

AQUATIC NOTES

PRIVATE SWIM LESSONS AT THE VALLEY-SHORE POOLS Schedule through Aquatic Department at 399-9622 ext. 14.

- Private 1 on 1 or semi-private 2 on 1.
- Instruction available for children age 3 and older and adults.
- Lessons sold in blocks of 4 lessons.
- Payable in advance.
- Private: \$120
- Semi-private: \$180
- Participant or Full Privilege Membership is required for private lessons
- Lessons will be scheduled based on instructor and pool availability and students with special needs are given priority.

SCUBA

Divers Cove & Sea Wolf Instructions in the safe and proper use of Self Contained Underwater Breathing Apparatus. Classes are held at the YMCA. Participants must be at least 12 years old, in good health, and possess good swimming skills. Major equipment will be provided by instructor. Call Divers Cove for details and to register: 860-767-1960. NAUI Certification



AMERICAN RED CROSS LIFEGUARD TRAINING

The purpose of this course is to teach Lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. Successful completion will certify the participant in Red Cross Lifeguard Training, CPR for the Professional Rescuer and First Aid. These certifications will allow the participant to apply to be employed as a lifeguard at a pool. Participants must be 15 years of age and pass a prerequisite swimming skills test in order to participate.

WEDNESDAYS and September 29 - October 23 6:00-9:30 pm

SATURDAYS 11:00 am-4:00 pm

FEE \$225 ... Includes all materials



AMERICAN RED CROSS LIFEGUARD TRAINING RECERTIFICATION

Participants must have current Red Cross Lifeguard Training and CPR for the Professional Rescuer certification cards in order to participate in this class. The class will review life guarding, first aid, and CPR skills and students will be evaluated for recertification.

Please Call for Dates and Times

FEE \$100 ... Bring your Book & Mask

Book and Mask is an Additional Fee

MARLINS SWIM TEAM

The Marlins Swim Team starts September 16. The Marlins practice Monday through Friday and participate in YMCA dual meets and USA swim meets. Information on our swim team and registration forms are available on our website. Anyone interested in the team should contact Patrick Callahan at vsymarlins@gmail.com

MINI MARLINS PRE TEAM

This program introduces the 5-8 year old enthusiastic swimmer to competitive swimming. Swimmers must be able to swim 25 yards of front crawl and 25 yards of backstroke. Swimmers will learn the four competitive strokes, starts, turns, and rules of competition. New swimmers must be evaluated prior to registration.

Held @ Valley-Shore YMCA, Westbrook

MON/WED	Fall	4:30-5:15 pm
FULL \$220		PARTICIPANT \$340

TRIATHLON TRAINING

This coached swimming work-out is a great chance to swim with others triathletes, stay in shape during the cold weather months and get feedback on your stroke technique.

Held @ Valley-Shore YMCA, Westbrook

THURSDAY	S2, S3	7:00-8:15 pm
FULL \$40		PARTICIPANT \$65



SPECIALTY CLASSES

AQUACISE

A water exercise class for adults that improves strength, flexibility and endurance through a variety of training methods. Enjoy the comfort of exercising in the water while having fun!

MON/WED/FRI	Fall	7:45-8:30 am
MON/WED/FRI	Fall	8:40-9:25 am
FULL FREE		PARTICIPANT \$225
TUE&THU	Fall	9:00-10:00 am
TUE&THU	Fall	7:15-8:00 pm
FULL FREE		PARTICIPANT \$150

GOLDEN WAVES

A fun and exciting class designed for active older adults, increasing muscle strength, flexibility and range of motion through water exercise. The focus of this class is on building Core Control. Participants do not need swimming skills.

MON/WED/FRI	Fall	1:15-2:00 pm
FULL FREE		PARTICIPANT \$150

TWINGES IN THE HINGES

This water exercise program consists of exercises specially designed for people with arthritis helping to improve joint flexibility and range of motion in the shoulders, wrists, hips and knees. It is not necessary to know how to swim but it is recommended to check with your doctor about the need for special precautions after joint surgery.

TUE & THU	Fall	11:30 am-12:15 pm
FULL FREE		PARTICIPANT \$150

AQUACISE AND TWINGES IN THE HINGES at Chester Village West

These classes are designed for active older adults who want an overall work-out and enjoy the water. Classes are held at Chester Village West retirement facility.

AQUACISE

MONDAY & WED	S1, S2, S3	9:00-9:45 am
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TWINGES in the HINGES

MONDAY & WED	S1, S2, S3	10:00-10:45 am
FULL FREE		PARTICIPANT \$62.50

AQUA POWER SCULPT

This challenging aquatic fitness class is a dynamic way to keep fit. The class combines a cardiovascular workout with strength and resistance exercises.

TUE&THU	S1, S2, S3	12:30-1:30 pm
FULL \$50		PARTICIPANT \$100

ADULT SWIM LESSONS

Either the beginner, who may be uncomfortable putting his/her face in the water, or the advanced beginner who would like to improve his/her swimming abilities.

MONDAY	S1, S2, S3	7:15-8:00 pm
WEDNESDAY	S1, S2, S3	11:00-11:45 am
FULL \$40		PARTICIPANT \$65

MASTERS SWIMMING

This program is structured for adults who are interested in a coached swim workout. Participants will improve stroke technique while becoming physically fit.

WEDNESDAY	Fall	7:00-8:15 pm
FULL \$105		PARTICIPANT \$210

