



| Program Name | Session Name | Age Range | Day | Time | Member Fee | Participant Fee |
|--|-----------------------------------|-----------|--------|---------------------|------------|-----------------|
| Cooking Classes | | | | | | |
| | Cooking From Around the World | 18 to 99 | Wed. | 6:00 PM - 8:30 PM | \$35.00 | \$70.00 |
| Friday Night Live | | | | | | |
| | 02/22/2019 | 11 to 14 | Fri. | 7:00 PM - 10:00 PM | \$0.00 | \$2.00 |
| | 03/08/2019 | 11 to 14 | Fri. | 7:00 PM - 10:00 PM | \$0.00 | \$2.00 |
| | 03/22/2019 | 11 to 14 | Fri. | 7:00 PM - 10:00 PM | \$0.00 | \$2.00 |
| Gymnastics-Little Bodies in Motion | | | | | | |
| | Tuesday | 3 to 5 | Tues. | 5:30 PM - 6:00 PM | \$25.00 | \$56.00 |
| Gymnastics-Rollers | | | | | | |
| | Tuesday | 5 to 8 | Tues. | 6:15 PM - 7:00 PM | \$28.00 | \$62.00 |
| Home School Programs | | | | | | |
| | Home school PE (Additional Child) | 5 to 13 | Tues. | 10:15 AM - 12:15 PM | \$5.00 | \$8.00 |
| | Homeschool PE (1st child) | 5 to 13 | Tues. | 10:15 AM - 12:15 PM | \$25.00 | \$35.00 |
| Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery) | | | | | | |
| | Saturday | 0 to 3 | Sat. | 9:45 AM - 10:15 AM | \$25.00 | \$56.00 |
| Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration) | | | | | | |
| | Saturday | 0 to 3 | Sat. | 10:30 AM - 11:00 AM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (1-Water Acclimation) | | | | | | |
| | Saturday | 3 to 5 | Sat. | 9:00 AM - 9:30 AM | \$25.00 | \$56.00 |
| | Thursday | 3 to 5 | Thurs. | 4:30 PM - 5:00 PM | \$25.00 | \$56.00 |
| Swim Lessons - Age 3-5yrs (2-Water Movement) | | | | | | |
| | Saturday | 3 to 5 | Sat. | 9:00 AM - 9:30 AM | \$25.00 | \$56.00 |
| | Thursday | 3 to 5 | Thurs. | 4:30 PM - 5:00 PM | \$25.00 | \$56.00 |



Cooking Classes

Come Learn some new exciting dishes from around the world.

Friday Night Live

Teen Night for grades 6-12. Activities will be planned

Gymnastics-Little Bodies in Motion

Come learn the beginning stages of tumbling at the YMCA! Classes will focus on gross motor development by practicing forward & backwards rolls, various jumps, hand/eye coordination, and other large muscle movements. These skills are practiced through repetitive movements as well as activities and fun games.

Gymnastics-Rollers

This fun and active class will have children moving their little bodies by practicing the basics of tumbling in an age-appropriate way. Lessons include instruction on cartwheels, balancing, correct tumbling form, flexibility, bridges, and kick to full handstand. Activities include repetitive skill practice and games that reinforce tumbling movements.

Home School Programs

Physical Education class (gym & pool) with the possible addition of art for homeschool children age 6-13

Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)

Parent and Child Stage A (Water Discovery) Recommended ages: 6months-3 years Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Wall grab.

Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)

"Parent and Child Stage B (Water Exploration) Recommended ages: 6months-3 years In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. Skills taught include: Blowing bubbles, Front tow, Water exit, Water entry, Back float, Roll, Front float, Back tow, Monkey crawl."

Swim Lessons - Age 3-5yrs (1-Water Acclimation)

Preschool Level, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 3 - 5 years old In this class 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. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".

Swim Lessons - Age 3-5yrs (2-Water Movement)

Preschool Level, Swim Basics Stage 2 (Water Movement) Recommended ages: 3 - 5 years old 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. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll



Caylor-Nickel YMCA

Winter II - 2019 Program Listing
 Winter II Session (2/25-4/14)
 Registration (Mbr. 2/11) Prog. Part. (2/18)

