



We build strong kids, strong families, strong communities.

**Pool Schedule
February**

Monday	
5:30 am - 8:25 am	Lap Swim
8:30 am - 9:20 am	Water Aerobics
9:30 am - 10:20 am	Deep Water Jogging
10:00 am - 10:55 am	Pre/Post Surgery/Therapy
11:00 am - 12:00 pm	Open Swim / 1 Lane Lap
12:00 pm - 1:25 pm	Lap Swim
1:30 pm - 2:10 pm	Young at Heart / 1 Lane Lap
2:10 pm - 3:15 pm	Adult Lap (radio free)
3:30 pm - 5:00 pm	Lessons
5:00 pm - 6:30 pm	Swim Team
6:30 pm - 8:15 pm	Water Aerobics/Zumba/ 1 Lane Lap
8:15 pm - 9:00 pm	Open Swim / 1 Lane Lap

Tuesday	
5:30 am - 8:25 am	Lap Swim
8:30 am - 9:20 am	Water Aerobics
9:30 am - 10:30 am	Lessons
10:30 am - 12:00 pm	Open Swim / 1 Lane Lap
12:00 pm - 1:00 pm	Lap Swim
1:00 pm - 2:15 pm	Open Swim / 1 Lane Lap
2:15 pm - 3:00 pm	Lap Swim
3:00 pm - 4:00 pm	Open Swim
4:00 pm - 6:30 pm	Swim Team
6:30 pm - 7:15 pm	Sensory Swim/ Deep H2O Jog
7:15 pm - 9:00 pm	Open Swim / 1 Lane Lap

Wednesday	
5:30 am - 8:25 am	Lap Swim
8:30 am - 9:20 am	Water Aerobics
9:30 am - 10:20 am	Deep Water Jogging
10:00 am - 10:55 am	Pre/Post Surgery/Therapy
11:00 am - 11:55 am	Open Swim / 1 Lane Lap
12:00 pm - 1:25 pm	Lap Swim
1:30 pm - 2:10 pm	Young at Heart / 1 Lane Lap
2:15 pm - 3:15 pm	Adult Lap (radio free)
3:30 pm - 5:00 pm	Lessons
5:00 pm - 6:30 pm	Swim Team
6:30 pm - 7:20 pm	Water Aerobics/1 lane lap
7:30 pm - 9:00 pm	Open Swim / 1 Lane Lap

Thursday	
5:30 am - 8:25 am	Lap Swim
8:30 am - 10:30 am	Water Aerobics/Aqua Zumba a paid program
10:30 am - 12:00 pm	Lessons
12:00 pm - 1:25 pm	Lap Swim
1:30 pm - 2:10 pm	Open Swim / 1 Lane Lap
2:15 pm - 3:15 pm	Adult Lap (radio free)
3:15 pm - 4:30 pm	Open Swim / Lessons
4:00 pm - 6:30 pm	Swim Team
6:30 pm - 8:00 pm	Deep Water Jog / 1 lane lap
8:00 pm - 9:00 pm	Open Swim / 1 Lane Lap

Friday	
5:30 am - 8:25 am	Lap Swim
8:30 am - 9:20 am	Water Aerobics
9:30 am - 10:20 am	Deep Water Jogging
10:00 am - 10:55 am	Pre/Post Surgery/Therapy
11:00 am - 11:55 am	Open Swim / 1 Lane Lap
12:00 pm - 1:25 pm	Lap Swim
1:30 pm - 2:10 pm	Young at Heart / 1 Lane Lap
2:15 pm - 3:15 pm	Adult Lap (radio free)
3:15 pm - 5:25 pm	Open Swim / 1 Lane Lap
5:30 pm - 6:25 pm	Lap Swim
6:30 pm - 9:00 pm	Open Swim / 1 Lane Lap

