



ROSE E. SCHNEIDER FAMILY YMCA

PROGRAM GUIDE SUMMER 2024

JUNE 2 - AUGUST 31

REG: MEMBER MAY 17 | NON-MEMBER MAY 20



The YMCA is the nation's leading nonprofit, committed to building and supporting our community. At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income and background, has the opportunity to learn, grow and thrive.

Anchored in neighborhoods of Butler County, the Y believes that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our community. The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

WEBSITE



SCHEDULES & PROGRAM GUIDES



BIRTHDAY PARTIES & FACILITY RENTALS



REACH & RISE®



BRANCH AMENITIES

- Indoor Pool
- Indoor & Outdoor Track
- Child Watch
- Family Pool & Splash Pad
- Hot Tub
- Meeting Rooms
- Gymnasium
- Facility Rentals
- Birthday Parties
- Strength/Cardio Equipment
- Day Camps
- Group Exercise Classes
- Aquatics Classes & Lessons
- Playground

OUR INFO

ROSE E. SCHNEIDER FAMILY YMCA

2001 EHRMAN ROAD
CRANBERRY TWP., PA 16066

724-452-9122

WWW.BCFYMCA.ORG

FACILITY HOURS

MONDAY-FRIDAY

5:30AM-10:00PM

SATURDAY

5:30AM-6:00PM

SUNDAY

8:00AM-3:00PM



MEET OUR DIRECTORS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUTH & FAMILY
ZACH MANUEL
ZMANUEL@BCFYMCA.ORG



AQUATICS
YANCY SANNAN
YSANNAN@BCFYMCA.ORG



HEALTHY LIVING
KATHY HENSLER
KHENSLER@BCFYMCA.ORG



REACH & RISE
JESSICA BURR
JBURR@BCFYMCA.ORG



**MEMBERSHIP &
MARKETING**
NICK SASALA
NSASALA@BCFYMCA.ORG



CHILDCARE
NOLA WICKER
NWICKER@BCFYMCA.ORG



ADMINISTRATION
CARRIE OHORODNYK
EXECUTIVE DIRECTOR
COHORODNYK@BCFYMCA.ORG

2024 CLOSURE DATES

JANUARY 1ST (NEW YEAR'S DAY)
MARCH 29TH (GOOD FRIDAY)
MARCH 31ST (EASTER)
MAY 27TH (MEMORIAL DAY)
JULY 4TH (INDEPENDENCE DAY)

SEPTEMBER 2ND (LABOR DAY)
NOVEMBER 28TH (THANKSGIVING)
DECEMBER 24TH (CHRISTMAS EVE)
DECEMBER 25TH (CHRISTMAS DAY)

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A NOTE FROM OUR EXECUTIVE DIRECTOR

SPECIAL EVENTS

REACH & RISE[®]

**HEALTH &
FITNESS**

**ARTS &
HUMANITIES**

SPORTS

SWIM LESSONS

DEAR Y FAMILY,

As the days grow longer and warmer, we eagerly anticipate the season's renewal and the promise of exciting new things ahead. The Y is committed to fostering health and well-being within our community, we're excited to introduce new programs, fun initiatives, and accessible resources that inspire positive change. We're thrilled to have the opportunity to continue to serve our community while inspiring growth, health, and opportunity for all. Thanks for joining us on this journey!



Carrie Ohorodnyk
EXECUTIVE DIRECTOR

SUMMERS ARE FOR FUN.

For a better us.®



SEND MORE KIDS TO CAMP

DONATE TODAY

TOGETHER, WE MAKE A DIFFERENCE.



BUTLER COUNTY FAMILY YMCA'S

SEND A KID TO CAMP

UNLOCKING OPPORTUNITIES | BUILDING COMMUNITY
EMPOWERING EVERY CHILD | NURTURING HEALTHY LIVES

SPECIAL EVENTS

ROSE E. SCHNEIDER FAMILY YMCA



THE BUTLER COUNTY FAMILY YMGA PRESENTS
WHEELS OF STEEL | ARMCO PARK



CAR CRUISE



SUNDAY, JUNE 2ND | 11AM-4PM

FREE
EVENT

DI, BASKET RAFFLE, FOOD TRUCKS, VENDORS, & MORE

ARMCO PARK | 341 CENTREVILLE PIKE, SLIPPERY ROCK, PA, 16057

SPECIAL EVENTS

ROSE E. SCHNEIDER FAMILY YMCA



PRESENTED BY INDEPENDENCE HEALTH SYSTEM

BUTLER ROAD



2K RACE | 5-MILE RACE

SAT. JUNE 22ND

8AM-11AM

**SPECIAL
PRICING**

**FOR KIDS
17 & UNDER**

**EARLY BIRD
REGISTRATION
THROUGH JUNE 1ST**

**GUARENTEED SHIRT
BY MAY 25TH**

**FINISHER MEDALS FOR
5-MI RUNNERS**

**\$5
OFF**

**REGULAR
REGISTRATION
JUNE 1 - JUNE 15**

**2K - \$35
5 MI - \$45**

**REGISTER
NOW**



SUPPORTS BCFYMCA ANNUAL SUPPORT CAMPAIGN



SPECIAL EVENTS

ROSE E. SCHNEIDER FAMILY YMCA





ROSE E. SCHNEIDER FAMILY YMCA'S

TOGETHERHOOD

Togetherhood®, the Y's member-led volunteer service program, connects people from all backgrounds to plan and implement volunteer projects that respond to their communities' most pressing needs. In the process, volunteers form lasting connections with one another, reducing social isolation and creating more cohesive communities. Together we can make a difference.

