



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS



WINTER 2 2024 REGISTRATION DETAILS

WINTER 2/11-3/16/24 (5 Weeks) Registration Member 1/23 & Non-Member 1/27

| PARENT & CHILD (6 months-3 yr.) | FEE | DURATION | SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|--------------------------------|----------|----------------------------|-----------|-----------|-------------------------------------|-------------------------------------|------------------------|--|
| Stage A/B & Stage 1 with Parent | \$50 Member \$80 Non-Member | 30 mins | 11-11:30 AM | | | | | 4:30-5 PM | 8-8:30 AM 9-9:30 AM |
| PRESCHOOL (3-5 yrs.) | FEE | DURATION | SUN | MON | TUES | WED | THUR | FRI | SAT |
| Stage 1 Water Acclimation & Stage 2 Water Movement | \$50 Member \$80 Non-Member | 30 mins | 10-10:30 AM 11-11:30 AM | 4:30-5 PM | | 4-4:30 PM 6-6:30 PM 6:30-7 PM | | 4-4:30 PM 4:30-5 PM | 8:30-9 AM 9-9:30 AM 10:10-10:40 AM |
| Stage 3 Water Stamina | | 30 mins | 10-10:30 AM | 4:30-5 PM | | 4:30-5 PM | | | |
| YOUTH (5-12 yrs.) | FEE | DURATION | SUN | MON | TUES | WED | THUR | FRI | SAT |
| Stage 1 Water Acclimation & Stage 2 Water Movement | \$50 Member \$80 Non-Member | 30 mins | 10:30-11 AM | 4-4:30 PM | 4:30-5 PM | 6:30-7 PM 7-7:30 PM | | 4-4:30 PM | 8:30-9 AM 9:40-10:10 AM 10:10-10:40 AM |
| Stage 3 Water Stamina & Stage 4 Stroke Introduction | | 30 mins | 10:30-11 AM | 4-4:30 PM | | 3:30-4 PM 6-6:30 PM | | 4-4:30 PM 4:30-5 PM | 9:40-10:10 AM 10:45-11:15 AM |
| Stage 5 Stroke Development & Stage 6 Stroke Mechanics | | 30 mins | | | 4:30-5 PM | | 3:30-4 PM 4:30-5 PM 6:30-7 PM | | 10:45-11:15 AM |
| TEEN SWIM LESSONS (12-17 YRS.) | FEE | DURATION | SUN | MON | TUES | WED | THUR | FRI | SAT |
| Teen Beginner | \$50 Member \$80 Non-Member | 30 mins | | | | | | | 9:40 AM |

PRIVATE LESSONS

| | | |
|---------------------------------------|--------------------------------|---------|
| Private Lessons (1 class) | \$20 Member \$30 Non-Member | 30 mins |
| Semi-Private Lessons (1 class) | \$15 Member \$25 Non-Member | 30 mins |

CONTACT: Kerry Cordis, Aquatics Director for more information: KCordis@holyokeymca.org

