

CRANFORD YMCA YOUTH PROGRAMS

Spring 2 Session Schedule (April 20–June 21)

No Class April 18, April 20 & May 26



	SUN	MON	TUE	WED	THU	FRI	SAT
8:30am							Stage A & B (6mo–2yr)
9:00am	Stage 2 (3–6 yr)						
9:30am	Stage 4 (3–6 yr)						
10:00am	Stage 2 & 3 (8–12 yr)						NEW! Strength & Conditioning for Swimmers (15+yr)
10:30am	Stage 2 (3–6 yr)					Stage 1 & 2 (2.5–3.5 yr)	
11:00am	Stage 3 (3–6 yr)		Stage 2 (3–6 yr)			Stage 2 & 3 (3–6 yr)	
11:15am							NEW! Speed, Agility & Fitness (10–14 yr)
11:30am	Stage 5 & 6 (8–12 yr)		Stage 3 (3–6 yr)				
12:00pm	Stage 2 (3–6 yr)						
2:00pm		Stage 2 (3–6 yr)	Stage 2 (3–6 yr)		Stage 2 (3–6 yr)		
2:30pm		Stage 3 (3–6 yr)	Stage 3 (3–6 yr)		Stage 3 (3–6 yr)		
3:00pm		Stage 1 & 2 (2.5–3.5 yr)	Teen Beginner (13+ yr)		Stage 1 & 2 (3–6 yr)		
3:30pm		Stage 4 (6–12 yr)	Stage 2 (3–6 yr)		Stage 4 (5–8 yr)		
4:00pm		Stage 3 (3–6 yr)	Stage 4 (6–12 yr)	Stage 5 & 6 (8–12 yr)	Stage 3 (3–6 yr)	Stage 5 & 6 (8–12 yr)	
4:30pm		Stage 5 (5–8 yr)		Stage 2 (3–6 yr)	Stage 2 (3–6 yr)		
5:00pm		Swim Team Prep 8+ yr		Stage 3 (6–12 yr)	Stage 4 (5–12 yr)		
5:30pm		Stage 2 (3–6 yr)	Stage 4 (6–12 yr)	Stage A & B (6mo–2 yr)			
6:00pm		Stage 4 (3–6 yr)	Stage 3 (3–6 yr)	Stage 2 (5–12 yr)	Swim Team Prep (8+ yr)		
6:30pm		Stage 3 (6–12 yr)	Stage 2 (3–6 yr)	Stage 4 (5–12 yr)	Stage 3 (6–12 yr)		
7:00pm		Stage 2 (6–12 yr)					
7:30pm					Teen Beginner (13+ yr)		

Don't see a class time that works for you?
Let us know and we will do our best to accommodate you!

- All youth classes are an additional fee

HAVE YOU ACTIVATED YOUR AMILIA ACCOUNT?
All members must activate their accounts for membership and program registration.
Visit westfieldynj.org/amilia for step-by-step instructions.

Questions? Contact Kim Koza-Baird at kkoza@westfieldynj.org or ext.326

Cranford YMCA • 401 Centennial Avenue, Cranford • 908-844-YMCA (9622) • www.westfieldynj.org/cranford-ymca

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YOUTH AQUATICS

Individual lessons, stroke evaluations, diving classes & stroke clinics

Stage A&B: Water Exploration (Parent/Child)

Ages 6mo–2yr

Parents work with their child to explore the aquatic environment through body positions, floating, blowing bubbles, and fundamental safety. Children are encouraged to enjoy themselves while learning about the water.

Required: Child must wear a swim diaper if not 100% potty trained. Goggles are recommended for ages 24–36 months.

Stage 1: Water Acclimation

Ages 2.5–3.5 yr

Students further develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Required: Child must have taken Stage A or B class and be able to sit on pool edge independently for 30 minutes (without parent).

Stage 2: Water Movement

Ages 3–6, 6–12, 10–15 yr

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. Best for non-swimmers or children that still require a floatation aid.

Stage 3: Water Stamina

Ages 3–6, 6–12 yr

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.

Required: Child must be able to swim for a distance of 15 feet on front and back without a floatation aid.

Teen Beginner

Ages 13+

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. Best for non-swimmers or children that still require a floatation aid.

Stage 4: Stroke Instruction

Ages 3–6, 6–12 yr

Students 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.

Required: Child must be able to swim a lap of proper freestyle and backstroke for 25 yards.

Stage 5: Stroke Development

Ages 5–8, 8–12 yr

Students work on stroke technique and improve upon all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Required: Child must be able to swim 50 yards of each proper front and back crawl, breaststroke kick and butterfly kick.

Stage 6: Stroke Mechanics

Ages 5–8, 8–12 yr

Students are introduced to competitive swim skills while refining technique on all major strokes.

Required: Child must be able to swim 100 yards of any combination of strokes.

Swim Team Prep

Ages 8+ yr

This class prepares swimmers for competitive swimming by focusing on stroke technique, endurance, and essential skills.

NEW! Strength & Conditioning for Swimmers

Ages 15+ yr

Enhance your physical capabilities to improve your performance in the pool in this 9-week program! Incorporates exercises that build strength, power, endurance, and flexibility, targeting key muscle groups used in swimming. Resistance, plyometrics, and sport drills boost swimmers' technique, speed, and resilience.

NEW! Speed, Agility & Fitness

Ages 10–14 yr

Build a strong foundation in athletic performance through speed, agility, and overall fitness. Improve quickness and reaction time, enhance coordination and balance, and develop strength and endurance for long-term athletic success!



**FREE
Stroke
Evaluations**

Contact Kim Koza-Baird to schedule your evaluation!

Questions? Contact Kim Koza-Baird at kkoza@westfieldynj.org or ext.326

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