



Caylor-Nickel YMCA

Winter I - 2018 Program Listing

Winter I Session (1/7/2019-2/24/2019)

Registration (Mbr. 12/3/2018) Prog. Part. (12/10/2018)

Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
Cooking Classes						
	Nutritional Cooking Class	11 to 14	Wed.	6:00 PM - 8:30 PM	\$35.00	\$70.00
Dream Team						
	Christmas Break Camp	0 to 99	Mon. Tues. Wed. Thurs. Fri	9:00 AM - 11:00 AM	\$0.00	\$0.00
Friday Night Live						
	12/07/2018	11 to 14	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
	12/21/2018	11 to 14	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
	01/04/2019	11 to 14	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
	01/11/2019	11 to 14	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
	02/08/2019	11 to 14	Fri.	7:00 PM - 10:00 PM	\$0.00	\$2.00
	02/22/2019	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
Homeschool Programs						
	Homeschool PE (1st child)	5 to 13	Tues.	10:15 AM - 12:15 PM	\$25.00	\$35.00
	Homeschool PE (Additional Child)	5 to 13	Tues.	10:15 AM - 12:15 PM	\$5.00	\$8.00
Parents Night Out						
	December 14 (1st child)	4 to 12	Fri.	5:30 PM - 10:00 PM	\$15.00	\$25.00
	December 14 (Additional Child)	4 to 12	Fri.	5:30 PM - 10:00 PM	\$10.00	\$20.00
Senior Games						
	Thursday 12/20/2018		Thurs.	1:00 PM - 3:00 PM	\$0.00	\$0.00
	Thursday 01/17/2019		Thurs.	1:00 PM - 3:00 PM	\$0.00	\$0.00
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



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Cooking Classes

This course will teach nutritional cooking basics with a trained instructor.

Dream Team

This camp is for individuals with physical, developmental and intellectual disabilities to participate with peers and caring staff, while engaging in various activities around the YMCA! Come join us this fall break!

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.

Homeschool Programs

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

Parents Night Out

Need an evening out without the kids? Let us provide dinner and entertain your 4-12 year old while you have an evening out. We will have fun swimming, playing in the gym, getting messy with an art project. Please send your child with their swim gear on under play clothes. Please send a towel and clean change of clothes (clearly labeled). Please note that young children must be potty trained. Registration deadline is Wednesday prior to the event.

Senior Games

All are welcome to come to these monthly game times. There will be a rotation of games played from month to month. Have a favorite game? Maybe we can put it on the schedule. The goal for our game times is to have some fun, develop friendships, and keep our minds active.

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.



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Program Name	Session Name	Age Range	Day	Time	Member Fee	Participant Fee
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
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	\$25.00	\$56.00
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 I		Mon. Tues. Wed. Thurs.	8:00 AM - 9:00 AM	\$0.00	\$35.00
Training - Safe Sitter Babysitting						
	02/09/2019	11 to 14	Sat.	9:00 AM - 4:00 PM	\$60.00	\$90.00
Youth Basketball						
	Yball Grade Pre K & K		Sat.	No Time Specified	\$30.00	\$60.00
	Yball Grade 1 & 2		Sat.	No Time Specified	\$30.00	\$60.00
	YBall Grade 3 & 4		Sat.	No Time Specified	\$30.00	\$60.00
	YBall Grade 5 & 6		Sat.	No Time Specified	\$30.00	\$60.00
	YBall Grade 7 & 8		Sat.	No Time Specified	\$30.00	\$60.00



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

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 3-5yrs (4-Stroke Introduction)

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 (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.

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 Basketball

Join our youth basketball 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.



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