SWIM LESSONS

Programs run November 5 - December 23.
The school district neither encourages nor discourages a student’s participation in the activity described herein.

**Swim Lesson Rates**

<table>
<thead>
<tr>
<th>Lessons</th>
<th>M</th>
<th>NM</th>
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<tbody>
<tr>
<td>1</td>
<td>$45</td>
<td>$88</td>
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<tr>
<td>6</td>
<td>$240</td>
<td>$320</td>
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<tr>
<td>12</td>
<td>$260</td>
<td>$360</td>
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**Private Lesson Rates**

For ages 4 years+. Must be used within one year of purchase. To book your lessons, contact Patty at patty@yorkjcc.org.

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<td>$30</td>
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<tr>
<td>6</td>
<td>$160</td>
<td>$210</td>
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**Partner Lesson Rates**

For ages 4 years+. Only two people, of the same swimming ability, per lesson. Must be used within one year of purchase. Each person must buy a package. There is no sharing of packages. To book your lessons, contact Patty at patty@yorkjcc.org.

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<tr>
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<tr>
<td>1</td>
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<tr>
<td>6</td>
<td>$120</td>
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<tr>
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**Preschool Swimming** (Ages 4-5)

Participants are taught the most elementary aquatic skills, which children continue to build on as they progress through the swim levels.

**Level 1**

At the first level, children start developing good attitudes and safe practices around the water. This class is for children that are new to the pool and have never taken any swim lessons before or have not swam without a flotation device.

- Tuesdays | 5:30 - 6:00 PM
- Saturdays | 10:00 - 10:30 PM

**Level 2**

Students will build and refine the basic aquatic skills learned in Level 1 at a slightly more advanced degree. This level marks the beginning of independent locomotion skills.

- Mondays | 5:00 - 5:30 PM
- Tuesdays | 6:30 - 7:00 PM
- Wednesdays | 5:00 - 5:30 PM
- Saturdays | 10:30 - 11:00 AM

**Level 3**

Students grow the skills learned in Levels 1 and 2 by providing additional guided practice of basic aquatic skills at more proficient performance levels and greater distances and times. Skills in this level are performed independently. This class improves coordination of combined, simultaneous, and alternating arm and leg actions.

- Mondays | 4:30 - 5:00 PM
- Tuesdays | 6:30 - 7:00 PM
- Wednesdays | 4:30 - 5:00 PM

**Level 4**

Students will build and refine the basic aquatic skills learned in Level 1 at a slightly more advanced degree. This level marks the beginning of independent locomotion skills.

- Mondays | 5:00 - 5:30 PM
- Tuesdays | 6:30 - 7:00 PM
- Wednesdays | 5:00 - 5:30 PM
- Saturdays | 10:30 - 11:00 AM

**Level 5**

Students grow the skills learned in Levels 1 and 2 by providing additional guided practice of basic aquatic skills at more proficient performance levels and greater distances and times. Skills in this level are performed independently. This class improves coordination of combined, simultaneous, and alternating arm and leg actions.

- Mondays | 4:30 - 5:00 PM
- Tuesdays | 6:30 - 7:00 PM
- Wednesdays | 4:30 - 5:00 PM

**Parent and Child Aquatics**

This class is designed for children and their parents with the purpose of familiarizing children with water and teaching swimming readiness skills. In addition, you are provided with safety information and techniques used to help orient children to water.

**Level 1 (Age 6 months-2 years)**

- Mondays | 6:00 - 6:30 PM
- Saturdays | 11:00 - 11:30 AM

**Level 2 (Age 2-4 years)**

- Tuesdays | 6:00 - 6:30 PM
- Wednesdays | 6:00 - 6:30 PM
- Saturdays | 11:30 AM - 12:00 PM

**Level 3 - Stroke Development**

Participants will learn the survival float, front crawl, and elementary backstroke while building on previously learned skills. The scissor kick, dolphin kick and diving will also be introduced.

- Mondays | 4:30 - 5:15 PM
- Tuesdays | 5:30 - 6:15 PM
- Wednesdays | 4:30 - 5:15 PM
- Saturdays | 10:00 - 10:45 AM

**Level 4 - Stroke Improvement**

Participants will improve their skills while increasing distances, using the learned stroke (front crawl/elementary backstroke). Swimmers are taught arms for scissor kick, backstroke, breaststroke, and butterfly.

- Mondays | 5:15 - 6:00 PM
- Tuesdays | 6:15 - 7:00 PM
- Wednesdays | 5:15 - 6:00 PM
- Saturdays | 10:45 - 11:30 AM

**Level 5 - Stroke Refinement**

Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase their distance. Flip turns are also introduced.

- Mondays | 4:30 - 5:15 PM
- Saturdays | 10:00 - 10:45 AM

Ages 6+ Lessons

**Level 1 - Intro to Water**

Participants learn elementary aquatic skills and basic water safety to help feel comfortable in the water.

- Wednesdays | 4:30 - 5:00 PM
- Saturdays | 11:00 - 11:30 AM

**Level 2 - Fundamental Aquatic Skills**

Learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills.