GREATER HOLYOKE YMCA 413-534-5631 www.holyokeymca.org

NADADORES FUERTES NIÑOS CONFIADOS



INVIERNO 2 2024 DETALLES DE REGISTRO

INVIERNO 2/11-3/16/24 (5 semanas) Registro Miembro 1/23 y No Miembro 1/27

| PADRES E HIJOS (6 meses-3 años) | PRECIO | DURACIÓN | DOMINGO | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--|---------------------------------|----------|----------------------------------|-----------|-----------|-------------------------------------|-------------------------------------|------------------------|--|
| Stage A/B & Stage 1 with Parent | \$50 Miembro \$80 No Miembro | 30 acta | 11-11:30 AM | | | | | 4:30-5 PM | 8-8:30 AM 9-9:30 AM |
| PREESCOLAR (3-5 años) | PRECIO | DURACIÓN | DOMINGO | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
| Stage 1 Water Acclimation & Stage 2 Water Move- ment | \$50 Miembro \$80 No Miembro | 30 acta | 10-10:30 AM 11-11:30 AM | 4:30-5 PM | | 4-4:30 PM 6-6:30 PM 6:30-7 PM | | 4-4:30 PM 4:30-5 PM | 8:30-9 AM 9-9:30 AM 10:10-10:40 AM |
| Stage 3 Water Stamina | | 30 acta | 10-10:30 AM | 4:30-5 PM | | 4:30-5 PM | | | |
| JUVENTUD (5-12 años) | PRECIO | DURACIÓN | DOMINGO | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
| Stage 1 Water Acclimation & Stage 2 Water Move- ment | \$50 Miembro \$80 No Miembro | 30 acta | 10:30-11 AM | 4-4:30 PM | 4:30-5 PM | 6:30-7 PM 7-7:30 PM | | 4-4:30 PM | 8:30-9 AM 9:40-10:10 AM 10:10-10:40 AM |
| Stage 3 Water Stamina & Stage 4 Stroke Introduction | | 30 acta | 10:30-11 AM | 4-4:30 PM | | 3:30-4 PM 6-6:30 PM | | 4-4:30 PM 4:30-5 PM | 9:40-10:10 AM 10:45-11:15 AM |
| Stage 5 Stroke Development & Stage 6 Stroke Me- chanics | | 30 acta | | | 4:30-5 PM | | 3:30-4 PM 4:30-5 PM 6:30-7 PM | | 10:45-11:15 AM |
| TEEN SWIM LESSONS (12-17 YRS.) | FEE | DURATION | DOMINGO | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
| Teen Beginner | \$50 Miembro \$80 No Miembro | 30 mins | | | | | | | 9:40 AM |

CLASES PRIVADO

| | | |
|-------------------------------------|---------------------------------|---------|
| Clases privada (1 clase) | \$20 Miembro \$30 No Miembro | 30 acta |
| Clases semiprivada (1 clase) | \$15 Miembro \$25 No Miembro | 30 acta |

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SPLASHING INTO FITNESS

WINTER 2 2024 REGISTRATION DETAILS

WINTER 2/11-3/16/24 (5 Weeks) Registration Member 1/23 & Non-Member 1/27

AQUA FIT

Tuesday & Thursday
8:00-8:45 AM
8:45-9:30 AM



ARTHRITIS

Tuesday & Thursday
9:30-10:15 AM

Fees for all Water Aerobics

Classes Listed below (5 weeks):

Member: \$30

Non-Member: \$60

ADULT SWIM LESSONS

Beginner Adult Swim Lessons

Never learned how to swim? Afraid of the water? Need to improve your strokes and/or breathing technique? Come learn this life-skill at the YMCA!

Tuesday 3:15-4 PM Small Pool

Member: \$50

Non-Member: \$80



FITNESS SWIMMING

Interested in improving your technique and having a coached workout? Come get fit at the Y!

Wednesday 10:15-11 AM Large Pool

Member: \$50

Non-Member: \$80





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INVIERNO 2 2024 DETALLES DE REGISTRO

INVIERNO 2/11-3/16/24 (5 semanas) Registro Miembro 1/23 y No Miembro 1/27

AQUA FIT

Martes y Jueves
8:00-8:45 AM
8:45-9:30 AM



ARTRITIS

Martes y Jueves
9:30-10:15 AM

Tarifas para todos las clases de aerbicos (5 semanas):

Miembro: \$30

No Miembro: \$60

LECCION DE NATACION PARA ADULTOS PRINCIPIANTES

Nunca aprendiste a nadar? Miedo al agua? Necesita mejorar tu estilo y las técnicas de respiramiento? Ven aprender esta habilidad para salvar vidas en la YMCA!

Martes 3:15-4 PM

Miembros \$50

No Miembros \$80



FITNESS NATACION

¿Te interesa mejorar tu técnica y tener un entrenamiento entrenado? ¡Ven a ponerte en forma en el Y!

Miércoles 10:15-11 AM (Piscina grande)

Miembro: \$50

No miembro: \$80