Saturday	
7:00 am - 9:00 am	Lap Swim
9:00 am - 12:00 pm	Lessons
12:00 pm - 1:30 pm	Lap Swim
1:30 pm - 3:15 pm	Open Swim / 1 Lane Lap
3:30 pm - 4:30 pm	Splash Parties
6:00 pm - 9:00 pm	Youth / Teen Night

Sunday	
7:00 am - 11:00 am	Pool Rentals
11:00 am - 12:25 pm	Lap Swim
12:30 pm - 3:15 pm	Open Swim
3:30 pm - 4:30 pm	Splash Parties



Adult Aquatics

Healthy Living

Colleen Herzog, Aquatics Director

Ellen Breckenridge, Swim Lesson Coordinator

Phone: (315)363-7788 ext. 230

eMail: cherzog@ymcatrivalley.org

Adult 8 Week Aquatic Classes All classes are open to men and women

Members.....**FREE**
Non-Members.....**\$75.00**
Excluding Aqua Zumba (20 class punch card)

Water Aerobics / Water Toning / Strength Training

Full body rhythmic exercises conducted in shallow water, designed to provide cardiovascular benefits. Followed by upper and lower body moves designed to strengthen, firm, and sculpt the muscles.

Monday - Friday..... 8:30 am - 9:20 am
Monday / Wednesday..... 6:30 pm - 7:30 pm

Deep Water Exercise

Slow moving or fast paced exercise in water depth where feet do not touch the bottom of the pool. Floatation devices are used.

Monday / Wednesday / Friday..... 9:30 am - 10:20 am
Tuesday / Thursday..... 6:30 pm - 7:30 pm

Fitness for the Young at Heart

A water exercise program for adults young at heart. Stretching, strengthening, and aerobic exercises are combined to create a fun activity. No swimming skills are required.

Monday / Wednesday / Friday..... 1:30 pm - 2:10 pm

Aqua Zumba® Class

Join The Fun, Stay Cool, Enjoy the Great Music, Burn a lot of Calories, Build strong Muscle

Monday 7:30pm-8:15pm

Thursday..... 9:30 am - 10:15 am

Members.....\$5.00class.....\$35 punch card

Non-Members...\$10.00class.....\$75 punch card

Buy a punch card for a eight week session and save

Pre / Post Surgery / Therapeutic

Designed for people recovering from accidents and sickness, neck and back patients, people with orthopedic injuries, athletic injuries, musculoskeletal problems, and diabetes.

Monday / Wednesday / Friday.... 10:00 am -10:55 am

Private Swim Lessons

One on one swim lessons for adults or children. Contact the Aquatics Director for additional information. Lessons by appointment only.

Members.....\$15.00/half hour

Non-Members.....\$40.00/half hour

If two children would like to share a private lesson, they must each pay \$15 for members or \$40 for non-members.

Punch card (buy 6 get 1 free)

Members: \$90

Non-Members:\$240

Splash Parties at the Y!

Any family, group, or organization may rent the pool for a private Splash Party. Available Saturday or Sunday afternoons. Contact a Membership Services Representative for additional information or to schedule a party.

Lap Swim

Open to patrons capable of swimming continuous laps. The pool is divided into fast, medium, and slow lanes. Four or more swimmers must swim in a counter clockwise circle.

Private Lessons with one of our experienced Swim Team Coaches.

Members: \$25 1/2 hr.

Non-Members: \$50 1/2 hr.



Youth Aquatics

Winter II: February 27th– April 14th

Youth Development

Colleen Herzog, Aquatics Director
Ellen Breckenridge, Swim Lesson Coordinator
Phone: (315)363-7788 ext. 230
email: cherzog@ymcatrivalley.org

Participant Registration: February 13th— 18th

Non-participants/Testing:

Saturday	February 11th	12:00 pm -1:00 pm
Monday	February 13th	4:00 pm –5:00 pm
Wednesday	February 15th	4:00 pm –5:00 pm

*Avoid \$10 late fee and register by February 26th

Pre-School Programs (6 months – 5 years)

Family Membership \$10
Youth Membership \$40 Non-Member\$70

Shrimp (6 - 36 months + parents)

A water adjustment class for children accompanied by a parent. Through the aid of an instructor, parents guide their children through basic water orientation skills and songs. Emphasis is placed on water acclimation, fun, and games.