THE LIGHTHOUSE FOUNDATION

116 BROWNS HILL ROAD, SUITE | 400 VALENCIA, PA 16059
APRIL 12TH | 9AM-1PM

GLADE RUN

30 GLADE RUN DRIVE | ZELIENOPLE, PA 16063
AUGUST 10TH | 9AM-1PM

THE LIGHTHOUSE FOUNDATION

116 BROWNS HILL ROAD, SUITE | 400 VALENCIA, PA 16059
OCTOBER 11TH | 9AM-1PM

SCAN TO
SIGN UP &
MAKE A
DIFFERENCE

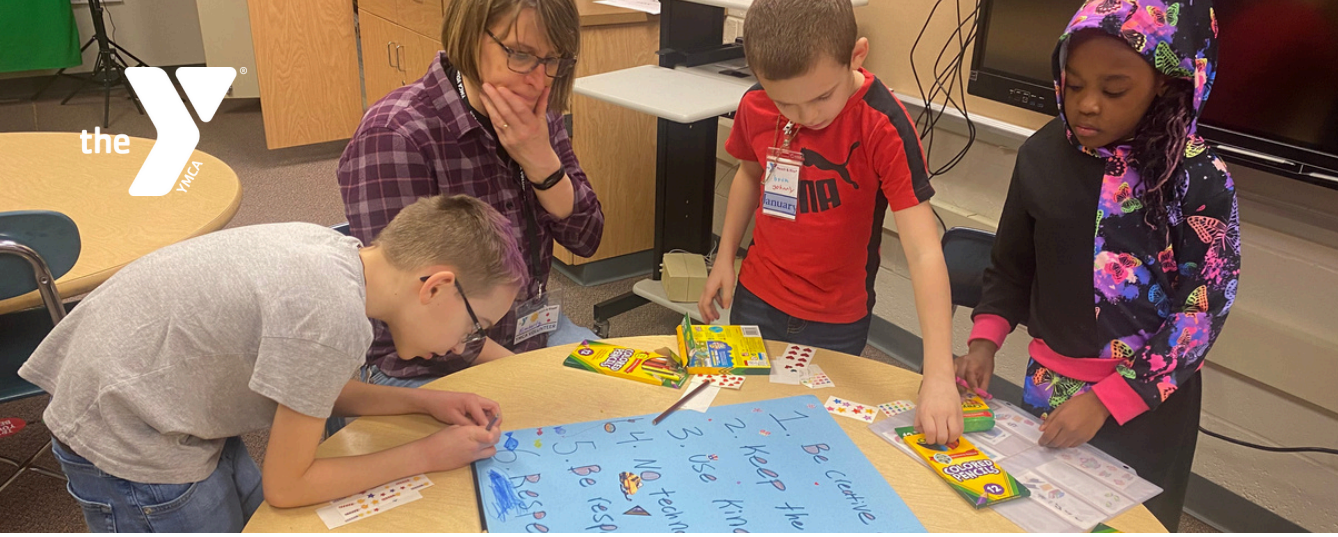


ROSE E. SCHNEIDER FAMILY YMCA
SPECIAL EVENTS



FOR MORE INFORMATION, PLEASE CONTACT
KATHY HENSLER, DIRECTOR OF HEALTHY LIVING
KHENSLER@BCFYMCA.ORG | 724-452-9122 X226





ROSE E. SCHNEIDER FAMILY YMCA
REACH & RISE
 KING@BCFYMCA.ORG

The Butler County Family YMCA is proud to be one of nine YMCAs in the country that offer the Reach & Rise® group youth mentoring program. Reach & Rise® provides kids with a safe and comfortable space to make new friends, learn new things, talk about what's on their minds, and receive encouragement from supportive adults to achieve their goals. This program helps to REACH more youth so they can RISE to a better future.

Reach & Rise® will be hosting an 8-week group session this summer for kids ages 8-10 at the Rose E. Schneider Family YMCA! You must also apply and then complete the intake process with staff before being accepted into the program.



TUESDAY | 4PM-6PM
8 WEEK SUMMER SESSION

↪ SCAN HERE FOR REGISTRATION | MORE INFO



REGISTRATION: MEMBERS FEB 16 | NON-MEMBER FEB 19
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



SUMMER PERSONAL TRAINING SPECIAL

60 MINUTES

4 INDIVIDUAL \$204
BUDDY-UP \$255

8 INDIVIDUAL \$408
BUDDY-UP \$510

12 INDIVIDUAL \$612
BUDDY-UP \$765

45 MINUTES

4 INDIVIDUAL \$153
BUDDY-UP \$187

8 INDIVIDUAL \$306
BUDDY-UP \$374

12 INDIVIDUAL \$459
BUDDY-UP \$561

30 MINUTES

4 INDIVIDUAL \$102
BUDDY-UP \$136

8 INDIVIDUAL \$204
BUDDY-UP \$272

12 INDIVIDUAL \$306
BUDDY-UP \$408



INDIVIDUAL

QUESTIONS?
CONTACT
KATHY HENSLER,
DIRECTOR OF
HEALTHY LIVING
KHENSLER@BCFYMCA.ORG
724-452-9122 X226



BUDDY-UP

ROSE E. SCHNEIDER FAMILY YMCA
HEALTH & FITNESS
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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

MAFF SPECIAL NEEDS & CAREGIVER FITNESS & SUPPORT PROGRAM

MOVEMENT | ADAPTIVE | FITNESS | FUN



This Program is for all athletes ages 8 through adulthood. No matter what our athletes age is they are learning new skills, making new friends and gaining in strength, coordination, confidence and independence.

We serve **ATHLETES WITH ALL ABILITIES** including those that are impacted by intellectual, physical, mental and/or sensory diagnosis that affect their ability to perform certain activities.

CEREBRAL PALSY | AUTISM SPECTRUM DISORDER (ASD)
ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD)
DOWN SYNDROME | LEARNING DIFFERENCES
STROKE SURVIVORS | TRAUMATIC BRAIN INJURY (TBI)



**BUILD AND MAINTAIN STRENGTH, BOOST EMOTIONAL
HEALTH, & ENGAGE WITH COMMUNITY MEMBERS.**

**FOR MORE INFORMATION,
PLEASE CONTACT:
KATHY HENSLER
DIRECTOR OF HEALTHY LIVING
KHENSLER@BCFYMCA.ORG
724-452-9122 X 226**

**STARTS JUNE 5TH
WEDNESDAYS | 7:00PM - 8:00PM**



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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
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AQUA ARTHRITIS SMILE | 60+YRS

JUNE 3 - AUGUST 28 (12 WEEKS)

MONDAY & WEDNESDAY | 11:30AM-12:30PM

MEMBER: \$150 | NON-MEMBER: \$300 | DROP-IN \$12

Designed for ages 60+, this class will focus on elements such as range of motion, balance, strength, and flexibility while in the pool with an instructor. The class will be structured to accommodate the needs and abilities of the class. *NO CLASS JULY 15TH & 17TH - POOL MAINTENANCE WEEK*

BEGINNER STRENGTH | 18+YRS

JUNE 3 - AUGUST 26 (13 WEEKS)

MONDAY | 10:15AM-11:00AM

MEMBER: \$70 | NON-MEMBER: \$140 | DROP-IN \$10



Introduction to increasing strength by working out using weights, plates, barbells, and resistance bands. Increase flexibility and balance in a safe controlled environment taught by a personal trainer.



