



# CRANFORD YMCA **YOUTH PROGRAMS**

## Summer Session Schedule

(June 22-August 23)

No Class July 4, July 16 & September 1  
 Summer Swim Session runs from June 22-August 17

**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

9:00am  
**Stage 2**  
 (3-6 yr)

2:00pm  
**Stage 2**  
 (3-6 yr)

11:30am  
**Stage 3**  
 (3-6 yr)

5:00pm  
**Stage 5 & 6**  
 (8-12 yr)

2:00pm  
**Stage 2**  
 (3-6 yr)

9:30am  
**Stage 1 & 2**  
 (2.5-3.5 yr)

9:30am  
**Stage 4**  
 (3-6 yr)

2:30pm  
**Stage 3**  
 (3-6 yr)

12:00pm  
**Stage 2**  
 (3-6 yr)

5:30pm  
**Stage 2**  
 (3-6 yr)

2:30pm  
**Stage 3**  
 (3-6 yr)

10:00am  
**Stage 2 & 3**  
 (3-6 yr)

10:00am  
**Stage 2 & 3**  
 (8-12 yr)

3:00pm  
**Stage 1 & 2**  
 (2.5-3.5 yr)

2:00pm  
**Stage 2**  
 (3-6 yr)

6:00pm  
**Stage 3**  
 (6-12 yr)

3:00pm  
**Stage 1 & 2**  
 (3-6 yr)

**SAT**

10:30am  
**Stage 2**  
 (3-6 yr)

3:30pm  
**Stage 4**  
 (6-12 yr)

2:30pm  
**Stage 3**  
 (3-6 yr)

6:30pm  
**Stage A & B**  
 (6mo-2yr)

3:30pm  
**Stage 4**  
 (5-8 yr)

11:15am  
**NEW! Speed, Agility  
 Strength & Fitness**  
 (9-17 yr)

11:00am  
**Stage 3**  
 (3-6 yr)

4:00pm  
**Stage 3**  
 (3-6 yr)

3:00pm  
**Teen Beginner**  
 (13+ yr)

4:00pm  
**Stage 3**  
 (3-6 yr)

11:30am  
**Stage 5 & 6**  
 (8-12 yr)

4:30pm  
**Stage 5**  
 (5-8 yr)

3:30pm  
**Stage 2**  
 (3-6 yr)

4:30pm  
**Stage 2**  
 (3-6 yr)

12:00pm  
**Stage 2**  
 (3-6 yr)

5:00pm  
**Swim Team Prep**  
 (8+ yr)

4:00pm  
**Stage 4**  
 (6-12 yr)

5:00pm  
**Stage 4**  
 (5-12 yr)

5:30pm  
**Stage 2**  
 (3-6 yr)

4:30pm  
**Stage 2**  
 (3-6 yr)

6:00pm  
**Swim Team Prep**  
 (8+ yr)

6:00pm  
**Stage 4**  
 (3-6 yr)

5:00pm  
**Learn to Dive**  
 (8+ yr)

6:30pm  
**Stage 3**  
 (6-12 yr)

6:30pm  
**Stage 3**  
 (6-12 yr)

5:30pm  
**Stage 4**  
 (6-12 yr)

7:00pm  
**Stage 2**  
 (6-12 yr)

6:00pm  
**Stage 3**  
 (3-6 yr)

6:30pm  
**Stage 2**  
 (3-6 yr)

Scan to view  
 real-time pool  
 schedule online



**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

# 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.

### 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.

### 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 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.

### Learn to Dive

#### Ages 8+ yr

This class is recommended for competitive swimmers who are looking to perfect their diving technique.

### NEW! Speed, Agility, Strength & Fitness

#### Ages 9–17 yr

**Class Dates:** June 28, July 12, July 19, August 16 & August 23

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!

### Important Notes for Summer 2025 Session:

- All fitness classes held in the multi-purpose room will be cancelled if it rains
- Due to yearly pool maintenance the pool will be closed 8/18–9/1. A new schedule will be start in Fall 1 session.

**Questions?** Contact Kim Koza-Baird at

kkoza@westfieldynj.org or 908-844-YMCA (9622)