| Program Name | Session Name | Age Range | Day | Time | Member Fee | Participant Fee |
|---|-----------------------------------|-----------|-----------------|---------------------|------------|-----------------|
| Swim Lessons - Age 3-5yrs (3-Water Stamina) | | | | | | |
| | Saturday | 3 to 5 | Sat. | 9:00 AM - 9:30 AM | \$25.00 | \$56.00 |
| | Thursday | 3 to 5 | Thurs. | 4:30 PM - 5:00 PM | \$22.00 | \$50.00 |
| Swim Lessons - Age 6-12yrs (1-Water Acclimation) | | | | | | |
| | Saturday | 6 to 12 | Sat. | 9:45 AM - 10:30 AM | \$28.00 | \$62.00 |
| | Thursday | 6 to 12 | Thurs. | 5:15 PM - 6:00 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (2-Water Movement) | | | | | | |
| | Saturday | 6 to 12 | Sat. | 9:45 AM - 10:30 AM | \$28.00 | \$62.00 |
| | Thursday | 6 to 12 | Thurs. | 5:15 PM - 6:00 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (3-Water Stamina) | | | | | | |
| | Saturday | 6 to 12 | Sat. | 9:45 AM - 10:30 AM | \$28.00 | \$62.00 |
| | Thursday | 6 to 12 | Thurs. | 5:15 PM - 6:00 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (4-Stroke Introduction) | | | | | | |
| | Saturday | 6 to 12 | Sat. | 10:45 AM - 11:30 AM | \$28.00 | \$62.00 |
| | Thursday | 6 to 12 | Thurs. | 6:00 PM - 6:45 PM | \$28.00 | \$62.00 |
| Swim Lessons - Age 6-12yrs (5-Stroke Development) | | | | | | |
| | Saturday | 6 to 12 | Sat. | 10:45 AM - 11:30 AM | \$28.00 | \$62.00 |
| | Thursday | 6 to 12 | Thurs. | 6:00 PM - 6:45 PM | \$28.00 | \$62.00 |
| The "Y" at Southern Wells | | | | | | |
| | Winter II | | Mon. Tues. Wed. | 8:00 AM - 9:00 AM | \$0.00 | \$35.00 |
| Training - CPR/AED/Oxygen | | | | | | |
| | 03/05/2019 - Blended w/ First Aid | 15 to 115 | Tues. | 5:00 PM - 9:00 PM | \$100.00 | \$140.00 |
| Training - Safe Sitter Babysitting | | | | | | |
| | 04/09/2019 | 11 to 14 | Sat. | 9:00 AM - 2:30 PM | \$60.00 | \$90.00 |
| Youth Volleyball | | | | | | |
| | Grades 3 & 4 | | Sat. | No Time Specified | \$35.00 | \$70.00 |
| | Grades 5 & 6 | | Sat. | No Time Specified | \$35.00 | \$70.00 |
| | Grades 7 & 8 | | Sat. | No Time Specified | \$35.00 | \$70.00 |



Swim Lessons - Age 3-5yrs (3-Water Stamina)

Preschool Level, Swim Basics Stage 3 (Water Stamina) Recommended ages: 3 - 5 years old 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. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

Swim Lessons - Age 6-12yrs (1-Water Acclimation)

School Age, Swim Basics Stage 1 (Water Acclimation) Recommended ages: 6 - 12 years old In this class 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. Skills taught include: Submerging, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll, Front float, back glide, "Swim, float, swim".

Swim Lessons - Age 6-12yrs (2-Water Movement)

School Age, Swim Basics Stage 2 (Water Movement) Recommended ages: 6 - 12 years old 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. Skills taught include: Submerge, Front glide, Water exit, "Jump, push, turn, grab", Back float, Roll

Swim Lessons - Age 6-12yrs (3-Water Stamina)

School Age, Swim Basics Stage 3 (Water Stamina) Recommended ages: 6 - 12 years old 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. Skills taught include: Submerge, Swim on front, Water exit, "Jump, swim, turn, swim, grab", Swim on back, Roll, Tread water, "Swim, float, swim".

Swim Lessons - Age 6-12yrs (4-Stroke Introduction)

School Age, Swim Strokes Stage 4 (Stroke Introduction) Recommended ages: 6- 12 years old Students in stage 4 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. Skills taught include: Endurance, Front crawl, back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

Swim Lessons - Age 6-12yrs (5-Stroke Development)

School Age, Swim Strokes Stage 5 (Stroke Development) Recommended ages: 6- 12 years old Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Skills taught include: Endurance, Front crawl, Back crawl, Resting stroke, Treading water, Breaststroke, Butterfly.

The "Y" at Southern Wells

This program has potential to have up to 4 different classes a week, but it is all based off of the number of participants. The days would be Monday - Thursday. And would offer classes such as TNT, Yoga, Weight and Wellness, and Boot Camp. The days and times will be determined by participation. So come out and Enjoy some YMCA classes out at Southern Wells!

Training - CPR/AED/Oxygen

This class combines online learning with in class learning. The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers course is to teach those with a duty to act (professional rescuers and health care providers) the knowledge and skills needed to respond appropriately to breathing and cardiac emergencies until more advanced medical personnel take over. This includes the use of an automated external defibrillator (AED) to care for a victim experiencing cardiac arrest.

Training - Safe Sitter Babysitting

This course will teach potential babysitters how to care for a choking infant or child, basic first aid, personal safety for the babysitter, injury prevention, how to care for children (feeding, diapering, etc.), preventing problem behavior, behavior management, ethics and babysitting as a business.

Youth Volleyball

Join our youth volleyball league which encompasses player development through practice and games play in a eight week season. Each child will receive a team tee-shirt and will be placed on a team lead by a volunteer coach.