BUTTS AND GUTS | 18+YRS

JUNE 4 - AUGUST 29 (13 WEEKS)

TUESDAY & THURSDAY | 10:30AM-11:15AM

MEMBER: \$125 | NON-MEMBER: \$250 | DROP-IN \$10

The Butts and Guts class is designed to shape, sculpt, and strengthen your butt, thigh, back and core muscles in a targeted and high-energy workout. Top Benefits of Having Strong Glutes: #1 Improved Posture While slouching may feel way more comfortable than standing up straight, it can have many negative effects on your body. #2 Injury Prevention Your glutes are one of the main supporters of your lower back #3 Athletic Performance Not only do strong glutes decrease your risk of injury, but they can also help improve your overall athletic performance. #4 Defeat Back Pain. Class is taught by Certified Personnel. Meets twice a week.

DEFINED INTERVENTION | 18+YRS

JUNE 3 - AUGUST 26 (13 WEEKS)

MONDAY | 10:30AM-11:30AM

MEMBER: \$90 | NON-MEMBER: \$180 | DROP-IN \$12



Defined Intervention is a strength training class (4-8 participants) for individuals looking to further increase strength and improve body composition. A certified personal trainer will teach you how to maneuver heavier loads and properly perform compound movements.

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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSSES 1 WK PRIOR TO PROGRAM

DEFINED INTERVENTION | 18+YRS

JUNE 6 - AUGUST 29 (12 WEEKS)*

THURSDAY | 9:30AM-10:30AM

MEMBER: \$85 | NON-MEMBER: \$170 | DROP-IN \$12



Defined Intervention is a strength training class (4-8 participants) for individuals looking to further increase strength and improve body composition. A certified personal trainer will teach you how to maneuver heavier loads and properly perform compound movements. *NO CLASS JULY 4TH*



STRONG SENIORS | 18+YRS

JUNE 3 - AUGUST 26 (13 WEEKS)

MONDAY | 11:30AM-12:30PM

MEMBER: \$90 | NON-MEMBER: \$180 | DROP-IN \$12

STRONG SENIORS | 18+YRS

JUNE 6 - AUGUST 29 (12 WEEKS)*

THURSDAY | 11:30AM-12:30PM

MEMBER: \$85 | NON-MEMBER: \$170 | DROP-IN \$12



This small group training program is tailored for Active Outstanding Adults and Seniors who wish to learn the foundations of strength training. Your trainer leads you through the set-up, proper form, and resistance with modifications, as needed. *NO CLASS JULY 4TH*

GIRLS FIT CLUB

JUNE 6 - AUGUST 29 (12 WEEKS)*

THURSDAY | 5:00PM-6:00PM

MEMBER: \$85 | NON-MEMBER: \$170 | DROP-IN \$12



This small group will help young athletes ages 9-14 years of age to develop the upper body strength needed to play sports of all types. Emphasis will be on proper form, stretching and core strength. *NO CLASS JULY 4TH*



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SPEED AND AGILITY | 7-10YRS

JUNE 5 - AUGUST 28 (13 WEEKS)

WEDNESDAY | 6:00PM-6:45PM

MEMBER: \$50 | NON-MEMBER: \$100 | DROP-IN \$10



SPEED AND AGILITY | 11-16YRS

JUNE 5 - AUGUST 28 (13 WEEKS)

WEDNESDAY | 5:15PM-6:00PM

MEMBER: \$50 | NON-MEMBER: \$100 | DROP-IN \$10

What is Youth Speed and Agility? Youth participants will learn proper running mechanics, plyometrics, and movement efficiency that will help them excel in their respective sports. Participants will improve: Speed, quickness and reactive skills, body control to assist in injury prevention and aid in proper movement patterning. What's Included?: Guidance and support from a certified personal trainer, PDF with workout instructions sent weekly, Zoom group meeting with trainer and other participants, access to videos demonstrating proper exercise techniques, support from group and trainer whenever you need it, additional educational resources (stretches, hydration guidelines, etc.)

TOTAL BODY CONDITIONING | 10-15YRS

JUNE 3 - AUGUST 28 (13 WEEKS)

MONDAY & WEDNESDAY | 4:30PM-5:15PM

MEMBER: \$100 | NON-MEMBER: \$200 | DROP-IN: \$10



This class is for youth ages 10-15 and is designed to increase strength, speed, and flexibility. Under the guidance of a Personal Trainer participants will: learn the fundamentals of strength training, apply these principles during their 45-minute workouts, use a variety of equipment including medicine balls, kettlebells, free weights, etc., develop skills in all aspects of fitness and take their workouts to a level above and beyond what they thought possible. Meets twice a week.



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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
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TREAD AND SHRED | 16+YRS

JUNE 3 - JULY 22 (8 WEEKS)

MONDAY | 9:30AM-10:30AM

MEMBER: \$90 | NON-MEMBER: \$180 | DROP-IN \$12

This small group training class uses our Precor treadmills and can help improve your speed and endurance. With every stride, you will learn to monitor your exertion level to maximize your calorie burn! Running is often a solitary endeavor, these group classes help train participants in ways that aren't always possible when going solo. Expect to be pushed to go faster and climb harder than you ever would on your own! This class also includes strength training with a core focus! Instructed by Erin, Personal Trainer; 16+.

TREAD & SHRED EXPRESS | 16+YRS

JUNE 8 - JULY 27 (8 WEEKS)

SATURDAY | 6:00AM-6:30AM

MEMBER: \$50 | NON-MEMBER: \$100 | DROP-IN \$8



30-minute running and walking class designed for all levels. Whether you are new to running or an advanced runner come get your heart rate up and improve your endurance and pace. 16+.

TRX | 14+YRS

JUNE 3 - JULY 22 (8 WEEKS)

MONDAY | 6:45PM-7:45PM

MEMBER: \$53 | NON-MEMBER: \$106 | DROP-IN \$5



TRX | 14+YRS

JUNE 8 - JULY 27 (8 WEEKS)

SATURDAY | 8:00AM-8:45AM

MEMBER: \$53 | NON-MEMBER: \$106 | DROP-IN \$5

This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to feel the burn as you power through multiple sets of high-tension loads.



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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

UPPER BODY BURNOUT

JUNE 3 - JULY 22 (8 WEEKS)

MONDAY & WEDNESDAY | 9:00AM-9:45AM

MEMBER: \$125 | NON-MEMBER: \$250 | DROP-IN \$10



Have you been weight training for an extended period of time and feel the need to redefine your strength goals? This small group training is for you! This strength training class of 4-8 participants is designed for individuals looking to further increase strength and improve body composition. Guided by a Certified Personal Trainer, participants will learn how to tone and strengthen their upper body with light weights and higher reps. Weight Training has been proven to: improve muscle strength and power, improve bone density, increase metabolism, reduces the risk of musculoskeletal injuries. Meets twice a week.