Tuesday..... 10:00-10:30 am
Thursday 6:30 pm – 7:00 pm
Saturday 10:00 am – 10:30 am

Pike (3 - 5 years)

Designed for new swimmers, children try basic strokes and kicking skills, with and without floatation devices. Children work on getting faces fully in the water.

Monday 3:30 pm – 4:00 pm / 4:30 pm - 5:00 pm
Tuesday 9:30 am – 10:00 am
Wednesday 3:30 pm - 4:00 pm / 4:30 pm – 5:00 pm
Saturday 9:00 am – 9:30 am / 10:30 am – 11:00 am

Eel (3 - 5 years)

For children who are comfortable in the water without floatation devices. Participants learn paddle stroke, front and back floats and more. Children are not afraid to put faces in water.

Monday 4:00 pm – 4:30 pm
Saturday 9:30 am – 10:00 am

Ray / Starfish (3 - 5 years)

For children swimming without floatation devices. Children re-view basic skills, build endurance, and learn to tread water. Front and back crawls are refined.

Wednesday 4:00 pm – 4:30 pm
Saturday 10:00 am – 10:30 am

American Red Cross Lifeguard Certification

****Pre Requisite Test****

Sunday April 28th, 2012

Rome YMCA 8:00-11:00

- **Sundays @ Oneida YMCA**
- **7:00-11:00**
- **May 5th, 12th, 19th, 26th**
- **June 2nd, 9th, 16th**

Must be 15 years of age and swim 550 yards

Cost

- **Members \$300.00**
- **Non-Members \$350.00**
- **Re-Certification \$100.00**

**** Make Checks Payable To Oneida Family YMCA**

Must be Registered by April 27th for pre-test by calling 363-7788 ex 230

Youth Aquatics Programs (6 years – 14 years)

Family Membership\$15
Youth Membership \$55 Non-Member \$100

Polliwog (6 - 14 years)

School age children who are beginning their swimming experience. Participants learn basic strokes, kicking skills, and water safety.

Monday 3:30 pm – 4:15 pm
Wednesday 4:15 pm – 5:00 pm
Saturday 9:00 am – 9:45 am

Guppy (6 – 14 years)

Children learn to swim using basic strokes. They are introduced to front and back crawls, breaststroke, and elementary backstroke.

Monday 4:15 pm – 5:00 pm
Saturday 9:45 am – 10:30 am

Minnow (6 – 14 years)

In Minnow class your child will refine and practice rotary breathing, front crawl, back crawl, sidestroke, and elementary backstroke. Your child will also develop endurance and form, learn surface dives and underwater swimming skills as well as learn more personal safety, boating, and rescue skills.

Wednesday 3:30 pm - 4:15 pm
Saturday 10:30 am – 11:15 am

Fish / Flying Fish / Shark (6 – 14 years)

Students work to improve basic strokes. Turns and the butterfly stroke are introduced. Participants also focus on endurance while utilizing rhythmic and rotary breathing.

Saturday 11:15 am – 12:00 am

**** There are sibling discounts available for family members only ****

Sensory Swim



This is a specially designed aquatic program for children with sensory processing difficulties. Sensory Swim incorporates aquatic activities that promote motor and sensory development. This program also offers socialization by interacting in group activities with other children; sing-along, and instruction in swimming skills. This program is designed for children 3-12 years old. Each child must be accompanied in the water by a responsible adult (parent or/ guardian). A wide range of needs can be served within this program including, but not limited to: autism, developmental delays, pervasive developmental disorder, ADHD, cerebral palsy and hearing or visual deficits.

Tuesdays 6:30-7:15 pm

Session: February 28th— April 10th

Registration: February 13th—18th

Family Members \$15 Youth Members \$55 Non-Members \$100

* To avoid \$10 late fee register by February 26th