunday, July 27 – Saturday, August 23

F = Family/Adult Members  
Y = Youth/Teen Members, Kids Pass  
N = Non-Members

### » SWIM LESSONS

#### » Parent/Child Swim Lessons 30 minute classes

##### **SHRIMP** Ages 6–18 Months

An introduction to the aquatic environment for parents and their infants.

##### Summer A

**Sun** 9:00 am      **Sat** 9:00 am  
**Tue** 9:00 am

##### **INIA** Ages 24–36 Months

Children start working on independent movements in the water, including blowing bubbles, paddling and kicking.

##### Summer A

**Sun** 9:30 am  
**Thu** 9:00 am  
**Sat** 9:30 am; 12:35 pm

##### **PERCH** Ages 24–36 Months

Children start moving more independently through the water.

##### Summer A

**Sun** 10:00 am      **Tue** 9:30 am  
**Mon** 4:40 pm      **Sat** 10:00 am

##### **SEAHORSE** Ages 24–36 Months

For children who need help weaning away from needing their parents in the water. Parents are in the water with their children for the entire class for the first week and each successive week sit out for a longer period of time.

##### Summer A

**Sun** 12:05 pm      **Sat** 10:35 am  
**Wed** 4:25 pm

#### » Preschool Swim Lessons 30 minute classes

##### **PIKE** Ages 3–5

For the child who can swim independently of the instructor with 3 bubbles or less.

##### Summer A

**Sun** 10:35 am; 12:35 pm  
**Mon** 3:15 pm; 5:15 pm  
**Tue** 4:00 pm; 5:10 pm  
**Wed** 3:15 pm; 5:35 pm  
**Thu** 9:30 am; 3:15 pm; 4:05 pm; 5:15 pm  
**Fri** 3:15 pm; 4:05 pm; 5:30 pm  
**Sat** 11:10 am; 12:05 pm; 1:30 pm

##### **EEL** Ages 3–5

For children who can swim independently in a horizontal position with 2 bubbles or less on their front, back and side. Children must also be able to put their face in the water.

##### Summer A

**Sun** 11:10 am; 12:20 pm  
**Mon** 3:50 pm; 5:50 pm  
**Tue** 4:00 pm; 4:35 pm  
**Wed** 3:50 pm; 5:00 pm  
**Thu** 3:15 pm; 4:40 pm  
**Fri** 3:15 pm; 4:05 pm  
**Sat** 11:35 am; 1:00 pm

##### **RAY** Ages 3–5

For children who can swim without flotation in a horizontal position on their front, back and side for all or part of the class.

##### Summer A

**Sun** 10:00 am  
**Mon** 3:15 pm  
**Tue** 4:35 pm  
**Wed** 3:15 pm; 5:45 pm  
**Thu** 3:50 pm  
**Fri** 4:40 pm; 5:30 pm  
**Sat** 10:05 am

### SWIM LESSON PRICING

F \$ 68    Y \$98    N \$135

Classes will be prorated for July 4.

#### » Preschool Swim Lessons Continued 30 minute classes

##### **STARFISH** Ages 3–5

For children who can swim horizontally without flotation for the entire class.

##### Summer A

**Sun** 10:00 am      **Fri** 4:40 pm  
**Mon** 3:15 pm      **Sat** 10:40 am  
**Wed** 5:30 pm

#### » Youth Swim Lessons 45 minute classes

##### **POLLIWOG BEGINNER** Ages 6+

For the beginner swimmer who cannot yet swim independently on their front and back with 2 bubbles or less.

##### Summer A

**Sun** 11:30 am      **Thu** 3:15 pm  
**Mon** 4:40 pm      **Fri** 4:40 pm  
**Wed** 4:05 pm      **Sat** 10:55 am

##### **POLLIWOG ADVANCED** Ages 6+

For children who can swim with 2 bubbles or less, but cannot yet swim one length non-stop without floatation.

##### Summer A

**Sun** 9:45 am; 11:45 am  
**Mon** 3:50 pm; 5:15 pm  
**Tue** 4:00 pm  
**Wed** 3:15 pm; 4:40 pm  
**Thu** 7:15 pm  
**Fri** 3:15 pm  
**Sat** 9:45 am; 12:10 pm

## SWIM LESSON PRICING

F \$ 68 Y \$98 N \$135

\*Classes will be prorated for July 4.

### » Youth Swim Lessons 45 minute classes

#### **GUPPY** Ages 6+

For children who can swim one length of the pool in a horizontal position on their front, back and side without floatation or support.

##### Summer A

Sun 10:35 am  
Mon 3:50 pm; 7:35 pm  
Tue 5:40 pm  
Thu 3:50 pm  
Fri 3:15 pm; 5:15 pm  
Sat 9:15 am; 11:45 am

#### **MINNOW** Ages 6+

Children must be able to swim one length of the pool, front crawl with rotary breathing, backstroke, elementary backstroke and sidestroke.