WOW - WOMEN ON WEIGHTS | 12+YRS

JUNE 4 - JULY 25 (8 WEEKS)*

TUESDAY & THURSDAY | 6:00PM-7:00PM

MEMBER: \$118 | NON-MEMBER: \$236 | DROP-IN \$12

WOW- WOMEN ON WEIGHTS | 12+YRS

JUNE 4 - JULY 26 (8 WEEKS)

TUESDAY & FRIDAY | 11:00AM-12:00PM

MEMBER: \$125 | NON-MEMBER: \$250 | DROP-IN \$12



Learn how to lift weights properly in a small group environment. Participants will receive a weekly printout of their workout. Meets in Wellness Strength Center. Meets twice a week.

NO CLASS JULY 4TH



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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
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PARENT'S NIGHT OUT | 4-12YRS

JUNE 28TH - ZOO

JULY 26TH - PIRATES

AUGUST 23RD - BIRDS



FRIDAY | 5:00PM-9:00PM

MEMBER: \$20 | NON-MEMBER: \$30

Enjoy a few hours away while the kids have a blast and play! We will enjoy themed crafts, games, activities, and a movie. Each participant should bring a swimsuit and towel, as we will swim in our warm water pool and family fun area! Pizza will be provided. Kids will be split by ages to play with their peers in different activities throughout the night. All participants must be fully potty trained to attend.



SCHOOL VACATION CARE | K-6TH GRADE

7:00AM-6:00PM

MEMBER: \$50 | NON-MEMBER: \$70

2024

**THURS, OCT 3RD
FRI, OCT 4TH**

MON, NOV 11TH

**WED, NOV 27TH
FRI, NOV 29TH
MON, DEC 2ND**

**THURS, DEC 26TH
FRI, DEC 27TH
MON, DEC 30TH
MON, DEC 31ST**

2025

**FRI, JAN 17TH
MON, JAN 20TH**

MON, FEB 17TH

MON, MAR 24TH

**MON, APR 14TH
TUE, APR 15TH
WED, APR 16TH
THUR, APR 17TH
MON, APR 21ST**

FRI, MAY 9TH

When school is out... the YMCA is here to help! Let us keep your school-age children engaged & entertained. Join us for an action-packed day with activities that include swimming, arts, crafts, games, sports, and so much more! Participants should bring swimming attire, towel, breakfast, & lunch.

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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
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SCHOOL VACATION CARE | K-6TH GRADE WINTER BREAK CAMP

DECEMBER 23RD-31ST, 2024
MEMBER: \$200 | NON-MEMBER: \$280



Join us all week for Winter Break Camp! Let us keep your school-age children engaged and entertained. Join us for an action-packed day with activities that include swimming, arts, crafts, games, sports, and so much more! Participants should bring swimming attire, towel, breakfast, and lunch. This program is for youth in K-6th grade.



SCHOOL VACATION CARE | K-6TH GRADE SPRING BREAK CAMP

APRIL 14TH-21ST, 2025
MEMBER: \$200 | NON-MEMBER: \$280

Join us all week for Spring Break Camp! Let us keep your school-age children engaged and entertained. Join us for an action-packed day with activities that include swimming, arts, crafts, games, sports, and so much more! Participants should bring swimming attire, towel, breakfast, and lunch. This program is for youth in K-6th grade.

END OF SUMMER CARE | K-6TH GRADE

MONDAY, AUGUST 19TH, 2024
MEMBER: \$50 | NON-MEMBER: \$70



END OF SUMMER CARE | K-6TH GRADE TUESDAY, AUGUST 20TH, 2024

MEMBER: \$50 | NON-MEMBER: \$70

END OF SUMMER CARE | K-6TH GRADE

WEDNESDAY, AUGUST 21ST, 2024
MEMBER: \$50 | NON-MEMBER: \$70



School isn't in session *quite* yet, but the YMCA is here to help! Let us keep your school-age children engaged and entertained during the end of summer break. Join us for an action-packed day with activities that include swimming, arts, crafts, games, sports, and so much more! Participants should bring swimming attire, towel breakfast, and lunch. This program is for youth in K-6th grade.

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DANCE - PRESCHOOL BALLET | 3-5 YRS

JUNE 15 - JULY 20 (6 WEEKS)

SATURDAY | 12:00PM-12:30PM

MEMBER: \$35 | NON-MEMBER: \$40

DANCE - PRESCHOOL BALLET | 3-5YRS

JULY 27 - AUG 31 (6 WEEKS)

SATURDAY | 12:00PM - 12:30PM

MEMBER: \$35 | NON-MEMBER: \$40



Join us for Preschool Ballet dance class! Kids ages 3-5 will enjoy a 30-minute dance class where they learn foundational ballet skills. This is intended to be an introductory dance class, so no experience is required. Dancers should come in a leotard, tights, and ballet slippers. Preschool Ballet is a child-only class.

DANCE - TODDLER MOVEMENT | 3-5 YRS

JUNE 15 - JULY 20 (6 WEEKS)

SATURDAY | 11:30PM - 12:00PM

MEMBER: \$35 | NON-MEMBER: \$40



DANCE - TODDLER MOVEMENT | 3-5 YRS

JULY 27 - AUG 31 (6 WEEKS)

SATURDAY | 11:30AM - 12:00PM

MEMBER: \$35 | NON-MEMBER: \$40



We are pleased to offer Toddler Movement dance class! Kids ages 2-3 will enjoy a 30-minute dance class where they work on moving their bodies and feet to music. This is intended to be an introductory dance class, so no experience is required. Dancers should come in a leotard, tights, and ballet slippers. Toddler Movement is a child-only class.



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PRESCHOOL LUNCH & LEARN

WEDNESDAY OR THURSDAY | 11:00AM-1:00PM
MEMBER: \$10 | NON-MEMBER: \$15



JUNE 12TH - OLYMPICS

JUNE 20TH - UNDER THE SEA

JUNE 26TH - AROUND THE WORLD

JULY 10TH - PLAYGROUNDS

JULY 18TH - CASTLES

JULY 24TH - RAINBOWS

AUG 1ST - MAZES

AUG 7TH - MAGIC

AUG 15TH - PETS

Join us for a very special lunchtime! Preschool Lunch & Learn is a drop-off program for 3-6 year olds to spend 2 hours having lunch, enjoying socialization, and learning about our "topic of the day." Participants can expect to do a STEAM-focused project, listen to a story, and have so much fun! Lunches will not be provided, each participant will need to bring their own lunch. Please note that this is a nut-free program.



MAKER MONDAY | AGES 3-6YRS
DINOSAUR DIG

MONDAY, JUNE 24TH | 6:30PM-7:30PM
MEMBER: \$10 | NON-MEMBER: \$20

Join us for an evening full of dinosaur fun! Participants ages 3-6 will learn how to use different tools to uncover "dinosaur bones" and then make fossils to take home. Participants will also make dinosaur eggs to take home and excavate.

