



SCANTIC VALLEY YMCA WINTER YOUTH PROGRAMS

JANUARY 2 – FEBRUARY 16, 2019 (7 WEEK SESSION)

AQUATICS



PARENT/CHILD LESSONS (6-36 MONTHS) 30 MINUTE CLASSES

MEMBER: \$45 NON-MEMBER: \$85

- 1. Water Discovery (6-18 months):** *Tue. 9:30am-10:00am
Thur. 9:30am-10:00am / Sat. 9am-9:30am & 10:20am-10:50am
- 2. Water Exploration (19-36 months):** *Mon. 5:30pm-6pm / *Tue. 10am-10:30am
Thur. 10am-10:30am / Sat. 8:20am-8:50am & 9:40am-10:10am

PRE-SCHOOL LESSONS (3 YEARS – 5 YEARS) 30 MINUTE CLASSES

MEMBER: \$45 NON-MEMBER: \$85

- 1. Water Acclimation (beginner 1):** *Tue. 10:30am-11:00am (4 participants only)
- 2. Water Movement (beginner 2):** Thur. 10:30am-11:00am (4 participants only)

PRE-SCHOOL LESSONS (3 YEARS – 5 YEARS) 45 MINUTE CLASSES

MEMBERS \$65 NON-MEMBERS \$115

- 1. Water Acclimation (beginner 1):** *Mon. 5:30pm-6:15pm
Wed. 4:30pm-5:15pm & 5:30pm-6:15pm / Sat. 9am-9:45am & 11am-11:45am
- 2. Water Movement (beginner 2):** *Mon. 4:30pm-5:15pm & 6:30pm-7:15pm
Wed. 5:30pm-6:15pm & 6:30pm-7:15pm / Sat. 10am-10:45am
- 3. Water Stamina (intermediate):** *Mon. 6:30pm-7:15pm
Wed. 4:30pm-5:15pm & 6:30pm-7:15pm / Sat. 11am-11:45am
- 4. Stroke Introduction (Advanced):** *Mon. 5:30-6:15pm
Wed. 6:30pm-7:15pm / Sat. 9am-9:45am

YOUTH LESSONS (6 YEARS AND UP) 45 MINUTE CLASSES

MEMBERS \$65 NON-MEMBERS \$115

- 1. Water Acclimation (beginner 1):** *Mon. 4:30pm-5:15pm
Wed. 5:30pm-6:15pm / Sat. 9am-9:45am & Sat. 11am-11:45am
- 2. Water Movement (beginner 2):** *Mon. 6:30pm-7:15pm
Wed. 4:30pm-5:15pm & 6:30pm-7:15pm / Sat. 10am-10:45am
- 3. Water Stamina (Intermediate 1):** *Mon. 4:30pm-5:15pm
Wed. 4:30pm-5:15pm & 5:30pm-6:15pm / Sat. 10am-10:45am & 11am-11:45am
- 4. Stroke Introduction (Intermediate 2):** *Mon. 4:30pm-5:15pm
Wed. 6:30pm-7:15pm / Sat. 10am-10:45am
- 5. Stroke Development (Advanced 1):** *Mon. 6:30pm-7:15pm
Wed. 4:30pm-5:15pm / Sat. 9am-9:45am
- 6. Stroke Mechanics (Advanced 2):** *Mon. 5:30pm-6:15pm
Wed. 5:30pm-6:15pm / Sat. 11am-11:45am

CLASSES ARE SUBJECT TO CHANGE

YOUTH



PRE-SCHOOL 45 MINUTE CLASSES

PRE-SCHOOL SPORTS EXPLORERS (AGES 3-5)

MEMBERS: \$48 NON-MEMBERS: \$84

*Mon. 10:30 – 11:15am

MEMBERS: \$56 NON-MEMBERS: \$98

Thur. 5:00 – 5:45pm

PRE-SCHOOL SOCIAL EXPLORERS (AGES 2-3)

MEMBERS: \$48 NON-MEMBERS: \$84

*Tue. 10:30 – 11:15am

PRE-SCHOOL PLAYGROUND CLASSICS (AGES 3-5)

MEMBERS: \$56 NON-MEMBERS: \$98

Wed. 10:30 – 11:15am

PRE-SCHOOL BASKETBALL (AGES 3-5)

MEMBERS: \$56 NON-MEMBERS: \$98

Thur. 5:45 – 6:30pm

PRE-SCHOOL SOCCER (AGES 3-5)

MEMBERS: \$56 NON-MEMBERS: \$98

Fri. 5:30 – 6:15pm / Sat. 10:00 – 10:45am

BALLET FAIRYTALES by The Dance Studio (AGES 3-5)

MEMBERS: \$48 NON-MEMBERS: \$84

*Tue. 9:30 – 10:15am

KARATE (AGES 11 and up)

MEMBERS: \$50 per month NON-MEMBERS: \$70 per month

Sat. 10:30 – 11:30am

MUST HAVE A MINIMUM OF 5 PARTICIPANTS IN EACH CLASS TO OFFER THE PROGRAM

REGISTRATION DATES

2018/19 WINTER PROGRAMS

MEMBERS:

Week of December 10

NON-MEMBERS:

Week of December 17

Facility open from 5:30am – 1:00pm on
Monday, December 31, 2018.

Facility closed Tuesday, January 1, 2019 in
observance of New Year's Day.

***All Monday and Tuesday programs are prorated.**

For more information on membership or
programs, please call 413.596.2749.

SCANTIC VALLEY YMCA

45 Post Office Park, Wilbraham, MA 01095

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