

AQUATICS

PRIVATE LESSONS

Private lessons are beneficial in meeting the specific needs of the beginner, intermediate, and advanced swimmer. Lessons are arranged and scheduled based on instructor and swimmer's availability. The duration of each lesson is 30-minutes.

	4 Lessons	8 Lessons	12 Lessons
Member Fee:	\$120	\$225	\$310
Community Member Fee:	\$160	\$300	\$420

SEMI - PRIVATE LESSONS

Semi-private lessons are booked for two swimmers of the same swimming level. Lessons are arranged and scheduled based on instructor and swimmer's availability. The duration of each lesson is 30-minutes.

	4 Lessons	8 Lessons
Member Fee:	\$75 per person	\$130 per person
Community Member Fee:	\$105 per person	\$195 per person

ADAPTIVE PRIVATE LESSONS All Ages

The Y offers adaptive lessons modified for individuals with special needs. Program curriculum will include water entry and exit, water submersion, floating, swimming to the edge of the pool, and swim-float-swim technique. With a recommendation from the instructor, swimmers will have the opportunity to try-out for RBAY's Tsunami Swim Team. **(Need proof of diagnosis to sign up)**

	8 Lessons	12 Lessons
Member Fee:	\$160	\$215
Community Member Fee:	\$200	\$275

SUNDAY SWIM CLUB

This program offers students with special needs and their family an opportunity to participate in recreational swim. This club has the ability to build our participants self-esteem, their confidence, their social skills, and overall quality of life.

Member Fee:	FREE
Community Member Fee:	\$15 per family (4 swimmers)

USMS MASTERS & TRIATHLETE TRAINING

Members of our Masters program will be able to swim 4 days per week with help and training tips from our Y Coaches. Swimmers will be able to use any YMCA equipment as well as have access to workouts that emphasize stroke development, endurance and racing strategies.

Monday and Wednesday	7:30pm-9:00pm
Friday	6:00am-7:30am
Sunday	9:30am-11:00am
Member Fee:	FREE US Masters: \$5.00 Drop-In Fee

TSUNAMI SWIM TEAM

Ages 6-17

"Come Learn, Grow & Race with the Tsunami!"

Tsunami is a competitive inclusion swim teach specializing in teaching, stroke mechanics, and development. The swim team will practice four days a week and work on all four strokes, turns, starts, and racing. Kids will participate in multiple competitive meets throughout the year. Child must complete a try-out and be a member of the YMCA to participate in Tsunami.

Try-Out Dates:	
September 14th	6:00-8:00pm
September 15th	11:00am-1:00pm

PIRANHAS - SPECIAL OLYMPICS SWIM TEAM

The Y and the NJ Special Olympic Local Chapter host a competitive swim team. The swim team meets for practice every week. This team is for swimmers only. Learn new strokes and techniques, while gaining strength and confidence and make some great friends along the way! Practices start in January. Competitions take place in March. **Need proof of diagnosis and three year medical form to join.** For more information, please see the Aquatics staff or email them at sburd@rbaymca.org.

AMERICAN RED CROSS LIFEGUARDING / CPR & FIRST AID / AED

This course is designed to teach, train and certify candidates to be able to Lifeguard and provide emergency care. On successful completion of this course, participants receive American Red Cross certificate for Lifeguarding/First Aid/CPR/AED. Certification Valid For 2 Years. Must turn 15 years old by the end of the class. Pass swimming pre-test. Pass both the Lifeguarding Skills and the CPR/AED for the Professional Rescuer and First Aid Written Exams with a minimum score of 80% to receive American Red Cross Certificates. **Attend and participate in every class.** Demonstrate competency in all skills and activities. Demonstrate competency in all required final rescue skill scenarios.

Recertification:

December 29th Recertification 7am-4pm

Full Class Fee:	\$385	Recertification Fee:	\$250
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Blended learning class: Home assignments must be completed before the start of the class.

POOL HOURS:

Monday-Friday

5:30am-9:00pm

Saturday-Sunday

9:00am-3:30pm