MAKER MONDAY | AGES 6-12YRS
STEP-BY-STEP CANVAS PAINTING - SEA TURTLE

MONDAY, JULY 22ND | 6:30PM-7:30PM
MEMBER: \$10 | NON-MEMBER: \$20



Join us for a craft evening where participants ages 6-12 follow a step-by-step canvas painting tutorial. During this class, we will be making a sea turtle using acrylic paints on a canvas. Young artists will take home their paintings at the end of the class.

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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
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MAKER MONDAYS | AGES 6-12 YRS
TIE DYE SHIRTS

MONDAY, AUG 12TH | 6:30PM-7:30PM
MEMBER: \$10 | NON-MEMBER: \$20

Join us for a colorful evening where we learn all about color mixing! Participants will start by doing a tie dye demonstration to see how colors mix, and then they will tie dye their very own shirt! All materials will be included, and completed shirts will come home with rinsing instructions. *Please be sure to indicate your child's t-shirt size during registration*

TOGETHER TUESDAYS
FAMILY HERB GARDEN PLANTING

TUESDAY, JUNE 18TH | 6:30PM-7:30PM
MEMBER: \$20 | NON-MEMBER: \$30



The whole family is invited to join us for a fun evening where we plant an herb garden! Family members will have 3 pots to decorate, herb markers to make, and a choice of several different herbs to plant. All planting and decorating materials are included with registration.

PLEASE NOTE: This registration is good for the whole family. If you prefer to make more than 1 herb garden (each herb garden includes 3 pots), please register separately!



TOGETHER TUESDAYS
FAMILY CANVAS PAINTING - FIREFLIES AT NIGHT

TUESDAY, JULY 16TH | 6:30PM-7:30PM
MEMBER: \$15 | NON-MEMBER: \$25

Join us for a crafty evening where family members work together to make a cooperative painting. Participants will follow a step-by-step canvas painting tutorial of fireflies in a jar that will span 2-3 canvases. Families will take home their paintings at the end of the class.

PLEASE NOTE: This registration is good for 2-3 artists. If *more* family members would like to paint, please register separately so that artists are accounted for in groups of 2 or 3.

TOGETHER TUESDAYS
FAMILY NATURE SCAVENGER HUNT & PRINTMAKING

TUESDAY, AUG 13TH | 6:30PM-7:30PM
MEMBER: \$10 | NON-MEMBER: \$20



The whole family is invited to join us for a fun evening where we incorporate nature into a fun project. Families will start by going on a scavenger hunt outside of our facility to collect different items. Then, we will meet as a group to use these items to make unique nature prints.

PLEASE NOTE: This registration is good for the whole family!

ROSE E. SCHNEIDER FAMILY YMCA
ARTS & HUMANITIES
ROSEYOUthevents@BCFYMCA.ORG



REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



LITTLE CHAMPS - BASKETBALL | 3-5YRS

JUNE 17 - JULY 15 (5 WEEKS)
MONDAY | 5:00PM-5:45PM
MEMBER: \$30 | NON-MEMBER: \$45

LITTLE CHAMPS - BASKETBALL | 3-5YRS

JULY 29 - AUG 26 (5 WEEKS)
MONDAY | 5:00PM-5:45PM
MEMBER: \$30 | NON-MEMBER: \$45



This parent-child program focuses on modified activities for ages 3-5 yrs. that emphasize fundamental skill development, self-esteem, fair play, and fun in a positive class environment. The program is designed to give children a positive introduction to the sport of basketball. Each week we will focus on letting the child become more independent to prepare for youth sports.



BASKETBALL - YOUTH CLINIC | 6-9YRS

JUNE 17 - JULY 15 (5 WEEKS)
MONDAY | 6:00PM-7:00PM
MEMBER: \$30 | NON-MEMBER: \$45

BASKETBALL - YOUTH CLINIC | 6-9YRS

JULY 29 - AUG 26 (5 WEEKS)
MONDAY | 6:00PM-7:00PM
MEMBER: \$30 | NON-MEMBER: \$45



This four-week program that will focus on drills and skills to enhance a youth's game. These skills will be taught and broken down for all players. Building teamwork and sportsmanship will be the focus as players get more game time to develop their skills on the court.



BASKETBALL - YOUTH CLINIC | 9-13YRS

JUNE 17 - JULY 15 (5 WEEKS)
MONDAY | 7:00PM-8:00PM
MEMBER: \$30 | NON-MEMBER: \$45

BASKETBALL - YOUTH CLINIC | 9-13YRS

JULY 29 - AUG 26 (5 WEEKS)
MONDAY | 7:00PM-8:00PM
MEMBER: \$30 | NON-MEMBER: \$45



This five-week program that will focus on drills and skills to enhance a youth's game. These skills will be taught and broken down for all players. Building teamwork and sportsmanship will be the focus as players get more game time to develop their skills on the court.

ROSE E. SCHNEIDER FAMILY YMCA
SPORTS
RESYSports@BCFYMCA.ORG



REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



BASKETBALL - YOUTH BASKETBALL CAMP | 7-9YRS

JUNE 10 - JUNE 14 (1 WEEK)

9:00AM-11:00AM

MEMBER: \$100 | NON-MEMBER: \$120

BASKETBALL - YOUTH BASKETBALL CAMP | 10-13YRS

JULY 22 - JULY 26 (1 WEEK)

9:00AM-11:00AM

MEMBER: \$100 | NON-MEMBER: \$120



This 5-day program that will focus on drills and skills to enhance a youth's game. These skills will be taught and broken down for all players. Building teamwork and sportsmanship will be the focus as players get more game time to develop their skills on the court.



VOLLEYBALL - BEGINNER CLINIC | 8-13YRS

JUNE 19 - JULY 17 (5 WEEKS)

WEDNESDAY | 5:00PM-6:00PM

MEMBER: \$30 | NON-MEMBER: \$45

VOLLEYBALL - BEGINNER CLINIC | 8-13YRS

JULY 30 - AUG 27 (5 WEEKS)

TUESDAY | 5:00PM-6:00PM

MEMBER: \$30 | NON-MEMBER: \$45



Our Beginner Volleyball Clinic will allow athletes to progress while learning the basic skills of the game of volleyball. This clinic will provide knowledge on the three skills passing, setting, and serving.



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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



VOLLEYBALL – ALL SKILLS CLINIC | 13-17YRS

JULY 31ST – AUG 28TH (5 WEEKS)
WEDNESDAY | 6:00PM-7:30PM
MEMBER: \$30 | NON-MEMBER: \$45

This is a fun, fast-paced clinic for athletes who want to keep up their skills during the year. The clinics will consist of 45 minutes of skills training and 15 minutes of competitive drills/play. During this clinic, athletes will experience a little of every skill.