- Mondays | 5:30 - 6:00 PM
- Tuesdays | 5:30 - 6:00 PM
- Wednesdays | 5:00 - 5:30 PM
- Saturdays | 11:30 AM - 12:00 PM

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- Mondays | 4:30 - 5:15 PM
- Saturdays | 10:00 - 10:45 AM

There are no make-ups for missed classes. Should classes need to be canceled for extenuating circumstances, the participant will receive in-house credit for that class. Students may only register for one class per session. Check Holiday Schedule for closings.
YOUTH FITNESS

Tiny Tennis (Ages 3-6)
Miss Holly emphasizes agility, movement, hand and eye coordination, balance, and stroke development.
November 8 - December 6 | Thursdays
4 Weeks | 12:15 - 12:45 PM | Gym
M $40 | NM $52

StuntKids (Ages 9-14)
Kids will learn the moves and tricks of fight scenes. This is real fight choreography and workouts to build the muscle that makes the stunts possible.
November 5 - December 10 | Mondays
6 Weeks | 6:15 - 7:15 PM | Movement Room
M $78 | NM $93

Rookie Basketball (Ages 3-6)
This class focuses on skill development through fun games to improve passing, dribbling, shooting, and court movement. The closing ceremony will be held during the last day of class.

Ninja Warrior (Ages 3-6)
Ninja’s will participate in warm-up and training exercises, followed with a ninja warrior course to prepare for your ninja mission.
November 6 - November 27 | Tuesdays
4 Weeks | 12:15 - 12:45 PM | Gym
M $36 | NM $48

Circus Fit (Ages 4-6)
Join Mr. Antonio for an action-packed, circus fitness class. Participants will learn a variety of circus activities to enhance their object manipulation, stunt moves, dramatic play, and imagination.
November 6 - December 18 | Tuesdays
7 Weeks | 4:15 - 5:00 PM | Gym
M $77 | NM $98

Soft Stick Lacrosse (Ages 4-7)
Learn basic skills and game fundamentals, using soft sticks and balls for safe learning. Class is taught by York Suburban’s Head Varsity Lacrosse Coach Laura Meerbach.
November 8 - December 20 | Thursdays
6 Weeks | 5:15 PM - 6:00 PM | Gym
M $66 | NM $84

Beginner Rhythmic Gymnastics (Ages 6-12)
Class focuses on stretching, strength and basic apparatus technique. Participants will learn a variety of jumps, dance movements, and spins. No experience is required.
November 6 - December 18 | 7 Weeks
6:15 - 7:45 PM | Movement Room
M $140 | NM $182

Mark Ludwig Soccer Academy (Ages 3-8)
Class will focus on soccer fundamentals, decision making, and skill development, coached by qualified soccer coaches.
Ages 3-6 (4 Weeks)
November 7 - November 28 | Wednesdays
12:15 - 12:45 PM | Gym
M $40 | NM $52

Ages 3-5 (6 Weeks)
November 7 - December 19 | Wednesdays
4:00 - 4:30 PM | Gym
M $60 | NM $72

Ages 5-8 (6 Weeks)
November 7 - December 19 | Wednesdays
4:30 - 5:00 PM | Gym
M $60 | NM $72

Future Stars Golf (Ages 5-8)
This class will introduce golf skills through the use of SNAG (Starting New at Golf) equipment and focus on fundamental movements. This system teaches putting, chipping, pitching, and more. Class is taught by PGA Professional, Matt Keller.
November 8 - December 20 | Thursdays
6 Weeks | 6:15 - 7:15 PM | Gym
M $84 | NM $102

Yoga Clinic (Ages 4-12)
Your child will have fun experiencing this one of a kind yoga event with story telling, glow yoga, give- a-ways, yoga cards, and more.
Ages 4-7 | November 18 | 4:00 - 5:00 PM
Adult Lounge
M $20 | NM $25

Ages 8-12 | November 18 | 5:15 - 6:30 PM
Adult Lounge
M $25 | NM $30

Fleming Athletics Kidz Movement Training (Ages 10-13)
Participants will experience working in a team setting, while learning a variety of partner exercises to build accountability and strong foundation of strength with athletic trainer and strength & conditioning specialist, Mike Fleming.
December 9 | 1:00 - 2:30 PM | Studio 2
M $20 | NM $25

Sports Academy Clinic (Ages 4-9)
This unique clinic will expose participants to a wide variety of sports and a ninja warrior course. There will be a photo booth, glow in the dark play, temporary tattoos, beach balls, and more! Participants may donate gently used sports equipment to “Game on Sports” on the day of the clinic instead of paying for the class.
December 9 | 1:00 - 2:30 PM | Gym
M $20 | NM $25

Sam Sutton Skills Academy
Class is taught by a former York High standout, 4-year starter, and 1,000+ point scorer at Towson University who is also a basketball coach and professional trainer.

Basketball 101 (Grades K-3)
November 5 - December 17 | Mondays
7 Weeks | 5:15 - 6:00 PM | Gym
M $91 | NM $112 | Drop-ins: M/NM $19

Dribbling Clinic (Grades 4-8)
November 5 - December 17 | Mondays
7 Weeks | 6:00 - 7:00 PM | Gym
M $119 | NM $140 | Drop-ins: M/NM $23

Shooting Clinic (Grades 4-8)
November 5 - December 17 | Mondays
7 Weeks | 7:00 PM - 8:00 PM | Gym
M $119 | NM $140 | Drop-ins: M/NM $23

Basketball 102 (Prereq. 101 - Grades K-4)
November 11 - December 16 | Sundays
No Class: November 25 | 5 Weeks
Grades K-3 | 3:15 - 4:00 PM | Gym
M $65 | NM $80 | Drop-in: M/NM $19

Skills and Drills (Grades 4-8)
November 11 - December 16 | Sundays
No Class: November 25 | 5 Weeks
4:00 - 5:00 PM | Gym
M $85 | NM $110 | Drop-ins: M/NM $23

Compete (Grades 4-8)
November 11 - December 16 | Sundays
No Class: November 25 | 5 Weeks
5:00 - 7:00 PM | Gym
M $145 | NM $160 | Drop-ins: M/NM $35

For more information about these programs, email Holly at hmetzger@yorkjcc.org. Check Holiday Schedule for closings. ECE and SACC students get $5 off every class.