



# Renaissance Pointe 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	Program Participant Fee
<b>Active Older Adults</b>						
	Luncheon - 03/15/2019	55 to 100	Fri.	No Time Specified	\$2.00	\$2.00
<b>Family &amp; Friends Night</b>						
	03/01/2019 (Family Registration - up to 5 pe		Fri.	7:00 PM - 9:30 PM	\$15.00	\$25.00
<b>Friday Night Live</b>						
	02/22/2019	11 to 19	Fri.	7:00 PM - 11:00 PM	\$1.00	\$2.00
	03/22/2019	11 to 19	Fri.	7:00 PM - 11:00 PM	\$1.00	\$2.00
<b>New Member Receptions</b>						
	02/11/2019		Mon.	6:15 PM - 6:45 PM	\$0.00	\$0.00
	02/22/2019		Fri.	10:15 AM - 10:45 AM	\$0.00	\$0.00
	03/11/2019		Mon.	6:15 PM - 6:45 PM	\$0.00	\$0.00
	03/22/2019		Fri.	10:15 AM - 10:45 AM	\$0.00	\$0.00
<b>Parents Night Out</b>						
	02/15/2019	2 to 14	Fri.	6:00 PM - 10:30 PM	\$5.00	\$10.00
	03/15/2019	2 to 14	Fri.	6:00 PM - 10:30 PM	\$5.00	\$10.00
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (A-Water Discovery)</b>						
	Friday	0 to 3	Fri.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Saturday	0 to 3	Sat.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Wednesday	0 to 3	Wed.	6:00 PM - 6:30 PM	\$25.00	\$56.00
<b>Swim Lessons - Age 6mos-3yrs (Parent/Child) (B-Water Exploration)</b>						
	Friday	0 to 3	Fri.	5:00 PM - 5:30 PM	\$25.00	\$56.00
	Saturday	0 to 3	Fri.	9:00 AM - 9:30 AM	\$25.00	\$56.00
	Wednesday	0 to 3	Wed.	6:00 PM - 6:30 PM	\$25.00	\$56.00
<b>Swim Lessons - Age 3-5yrs (1&amp;2-Water Acclimation &amp; Movement)</b>						
	Friday	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Saturday	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
	Wednesday	3 to 5	Wed.	6:30 PM - 7:00 PM	\$25.00	\$56.00



### Active Older Adults

Potluck (Bring a passing dish)

### Family & Friends Night

A night of fun and activities for loved ones to engage with the youth in a safe environment.

### Friday Night Live

Friday Night Live is an interactive social experience for Middle and High School Students to engage each other in sports, video games, music and more! We also offer concessions at a low price. Invite your friends to come start your weekend at the Y! No FA applied to any fees Only cash will be accepted after 7pm. We will stop accepting door registrations at 8 pm.

### New Member Receptions

This 30-40 minute program will enable you to maximize your membership and find out more about the variety of programs offered at the Y. You will receive a special gift for attending this program.

### Parents Night Out

Let the YMCA entertain your child while you enjoy a night out! Activities include a pizza dinner, gym games, swimming, and a movie & popcorn. Please send a duffel bag for each child with the following: towel, plastic bag for wet item, underwear, blanket, & pillow for movie time. Children should arrive with their swimsuit on under their clothes and should wear gym shoes with socks.

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

Ages 6 months -3 years: Parents accompany child; introduces infants and toddler to aquatic environment through exploration and encourages them to enjoy themselves while learning about the water

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

Accompanied by an adult; Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision

### Swim Lessons - Age 3-5yrs (1&2-Water Acclimation & Movement)

Participants learn personal water safety and achieve basic swimming by learning benchmark skills



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
<b>Swim Lessons - Age 3-5yrs (3&amp;4-Water Stamina &amp; Stroke Introduction)</b>						
	Friday	3 to 5	Fri.	5:30 PM - 6:00 PM	\$25.00	\$56.00
	Saturday	3 to 5	Sat.	9:30 AM - 10:00 AM	\$25.00	\$56.00
	Wednesday	3 to 5	Wed.	6:30 PM - 7:00 PM	\$25.00	\$56.00
<b>Swim Lessons - Age 6-12yrs (1&amp;2 -Water Acclimation &amp; Movement)</b>						
	Friday	6 to 12	Fri.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Saturday	6 to 12	Sat.	10:15 AM - 11:00 AM	\$28.00	\$62.00
	Wednesday	6 to 12	Wed.	7:00 PM - 7:45 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (3&amp;4-Water Stamina &amp; Stroke Introduction)</b>						
	Friday	6 to 12	Fri.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Saturday	6 to 12	Sat.	10:15 AM - 11:00 AM	\$28.00	\$62.00
	Wednesday	6 to 12	Sat.	7:00 PM - 7:45 PM	\$28.00	\$62.00
<b>Swim Lessons - Age 6-12yrs (5&amp;6 Stroke Development &amp; Mechanics)</b>						
	Friday	6 to 12	Fri.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Saturday	6 to 12	Sat.	10:15 AM - 11:00 AM	\$28.00	\$62.00
	Wednesday	6 to 12	Wed.	7:00 PM - 7:45 PM	\$28.00	\$62.00
<b>Swim Lessons - Teen &amp; Adult</b>						
	Saturday	13 to 100	Sat.	11:00 AM - 11:45 AM	\$28.00	\$62.00
	Thursday	13 to 100	Thurs.	11:00 AM - 11:45 AM	\$28.00	\$62.00
<b>Swim Lessons - Adaptive</b>						
	Monday 5:00	0 to 100	Mon.	5:00 PM - 5:45 PM	\$28.00	\$62.00
	Monday 6:00	0 to 100	Mon.	6:00 PM - 6:45 PM	\$28.00	\$62.00
	Monday 7:00	3 to 5	Mon.	7:00 PM - 7:45 PM	\$28.00	\$62.00



### **Swim Lessons - Age 3-5yrs (3&4-Water Stamina & Stroke Introduction)**

Participants learn personal water safety and achieve basic swimming by learning bench mark skills

### **Swim Lessons - Age 6-12yrs (1&2 -Water Acclimation & Movement)**

Ages 6-12 years old: Participants learn personal water safety and achieve basic swimming by learning bench mark skills

### **Swim Lessons - Age 6-12yrs (3&4-Water Stamina & Stroke Introduction)**

Participants learn personal water safety and achieve basic swimming by learning bench mark skills/ having mastered the fundamentals and learning additional water safety skills, stroke technique and developing skills prevent chronic diseases, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### **Swim Lessons - Age 6-12yrs (5&6 Stroke Development & Mechanics)**

Having mastered the fundamentals and learning additional water safety skills, stroke technique and developing skills prevent chronic diseases, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### **Swim Lessons - Teen & Adult**

Participants will learn and develop water skills, stroke technique and water safety.

### **Swim Lessons - Adaptive**

Participants will learn and develop water skills, stroke technique and water safety