VOLLEYBALL – ADULT CLINIC | 18+YRS

JUNE 20TH – AUG 22ND (5 WEEKS)
THURSDAY | 6:00PM-7:30PM
MEMBER: \$45 | NON-MEMBER: \$65



Join us for our Intermediate adult volleyball tournament. This tournament will take place on May 19th and will host teams who are at the intermediate skill level. This tournament will be a pool play-styled tournament. Teams will register under one of the athletes on the team. This tournament will be a competitive six-on-six with a fun and engaging atmosphere. It is strongly encouraged that you bring a dish for the potluck during the tournament. You will receive an email with play times and tournament information 2 weeks before the start of the tournament.



VOLLEYBALL – PASSING CLINIC | 12-16YRS

WEDNESDAY, JUNE 19TH
6:00PM-7:30PM
MEMBER: \$35 | NON-MEMBER: \$50

The Passing clinic will ensure all athletes learn more about passing. Athletes will enhance their knowledge and skill of passing in progressive drills. All athletes will gain more extensive instruction on passing.

VOLLEYBALL – SERVING CLINIC | 12-16YRS

WEDNESDAY, JULY 3RD
5:00PM-6:00PM
MEMBER: \$30 | NON-MEMBER: \$45



This Intermediate Youth/Teen volleyball program for ages 12-16 years will focus on learning and developing the basic skills of the game. This combined clinic will have athletes evaluate their personal goals and see where they would like to be by the end of the clinic. During this clinic, athletes will be tasked with learning more complicated ways of doing a skill they have previously learned.



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VOLLEYBALL - HITTING CLINIC | 12-16YRS

WEDNESDAY, JULY 17TH

6:00PM-7:30PM

MEMBER: \$35 | NON-MEMBER: \$50

In the Hitting Clinic athletes will get to experience multiple drills to enhance their hitting capabilities. Athletes will work on timing, contact, and their approach to the ball. In this clinic, athletes will be able to progress through drills to reach their full potential.

VOLLEYBALL - YOUTH/TEEN RECREATIONAL LEAGUE | 13-17YRS

JUNE 19TH - AUG 28TH (10 WEEKS)

WEDNESDAY | 7:30PM-9:30PM

MEMBER: \$65 | NON-MEMBER: \$75



This recreational youth/teen volleyball league for ages 13-17 yrs will focus on developing the aspect of teamwork and gameplay. Participants in this program should understand the game well to work on taking their skills to the next level while practicing those skills through the play format. Participants sign up individually and will be placed on a team by the Sports Manager.



KICKBALL - TEEN LEAGUE | 15-17 YRS

JUNE 20TH - AUG 29TH (10 WEEKS)

THURSDAY | 6:00PM-8:00PM

MEMBER: \$35 | NON-MEMBER: \$50

The Teen Kickball League will be a great way for teens to get out of the house and play an all-time favorite with friends. This league will be 10 weeks long and will be hosted on Thursdays. This league will focus on peer relations and team-building skills. When registering only one person on your team has to register. The league will be competitive but fun at the same time.

KICKBALL - ADULT LEAGUE | 18+YRS

JUNE 20TH - AUG 29TH (10 WEEKS)

THURSDAY | 6:00PM-8:00PM

MEMBER: \$45 | NON-MEMBER: \$65



The Adult kickball league will be a great way for adults to get out of the house and play an all-time favorite with friends. This league will be 10 weeks long and will be hosted on Thursdays. This league will focus on peer relations and team-building skills. When registering only one person on your team has to register. The league will be competitive but fun at the same time.



CORNHOLE - ADULT TOURNAMENT | 18+YRS

SUNDAY, JULY 7TH

10:00AM-3:00PM

MEMBER: \$25 | NON-MEMBER: \$45

Our first annual Cornhole tournament will be held on 7/07/24 and will host 12 teams. This tournament will be structured to be pool play and then into bracket play after the first round of pool play.

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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

PICKLEBALL - ADVANCED LADDER LEAGUE | 17+YRS

JUNE 21ST - AUG 30TH (11 WEEKS)
FRIDAY | 7:30PM-9:30PM
MEMBER: \$50 | NON-MEMBER: \$75



Join us for our weekly evening Pickleball Ladder League! A Ladder League is an organized pickleball league in which players with relatively similar skills compete against each other in a competitive, structured, and ongoing format. Sign up as an individual. Opponents will be determined each week, by your spot on the ladder. In a Ladder League, the rungs on the "ladder" represent a player's current position (ranking) on the ladder relative to the other players. This means that opponents could change weekly to most closely match their skill level. Register as an individual athlete. Singles ladder League. This league is for advanced players! This ladder is for any athlete in a competitive open play for ranked 4.0+



PICKLEBALL - INTERMEDIATE LADDER LEAGUE | 17+YRS

JUNE 21ST - AUG 30TH (11 WEEKS)
FRIDAY | 6:00PM-7:30PM
MEMBER: \$50 | NON-MEMBER: \$75

Join us for our weekly evening Pickleball Ladder League! A Ladder League is an organized pickleball league in which players with relatively similar skills compete against each other in a competitive, structured, and ongoing format. Sign up as an individual. Opponents will be determined each week, by your spot on the ladder. In a Ladder League, the rungs on the "ladder" represent a player's current position (ranking) on the ladder relative to the This ladder League is for anyone that plays in an intermediate skill level open play or 3.0-3.5 ranking.

PICKLEBALL - 4.0+ DRILLS FOR SKILLS CLINIC | 15+YRS

SATURDAY, JUNE 22ND
3:30PM - 4:30PM
MEMBER: \$15 | NON-MEMBER: \$25



PICKLEBALL - 4.0+ DRILLS FOR SKILLS CLINIC | 15+YRS

SATURDAY, JULY 6TH
3:30PM - 4:30PM
MEMBER: \$50 | NON-MEMBER: \$75

PICKLEBALL - 4.0+ DRILLS FOR SKILLS CLINIC | 15+YRS

SATURDAY, JULY 20TH
3:30PM - 4:30PM
MEMBER: \$15 | NON-MEMBER: \$25



All athletes who register for drills for skills would have to have been playing for at least a year. In this clinic, you will be learning game strategy, shot placement, dinking, effective serving, 3rd shot drops, resets, and putting a spin on the ball. During this program, you will get to experience well-rounded playing while still getting detailed instruction.

