

# CRANFORD YMCA YOUTH & ADULT AQUATICS

## Spring 2 Session Schedule (April 22-June 22)



Adult Water Exercise classes are 45 min. and FREE with Membership!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am			Adult Master				Adult Master
9:00am	Stage 2 (3-6 yr)						
9:15am			ADULT WATER EX. Aqua Fit Shallow		ADULT WATER EX. Heart Smart		
9:30am	Stage 4 (3-6 yr)						
10:00am	Stage 2 (3-6 yr)	Stage A/B (6-35 mo)				Stage A/B (6-35 mo)	
10:30am	Stage 2 (3-6 yr)	Stage 1/2 (3-6 yr)				Stage 2 (3-6 yr)	
11:00am	Stage 3 (3-6 yr)	ADULT WATER EX. Aqua Yoga					
		Adult Beginner					
11:30am	Stage 6 (5-8 yr)					ADULT WATER EX. Strength, Flexibility & Balance (11:30)	
12:00pm	Stage 2 (3-6 yr)	ADULT WATER EX. Let's HIIT It!		ADULT WATER EX. Aqua Deep			
12:30pm	Learn to Dive (Stage 4+)						
1:00pm	Stage 3 (3-6 yr)						
1:30pm	Stage 2 (3-6 yr)		Stage 3 (3-6 yr)		Stage 2 (3-6 yr)		
2:00pm			Stage 2 (3-6 yr)		Stage 3 (3-6 yr)		
2:30pm			Stage 3 (3-6 yr)				
3:00pm				Freestyle Clinic (6-12 yr)			
3:30pm		Stage 2 (3-6 yr)	Stage 2 (3-6 yr)	Learn to Dive (Stage 4+)	Stage 4 (5-8 yr)	Backstroke Clinic (8-12 yr)	
4:00pm		Stage 4 (3-6 yr)	Stage 3 (3-6 yr)	Stage 5 (5-8 yr)	Stage 3 (3-6 yr)		
4:30pm		Stage 5 (5-8 yr)			Stage 2 (3-6 yr)		
5:00pm			Stage 2 (6-12 yr)		Stage 4 (5-12 yr)		
5:30pm		Stage 2 (3-6 yr)	Stage 4 (3-6 yr)		Stage 5 (6-12 yr)		
6:00pm		Stage 3 (3-6 yr)	Stage 3 (3-6 yr)		Stage 6 (5-8 yr)		
6:30pm		Stage 3 (6-12yr)	Stage 5 (5-8 yr)		Stage 3 (6-12 yr)		
7:00pm		Stage 2 (6-12yr)	Stage 6 (5-8 yr)				
7:30pm		Adult Beginner	Adult Beginner				

# YOUTH SWIM LESSONS STAGE DESCRIPTIONS



Individual lessons, stroke evaluations, diving classes and stroke clinics are also available.

## Stage A: Water Discovery (Parent/Child)

Ages 6–24 mo

Accompanied by parents, infants and toddlers are introduced to the aquatic environment through exploration and encouraging their child to enjoy themselves while learning about the water.

**Required:** Child must wear a swim diaper if not 100% potty trained.

## Stage B: Water Exploration (Parent/Child)

Ages 24–36 mo

Parents work with their child to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

**Required:** Child must wear a swim diaper if not 100% potty trained. Goggles are recommended.

## Stage 1: Water Acclimation

Ages 2.5–3.5 yr

Students further develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

**Required:** Child must have taken Stage A or B class and be able to sit on pool edge independently for 30 minutes (without parent).

## Stage 2: Water Movement

Ages 3–6, 6–12, 10–15 yr

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Best for non-swimmers or children that still require a floatation aid.

## Stage 3: Water Stamina

Ages 3–6, 6–12 yr

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Required:** Child must be able to swim for a distance of 15 feet on front and back without a floatation aid.

## Stage 4: Stroke Introduction

Ages 3–6, 6–12 yr

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**Required:** Child must be able to swim a lap of proper freestyle and backstroke for 25 yards.

## Stage 5: Stroke Development

Ages 5–8, 8–12 yr

Students work on stroke technique and improve upon all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**Required:** Child must be able to swim 50 yards of each proper front and back crawl, breaststroke kick and butterfly kick.

## Stage 6: Stroke Mechanics

Ages 5–8, 8–12 yr

Students are introduced to competitive swim skills while refining technique on all major strokes.

**Required:** Child must be able to swim 100 yards of any combination of strokes.

## ADULT AQUATICS (Age 16+)

### Water Exercise Classes

FREE with Cranford YMCA Membership! 45 min. long.

#### Aqua Yoga

Unite body, mind, and spirit with breath work, movement, and meditation in shallow water, enhancing nervous system regulation and resilience.

#### Let's HIIT It!

Tabata and other heart pumping intervals in shallow water to get your week going!

#### Aqua Fit Shallow

This medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

### Swim Lessons

#### Adult Beginner

Overcome fears and become water-confident! Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone.

#### Aqua Deep

Full-body workout integrates core and cardio conditioning in deep water. Buoyancy belt for proper alignment provided.

#### Heart Smart: Heart Pumping Cardio

High-intensity class involves intervals and water resistance for full-body workouts, boosting heart rate and overall health.

#### Strength, Flexibility & Balance

This shallow water class enhances balance, strength, flexibility and mobility through varied exercises, including light cardio.

#### Adult Master

Challenge yourself with sets that expand on technique, endurance, and speed. Great for triathlon or competitive-type swim.

Questions about Aquatic Programs? Contact Kim Koza-Baird at [kkoza@westfieldynj.org](mailto:kkoza@westfieldynj.org) or 908-709-7260 x2305