##### Summer A

|     |          |     |          |
|-----|----------|-----|----------|
| Sun | 10:55 am | Thu | 4:25 pm  |
| Mon | 4:25 pm  | Fri | 3:50 pm  |
| Tue | 5:10 pm  | Sat | 12:05 pm |
| Wed | 3:50 pm  |     |          |

#### **FISH** Ages 6+

Children must be able to swim 50 yards non-stop front crawl and backstroke and 25 yards sidestroke, elementary backstroke and breaststroke.

##### Summer A

|     |          |     |         |
|-----|----------|-----|---------|
| Sun | 11:45 am | Thu | 4:40 pm |
| Mon | 5:30 pm  | Fri | 3:50 pm |
| Tue | 4:50 pm  | Sat | 9:45 am |
| Wed | 4:55 pm  |     |         |

#### **FLYING FISH** Ages 6+

Children must be able to swim 75 yards front and back crawl and 50 yards sidestroke, elementary backstroke and breaststroke and 25 yards butterfly.

##### Summer A

|     |         |     |         |
|-----|---------|-----|---------|
| Sun | 9:10 am | Fri | 4:40 pm |
|-----|---------|-----|---------|

#### **SHARK** Ages 6+

Children must be able to swim 100 yards front crawl with bilateral breathing and backstroke, sidestroke and breaststroke and swim 50 yards butterfly.

##### Summer A

|     |         |     |         |
|-----|---------|-----|---------|
| Sun | 9:10 am | Fri | 4:40 pm |
|-----|---------|-----|---------|

### » Teen/Adult Swim Lessons

#### **TEEN BEGIN TO SWIM** Ages 11-17

Learn to swim and develop swimming technique and safety skills. For all levels from beginner to advanced.

Sun 12:40 - 1:25 pm Summer A  
F: 34 Y: 49 N: 68

#### **ADULT BEGIN TO SWIM**

This class is for adults who have a fear of the water, don't feel at ease in the water or who have never participated in swimming lessons.

Wed 7:30 - 8:15 pm Summer A  
Sat 12:55 - 1:40 pm Summer A

#### **ADULT INTERMEDIATE SWIM**

This is a class for adults who are comfortable in the water and would like to work on stroke development and endurance.

Wed 8:20 - 9:05 pm Summer A  
Sat 12:40 - 1:25 pm Summer A

#### **Dolphin Summer Swim Team**

Our summer swim team focuses on improving technique, strength and stamina to help swimmers improve as well as stay in shape over the summer! Our team is dedicated to character growth and encouraging leadership on and off the pool deck. We welcome all swimmers who are able to demonstrate a basic competency in one or more of the competitive strokes or who have had previous competitive swimming experience. All participants must be Oak Square YMCA members in order to join.

##### Session dates

Tuesday, July 8 - Friday, August 29 (8 weeks)

F/Y \$175

##### Practice

Tue/Wed 6:00 - 7:30 pm  
Fri 6:30 - 8:00 pm



## » YOUTH SPORTS

### » Run during summer A

#### **T-BALL LEAGUE** Ages 3-5

Practice your swing, learn to field the ball and run the bases. Remember to bring your own glove!

Sat 9:30 - 10:30 am  
F \$64 Y \$96 N \$128

#### **YOUTH BASKETBALL LEAGUE**

Players practice game skills such as defense, dribbling, shooting and passing. The second part of class players participate in a refereed game. Space is limited. First time participants receive their own reversible jersey. Additional jerseys are available for \$10 each.

##### Coed

Sat 10:30-11:30 am Ages 6-7  
2:30-3:30 pm Ages 13-15  
3:30-4:30 pm Ages 16-18

##### Boys

Sat 11:30 am-12:30 pm Ages 8-9  
12:30-1:30 pm Ages 10-12

F \$64 Y \$96 N \$128

#### **GIRLS BASKETBALL LEAGUE** Ages 7-12

Classes emphasize sportsmanship, teamwork and wellness while developing fundamental basketball skills. First time participants will receive their own reversible jersey. Players will be placed into younger and older age divisions.

Sat 1:30- 2:30 pm  
F \$64 Y \$96 N \$128

#### **PRESCHOOL SPORTS SAMPLER** Ages 3-5

Participate in a new sport or game every week. Play soccer, basketball, t-ball and more.

Sun 9:45 - 10:30 am  
F \$48 Y \$72 N \$96

#### **GYM & SWIM** Ages 7-12

Spend the first part of class participating in group gym activities and sports like Dodgeball and Capture the Flag. Spend the second part of class cooling off in our pool. Space is limited

Sun Noon - 1:45 pm  
F \$64 Y \$96 N \$128

#### **PRESCHOOL SOCCER** Ages 3-5

The focus of this class is improving the player's ball control skills, learning game rules and playing a scrimmage each week.