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PICKLEBALL - INTERMEDIATE SKILLS CLINIC | 15+YRS
SATURDAY, JUNE 29TH
9:30AM-11:00AM
MEMBER: \$15 | NON-MEMBER: \$25

PICKLEBALL - INTERMEDIATE SKILLS CLINIC | 15+YRS

SATURDAY, JULY 13TH
9:30AM-11:00AM
MEMBER: \$15 | NON-MEMBER: \$25



PICKLEBALL - INTERMEDIATE SKILLS CLINIC | 15+YRS
SATURDAY, JULY 27TH
9:30AM-11:00AM
MEMBER: \$15 | NON-MEMBER: \$25

This Intermediate Skills Clinic will have athletes who have a good understanding of the game participate in drills to enhance skill-based scenarios. This clinic is for any athlete who will have been playing for a year. Athletes in this clinic will develop skills in drills that will challenge their pickleball knowledge.

PICKLEBALL - 5-WEEK BEGINNER CLINIC | 15+YRS

JUNE 22ND - JULY 20TH
SATURDAY | 2:30PM-3:30PM
MEMBER: \$30 | NON-MEMBER: \$45



This beginner clinic will teach you the rules of the game, provide practice of skills, and have the opportunity to play pick-up games. This five-week clinic will give you a good basis to get on the court and play pickleball during our open pick-up times.



PICKLEBALL - YOUTH CLINIC | 12-16YRS
JUNE 22ND - JULY 20TH
SATURDAY | 4:30PM-5:30PM
MEMBER: \$30 | NON-MEMBER: \$45

This beginner clinic will teach you the rules of the game, provide practice skills, and have the opportunity to play pick-up games. This five-week clinic will have youth develop their personal growth through the game of pickleball. This clinic is for you 12-16 years of age.



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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



PICKLEBALL – MEGA OPEN PLAY | 15+YRS
BEGINNER/INTERMEDIATE

SUNDAY, JULY 21ST
9:00AM-12:00PM
MEMBERS ONLY | \$5

PICKLEBALL – MEGA OPEN PLAY | 15+YRS
BEGINNER/INTERMEDIATE

SUNDAY, AUG 18TH
9:00AM-12:00PM
MEMBERS ONLY | \$5



PICKLEBALL – MEGA OPEN PLAY | 15+YRS
INTERMEDIATE/ADVANCED

SUNDAY, JULY 21ST
12:00PM-3:00PM
MEMBERS ONLY | \$5

PICKLEBALL – MEGA OPEN PLAY | 15+YRS
INTERMEDIATE/ADVANCED

SUNDAY, AUG 18TH
12:00PM-3:00PM
MEMBERS ONLY | \$5



Join us for a 3-hour open play time to host 30 pickleball athletes. Athletes will play in a round-robin with all six courts during this event. Athletes can only register for one of the open play times we offer. A Member-only event!



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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



PRESCHOOL - WATER ACCLIMATION (LEVEL 1)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120

PRESCHOOL - WATER ACCLIMATION (LEVEL 1)

JUNE 4TH - JULY 11TH
TUESDAY & THURSDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 3-5 yrs. | Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This session consists of 8 - 30 minute lessons.



PRESCHOOL - WATER MOVEMENT (LEVEL 2)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120

PRESCHOOL - WATER MOVEMENT (LEVEL 2)

JUNE 4TH - JULY 11TH
TUESDAY & THURSDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 3-5 yrs. | In stage 2, 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. This session consists of 8 - 30 minute lessons.



PRESCHOOL - WATER STAMINA (LEVEL 3)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120

PRESCHOOL - WATER STAMINA (LEVEL 3)

JUNE 4TH - JULY 11TH
TUESDAY & THURSDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 3-5 yrs. | Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This session consists of 8 - 30 minute lessons.

ROSE E. SCHNEIDER FAMILY YMCA
SWIM LESSONS
CDEPOLO@BCFYMCA.ORG



REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



YOUTH - WATER ACCLIMATION (LEVEL 1)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120

YOUTH - WATER ACCLIMATION (LEVEL 1)

JUNE 4TH - JULY 11TH
TUESDAY & THURSDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 6-17yrs. | Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This session consists of 8 - 30 minute lessons

YOUTH - WATER MOVEMENT (LEVEL 2)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120



YOUTH - WATER MOVEMENT (LEVEL 2)

JUNE 4TH - JULY 11TH
TUESDAY & THURSDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 6-17yrs. | In stage 2, 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. This session consists of 8 - 30 minute lessons.

YOUTH - WATER STAMINA (LEVEL 3)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120



YOUTH - WATER STAMINA (LEVEL 3)

JUNE 4TH - JULY 11TH
TUESDAY & THURSDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 6-17yrs. | In stage 3, 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. This session consists of 8 - 30 minute lessons.
MUST HAVE A YELLOW BAND.

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SWIM LESSONS
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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



YOUTH - STROKE INTRODUCTION (LEVEL 4)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 4:50PM-5:30PM
MEMBER: \$50 | NON-MEMBER: \$75

YOUTH - STROKE INTRODUCTION (LEVEL 4)

JUNE 8TH - JULY 6TH
SATURDAY | 2:15PM-3:00PM
MEMBER: \$50 | NON-MEMBER: \$75



Ages 6-17yrs. | Students in stage 4 develop stroke techniques in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. This session consists of 8 - 30 minute lessons. **MUST HAVE A GREEN BAND.**

YOUTH - SWIM TEAM DEVELOPMENT (LEVEL 5&6)

JUNE 3RD - JULY 3RD
MONDAY & WEDNESDAY | 5:20PM-6:00PM
MEMBER: \$75 | NON-MEMBER: \$120



Students work on and refine stroke techniques on all major competitive strokes. Students will learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle. This session consists of 8 - 40-minute lessons. **MUST HAVE A GREEN BAND.**



PARENT/CHILD | 0-3 YRS

JUNE 8TH - JULY 6TH
SATURDAY | 11:15AM-11:45AM
MEMBER: \$50 | NON-MEMBER: \$75

PARENT/CHILD | 0-3 YRS

JUNE 8TH - JULY 6TH
SATURDAY | 11:50AM-12:20PM
MEMBER: \$50 | NON-MEMBER: \$75



PRIVATE SWIM LESSONS - SCHOOL AGE OR ADULT

JUNE 8TH - JULY 6TH
SATURDAY
MEMBER: \$115 | NON-MEMBER: \$160

1:00PM-1:30PM
1:30PM-2:00PM
3:15PM-3:45PM

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SWIM LESSONS
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REGISTRATION: MEMBERS MAY 17 | NON-MEMBER MAY 20
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



PRIVATE SWIM LESSONS - ANY LEVEL | 3+YRS

JUNE 8TH - JULY 6TH

SATURDAY

MEMBER: \$115 | NON-MEMBER: \$160

12:30PM-1:00PM

1:00PM-1:30PM

1:30PM-2:00PM

2:00PM-2:30PM

2:30PM-3:00PM

ADULT GROUP SWIM LESSONS | 17+YRS

JUNE 6TH - JULY 11TH

THURSDAY | 1:30PM-2:15PM

MEMBER: \$65 | NON-MEMBER: \$115



ROSE E. SCHNEIDER FAMILY YMCA
SWIM LESSONS
CDEPOLO@BCFYMCA.ORG



REGISTRATION: MEMBERS JUNE 24 | NON-MEMBER JUNE 27
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

PRESCHOOL - WATER ACCLIMATION (LEVEL 1)

JULY 22ND - AUGUST 21ST
MONDAY & WEDNESDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120



PRESCHOOL - WATER ACCLIMATION (LEVEL 1)

JULY 23RD - AUGUST 22ND
TUESDAY & THURSDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120

Ages 3-5 yrs. | Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This session consists of 8 - 30 minute lessons.



