

Aquatics Philosophy

Instructional lessons are designed to provide the child with a fun, safe environment while encompassing the YMCA's philosophy of development of the participant's spirit, mind, and body. Lessons are taught by experienced instructors who focus on skill development and endurance, confidence building, and installing a sense of personal safety in each participant.

If you are unsure of which class to sign up for, please call Marc Roberge at 603.352.6002 x232 to set up an appointment for a swim evaluation.

Parent & Child Swim

Parent/Children Swim (Ages 6 months – 5 years with a parent or guardian)

Parent/Children is a water orientation program designed for those parents and children wanting to have fun together in the water! Emphasis is placed on water adjustment and confidence building while providing a comfortable, safe environment for you and your children. So whether you have one child or many, sign up for some adventurous fun in the pool!

AquaTot Swim Class (Ages 18 - 36 months with a parent or guardian)

AquaTot is a fun, playful class designed to increase your child's comfort in the water while encouraging the bond of trust between parent and child. Emphasis is placed on teaching parents how to guide and supervise their child in the water as he/she works towards independent motion. Basic swimming skills are introduced through guided interactive songs and games.

Preschool Swim Lessons (Ages 3-5 years)

A 30-minute class designed to help children progress and build elementary swimming and safety skills. Class emphasis is placed on developing the coordination, endurance, and self-confidence of the preschooler.

Pike

Prerequisite: None

This class is intended for the beginner swimmer with little or no swimming experience. Children will be introduced to water safety, games, and basic front, back, and side strokes.

Eel

Prerequisite: Child must be able to paddle on front, back, and side for 20 feet with an independent flotation device (IFD)

This class is designed for children who are comfortable in the water. Children will be introduced to the pool's deep water area, enhance basic strokes, learn rhythmic breathing, be introduced to water entries including diving and jumping, play water games, and learn basic water safety and rescue skills.

Ray

Prerequisite: Child must be able to paddle on front, back, and side for 20 feet without an IFD and float on front and back for 10 seconds

This class is designed for children who can comfortably swim a short distance without a flotation device and are comfortable in the deep end of the pool. Strokes will be refined and improved, personal safety and rescue enhanced, treading water introduced, and games played to make learning a fun experience.

Starfish

Prerequisite: Child must be able to swim front crawl with rhythmic breathing and backstroke for 20 yards and tread water for 10 seconds

This class is designed for children who can comfortably swim one length of the pool without a flotation device. Students will improve stroke skills, learn additional personal safety and rescue skills, build endurance by treading water and swimming on their front and back.

Preschool Swim Intensives (meets twice weekly)

By meeting twice weekly, your preschooler will learn to swim at a rapid pace!

School Age Swim Lessons (Ages 6-12 years)

A 45-minute class designed to help children grow personally and develop strokes and safety skills. Class emphasis is on endurance, personal safety, skill development, and lifesaving techniques.

Polliwog

Prerequisite: None

This class is for the beginner swimmer with little or no swimming experience. Children will get acquainted with the water, learn breath control, endurance, and be introduced to front crawl, back and side strokes.

Guppy

Prerequisite: Child must be able to paddle on front, back, and side for 20 feet without an individual flotation device, float on front and back for 10 seconds, and tread water for 10 seconds

This class is for children who are comfortable in the deep-water area without a flotation device. Children will continue to practice the basic strokes, rhythmic breathing, water games, water safety and rescue skills, and water entries including diving and jumping.

Minnow

Prerequisite: Child must be able to swim front crawl with rhythmic breathing and backstroke for 20 yards, jump into deep water, float on back for 30 seconds, and tread water for 30 seconds

This class is for children who can comfortably swim one length of the pool using both the front crawl and backstroke without a flotation device. Children will further refine the front crawl, back and side strokes. Breaststroke is introduced.

Fish

Prerequisite: Child must be able to swim front crawl with rotary breathing and backstroke for 40 yards and tread water for 2 minutes

This class is for children who can comfortably swim two lengths of the pool using both the front crawl and backstroke. Children will continue to work on technique and endurance of front crawl, backstroke, and breaststroke. Butterfly is introduced.

Flying Fish

Prerequisite: Child must be able to swim front crawl with rotary breathing and backstroke for 80 yards, swim sidestroke and breaststroke for 40 yards, and tread water for 3 minutes using a combination of kicks

This class is for children who can comfortably swim four lengths of the pool using both the front crawl and backstroke and two lengths using both the breaststroke and sidestroke. Children will work on refinement and endurance of all four strokes and turns and complete an Individual Medley (butterfly, backstroke, breaststroke, and freestyle). Synchronized swimming, lifeguard rescue skills, and water sports will be incorporated to make this a fun learning experience. This class will prepare the child for future endurance and/or competitive swimming.

Youth Stroke and Endurance Clinic (Ages 6-12 years)

This non-competitive clinic meets twice a week and is for children who can comfortably swim one length of the pool using both the front crawl and backstroke. During the course of the clinic, breaststroke and butterfly will be introduced. Emphasis is placed on refinement of all four strokes and turns through endurance training.

Jr./Sr. High Stroke and Endurance Clinic (Jr./Sr. High School students)

This non-competitive clinic meets twice a week and is for Jr./Sr. High School students who wish to prepare for their competitive swim season. This clinic meets twice weekly and will focus on stroke refinement and endurance training.

KYD Swim Team (Ages 5-18 years)

Our Keene YMCA Dolphin swimmers work hard and play hard! This competitive team is open to all YMCA members between the ages of 5-18 years. The KYD Swim Team is a registered USA Swimming club and also competes in the NH YMCA and Western MA YMCA leagues. Please talk to either Marc Roberge or Sue Benik if you are interested in joining the team!

Adult Water Fitness (Ages 13+)

Aquacise (Low to Medium Intensity)

This shallow and deep-water class consists of toning, stretching, and low to medium cardio exercises. With a doctor's approval, this class is perfect for expectant mothers.

H2O Fitness (Medium to High Intensity)

This shallow and deep-water class uses medium to high intensity for strengthening, toning, conditioning, and muscular endurance.

Adult Swim Lessons (Ages 13+)

Ann-Maureen Pliska is an American Red Cross certified Water Safety Instructor and boasts many years of teaching experience. She is very excited about teaching **Adult Swim Lessons!** Come join the fun and learn to swim in our Beginner Adult Swim class or enhance your swimming capabilities in our Intermediate class.

SPLASH

During school vacation week, be sure to enroll your child in our **SPLASH** program. Preschool and Youth Swim classes will be offered in two daily sessions throughout the week, giving your child the opportunity to improve their swimming skills at a rapid pace. **At only \$20 for the entire week, this is one special you won't want to miss!** Membership is not required, so tell all of your friends!

Group Rentals (Pool Parties!)

Bring Your Group in for a Dip in Our Pool! The Keene Family YMCA's indoor swimming pool is available for private rental by groups or organizations. Plan a pool party for a group of school children or teens, arrange an exercise class for adults, or offer a swimming class to a group of toddlers. We'll provide the pool and the staff; you provide the swimmers! To reserve the pool for a one-time or on-going private group event or for additional information about rates and available times, contact Marc Roberge at 603.352.6002 x232 or aquatics@keene-ymca.org.

Private/Semi-Private Lessons

Contact Marc Roberge to set up a private or semi-private lesson of 1-3 participants at the Keene Family YMCA pool.