Sun 10:30 - 11:15 am  
F \$48 Y \$72 N \$96

#### **PRESCHOOL BASKETBALL** Ages 3-5

These classes emphasize sportsmanship, teamwork and wellness while developing fundamental basketball skills

Sun 11:15 am - Noon  
F \$48 Y \$72 N \$96

## » SMALL GROUP TRAINING

» Runs during summer B or C sessions.

### TRX CHALLENGE

TRX® Suspension Training® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability. One simply changes the angle of their body from the ground for the different exercises. Having the ability to change the body's angle allows one to work with more or less body weight which can intensify or modify a specific exercise.

**Tue** 6:00 - 7:00 pm F \$35

### FIT CLUB

Do you want to start each day by strengthening your mind, body, and spirit? Do you thrive in a high-intensity environment that pushes your performance to the next level? Join Fit Club 615 to take part in our motivational group training program. Daily workouts will include fast-paced, interval-style training that will push you beyond your current fitness level. Agility drills, obstacle challenges, body resistance training, plyometric, core, strength, and speed exercises will push you to the limit three mornings a week.

**Mon/Wed/Fri** 6:30 - 7:30 am F \$75

### CARDIO COMBUSTION

This class will improve your agility, flexibility stamina, strength, and power by alternating between strength and aerobic training. Participants will receive weekly nutrition and workout challenges along with personalized progress reports. Program may include body weight exercises, dumbbells, kettle bells, battle ropes, medicine balls, cardio conditioning drills, and more! This class is for all levels of fitness as correct form will be emphasized to ensure safety and maximize results.

**Sat** 9:00 - 10:00 am F \$35

### LEARN 2 LIFT

This class is for women have always wanted to learn how to perform the big lifts but don't know where to start. Exercises like deadlifts, bench presses, and squats will build lean muscle, raise your metabolism and help your body burn fat to create a slimmer, more toned physique. Over 4 weeks, you will learn proper technique, safety, etiquette and introductory weight training exercises. Class size is limited to ensure that you'll receive personal attention in a supportive group setting.

**Wed** 6:00 - 7:00 pm F \$35

### INTRO TO KETTLEBELLS

This is the ultimate class for extreme overall fitness. With a focus on integrating breathing, movement and alignment with your ability to control balance and weight, our kettlebells workout will kick all your fitness goals into high gear.

**Wed** 6:00 - 7:00 pm F \$35

### TOTAL BODY WORKOUT FOR BEGINNERS

This class meets twice a week. The workout combines aerobic flexibility and strength training through the use of various equipment such as stability ball, tubes, weighted bars, and medicine balls along with plenty of collaboration and support from your fellow participants. This class is appropriate for participants of any fitness level.

**Tue/Fri** 9:30 - 10:30 am

F \$55

### COMBAT CONDITIONING

Boxing is a fun and energetic workout that will train your entire body! In addition to using your full body strength, the workout incorporates exercises that focus on strengthening arms, legs, hip rotation, and core. All abilities welcome.

**Thu** 6:00 - 7:00 pm F \$35

### X-ROPES

Achieve your fitness goals by being trained in not one but two proven exercise techniques. TRX suspension and the battling rope systems will allow you to push your limits to the point of failure in a safe manner. This workout also incorporates body weight exercises to develop strength, balance, flexibility and core stability.

**Tue** 7:00 - 8:00 pm F \$35

### OUTDOOR BOOT CAMP

This fast paced, interval style training will motivate you to excel beyond your current fitness level. Agility drills, body resistance training, plyometrics, core, and speed work will boost you into high gear. This high-intensity workout is fun, challenging, and will leave you feeling exhilarated. This class will be held outside when possible.

**Thu** 6:30 - 7:30 pm F \$35

### Basic First Aid Ages 12+

The basic first aid for the community and workplace program teaches how to properly apply first aid skills to save lives and reduce recovery time. This course is ideal for emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters.

**Sunday, July 20** 10:00 am - 5:00 pm

**Saturday, August 16** Noon - 7:00 pm

F/Y \$40 N \$60

### CPR for the Professional Rescuer & Administering Emergency Oxygen

Ages 12+. ASH's CPR Pro for the Professional Rescuer is for healthcare providers and first responders both inside and outside the hospital setting. The program covers sudden cardiac arrest, heart attack, stroke, airway obstruction, CPR, and the use of an automated external defibrillator (AED). Program content is based on the American Heart Association (AHA) Guidelines for CPR and ECC as well as other evidence-based treatment recommendations.

**Saturday, July 12** Noon - 7:00 pm

**Sunday, August 17** 10:00 am - 5:00 pm

F/Y \$50 N \$70