PRESCHOOL - WATER MOVEMENT (LEVEL 2)

JULY 22ND - AUGUST 21ST
MONDAY & WEDNESDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120

PRESCHOOL - WATER MOVEMENT (LEVEL 2)

JULY 23RD - AUGUST 22ND
TUESDAY & THURSDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 3-5yrs. | In stage 2, 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. This session consists of 8 - 30 minute lessons.



PRESCHOOL - WATER STAMINA (LEVEL 3)

JULY 22ND - AUGUST 21ST
MONDAY & WEDNESDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120

PRESCHOOL - WATER STAMINA (LEVEL 3)

JULY 23RD - AUGUST 22ND
MONDAY & WEDNESDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 3-5yrs. | In stage 3, 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. This session consists of 8 - 30 minute lessons. **MUST HAVE A YELLOW BAND.**

ROSE E. SCHNEIDER FAMILY YMCA
SWIM LESSONS
CDEPOLO@BCFYMCA.ORG



REGISTRATION: MEMBERS JUNE 24 | NON-MEMBER JUNE 27
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



SWIM LESSONS - PARENT/CHILD

JULY 27TH - AUG 24TH
SATURDAY | 11:15AM-11:45AM
MEMBER: \$50 | NON-MEMBER: \$75

SWIM LESSONS - PARENT/CHILD

JULY 27TH - AUG 24TH
SATURDAY | 11:50AM-12:20PM
MEMBER: \$50 | NON-MEMBER: \$75



Students work on and refine stroke techniques on all major competitive strokes. Students will learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle. This session consists of 8 - 40-minute lessons. MUST HAVE A GREEN BAND.



YOUTH - WATER ACCLIMATION (LEVEL 1)

JULY 22ND - AUGUST 21ST
MONDAY & WEDNESDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120

YOUTH - WATER ACCLIMATION (LEVEL 1)

JULY 23RD - AUGUST 22ND
TUESDAY & THURSDAY | 4:45PM-5:15PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 6-17yrs. | Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This session consists of 8 - 30 minute lessons



YOUTH - WATER MOVEMENT (LEVEL 2)

JULY 22ND - AUGUST 21ST
MONDAY & WEDNESDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120

YOUTH - WATER MOVEMENT (LEVEL 2)

JULY 23RD - AUGUST 22ND
TUESDAY & THURSDAY | 5:25PM-5:55PM
MEMBER: \$75 | NON-MEMBER: \$120



Ages 6-17yrs. | Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming. This session consists of 8 - 30 minute lessons

ROSE E. SCHNEIDER FAMILY YMCA
SWIM LESSONS
CDEPOLO@BCFYMCA.ORG



REGISTRATION: MEMBERS JUNE 24 | NON-MEMBER JUNE 27
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM

YOUTH - WATER MOVEMENT (LEVEL 3)

JULY 22ND - AUGUST 21ST
MONDAY & WEDNESDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120



YOUTH - WATER MOVEMENT (LEVEL 3)

JULY 23RD - AUGUST 22ND
TUESDAY & THURSDAY | 6:05PM-6:35PM
MEMBER: \$75 | NON-MEMBER: \$120

Ages 6-17yrs. | In stage 3, 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. This session consists of 8 - 30 minute lessons. **MUST HAVE A YELLOW BAND.**

YOUTH - STROKE INTRODUCTION (LEVEL 4)

JULY 27TH - AUGUST 24TH
SATURDAY | 2:15PM-3:00PM
MEMBER: \$50 | NON-MEMBER: \$75



YOUTH - STROKE INTRODUCTION (LEVEL 4)

JULY 23RD - AUG 22ND
TUESDAY & THURSDAY | 4:30PM-5:10PM
MEMBER: \$75 | NON-MEMBER: \$120

Ages 6-17yrs. | Students in stage 4 develop stroke techniques in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. This session consists of 8 - 30 minute lessons. **MUST HAVE A GREEN BAND.**

YOUTH - SWIM TEAM DEVELOPMENT (LEVEL 5&6)

JULY 23RD - AUG 22ND
TUESDAY & THURSDAY | 5:20PM-6:00PM
MEMBER: \$75 | NON-MEMBER: \$120



Students work on and refine stroke techniques on all major competitive strokes. Students will learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle. This session consists of 8 - 40-minute lessons. **MUST HAVE A GREEN BAND.**



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SWIM LESSONS
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REGISTRATION: MEMBERS JUNE 24 | NON-MEMBER JUNE 27
REGISTRATION CLOSES 1 WK PRIOR TO PROGRAM



ADULT GROUP SWIM LESSONS | 17+YRS

JULY 25TH - AUGUST 24TH
THURSDAY | 1:30PM-2:15PM
MEMBER: \$65 | NON-MEMBER: \$115

ADULT GROUP SWIM LESSONS | 17+YRS

JULY 25TH - AUGUST 24TH
THURSDAY | 4:45PM-5:30PM
MEMBER: \$65 | NON-MEMBER: \$115



PRIVATE SWIM LESSONS - SCHOOL AGE OR ADULT

JULY 27TH - AUG 24TH
SATURDAY
MEMBER: \$115 | NON-MEMBER: \$160

1:00PM-1:30PM
1:30PM-2:00PM
3:15PM-3:45PM

PRIVATE SWIM LESSONS - ANY LEVEL | 3+YRS

APR 27 - MAY 25 (5 WEEKS)
SATURDAY
MEMBER: \$115 | NON-MEMBER: \$160

12:30PM-1:00PM
1:00PM-1:30PM
1:30PM-2:00PM
2:00PM-2:30PM
2:30PM-3:00PM



ROSE E. SCHNEIDER FAMILY YMCA
SWIM LESSONS
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