

Youth Swim Lessons

Parent & Me (6 months - 3 yrs)

We plan to provide a joyful, loving, child-centered environment featuring songs and activities to encourage skill acquisition while also developing a life-long love of the water. Parent & Me utilizes natural progressions (not forceful ones) to allow infants and toddlers the ability to grow in our lessons program. Location: Jim Barnett Park, Indoor Pool. Fee: \$43 R, \$49 NR.

Aug. 25-Sept. 17* 5:30-6pm
(Mon and Wed) *Register by Aug. 25*

Aug. 26-Sept. 18 10:30-11am
(Tues and Thurs) *Register by Aug. 26*

Sept. 29-Oct. 22 5:30-6pm
(Mon and Wed) *Register by Sept. 29*

Sept. 30-Oct. 23 10:30-11am
(Tues and Thurs) *Register by Sept. 30*

Nov. 3-26* 5:30-6pm
(Mon and Wed) *Register by Nov. 3*

Nov. 4-27* 10:30-11am
(Tues and Thurs) *Register by Nov. 4*

*No Class Sept. 1, Nov. 26, Nov. 27.

NEW! Saturday Lessons

Fee: \$21.50 R, \$24.50 NR.

Aug. 30-Sept. 20 5-5:30pm
(Saturday) *Register by Aug. 30*

Oct. 4-25 5-5:30pm
(Saturday) *Register by Oct. 4*

Nov. 8-29 5-5:30pm
(Saturday) *Register by Nov. 8*



Swim Lessons (Ages 3-14)

Swim 101/102

Swim 101/102 is designed to turn beginners into swimmers using a progressive child-focused approach. The fundamentals of swimming such as kicking, breath control, and floatation are taught at this level. Each child will wear a floatation device which allows them to focus on developing the skill rather than trying to stay above water. As the child builds confidence in all the skills the amount of floatation can be decreased allowing the child to become less reliant on the float and more reliant on their skills. Swimmers will be actively practicing skills and have little down time utilizing the lesson time to the fullest. Children must be able to swim 15 feet with their face in the water in order to pass this class.

Swim 201/202

Swim 201/202 is a progressive strokes course that teaches swimmers the formal strokes of freestyle and backstroke. They will also learn the important skill of side breathing with the freestyle stroke. Children also have the chance to build their endurance as each skill requires the child to swim further than previous classes. Children must be able to swim 25 feet using the freestyle stroke with side breathing in order to pass this class. These skills are taught without the aid of floatation, children must be able to swim 15 feet without aid in order to be enrolled in this class.

Swim 301/302

Swim 301/302 is an advanced stroke course which teaches the more complex strokes of butterfly and breaststroke to swimmers that have already mastered freestyle and backstroke. In completing this class the swimmer will have learned all the strokes necessary for competitive swimming. It is not uncommon for children to wear floatation during some of the instruction. The floatation allows children to focus on body position and stroke development. Children will continue to fine tune their stroke development and build endurance at this level. Children will need to swim 30 feet of freestyle, backstroke, breaststroke, and butterfly in order to pass this class.

Swim 401/402

Swim 401/402 is designed to teach children lifesaving skills such as sidestroke, elementary backstroke, and treading water. The class is also an introduction to competitive swimming. Skills such as, diving, flip turns, and endurance are taught at this level. Unlike earlier classes focus on repetitive practice under short distances, this does not allow children to develop endurance. Swim 401/402 allows students to develop the endurance necessary to swim competitively. Children must be able to swim 50 meters and a 50 meter IM in order to pass this class.

Swim 101, 201, 301, and 401 (Ages 3-6)

Fee: \$43 R, \$49 NR.

Location: Jim Barnett Park, Indoor Pool

Aug. 25-Sept. 17* *Register by Aug. 25*
(Monday and Wednesday)

Times: 4:30-5pm
5-5:30pm
5:30-6pm

Aug. 26-Sept. 18 *Register by Aug. 26*
(Tuesday and Thursday)

Times: 6-6:30pm
6:30-7pm

Sept. 29-Oct. 22 *Register by Sept. 29*
(Monday and Wednesday)

Times: 4:30-5pm
5-5:30pm
5:30-6pm

Sept. 30-Oct. 23 *Register by Sept. 30*
(Tuesday and Thursday)

Times: 6-6:30pm
6:30-7pm

Nov. 3-26* *Register by Nov. 3*
(Monday and Wednesday)

Times: 4:30-5pm
5-5:30pm
5:30-6pm

Nov. 4-27* *Register by Nov. 4*
(Tuesday and Thursday)

Times: 6-6:30pm
6:30-7pm

NEW! Saturday Lessons

Fee: \$21.50 R, \$24.50 NR.

Aug. 30-Sept. 20 *Register by Aug. 30*
(Saturday)

Times: 4-4:30pm
4:30-5pm

Oct. 4-25 *Register by Oct. 4*
(Saturday)

Times: 4-4:30pm
4:30-5pm

Nov. 8-29 *Register by Nov. 8*
(Saturday)

Times: 4-4:30pm
4:30-5pm

Swim 102, 202, 302, and 402 (Ages 7-14)

Fee: \$43 R, \$49 NR.

Location: Jim Barnett Park, Indoor Pool

Aug. 25-Sept. 17* *Register by Aug. 25*
(Monday and Wednesday)

Times: 6-6:30pm
6:30-7pm

Aug. 26-Sept. 18 *Register by Aug. 26*
(Tuesday and Thursday)

Times: 7-7:30pm

Sept. 29-Oct. 22 *Register by Sept. 29*
(Monday and Wednesday)

Times: 6-6:30pm
6:30-7pm

Sept. 30-Oct. 23 *Register by Sept. 30*
(Tuesday and Thursday)

Times: 7-7:30pm

Nov. 3-26* *Register by Nov. 3*
(Monday and Wednesday)

Times: 6-6:30pm
6:30-7pm

Nov. 4-27* *Register by Nov. 4*
(Tuesday and Thursday)

Times: 7-7:30pm

*No Class Sept. 1, Nov. 26, Nov. 27.

NEW! Saturday Lessons

Fee: \$21.50 R, \$24.50 NR.

Aug. 30-Sept. 20 *Register by Aug. 30*
(Saturday)

Times: 5-5:30pm
5:30-6pm

Oct. 4-25 *Register by Oct. 4*
(Saturday)

Times: 5-5:30pm
5:30-6pm

Nov. 8-29 *Register by Nov. 8*
(Saturday)

Times: 5-5:30pm
5:30-6pm

Competitive Swim Training (Ages 6-12 and Ages 13-18)

This course is designed for swimmers who have completed 401/402, and want to expand their skills into a swim team setting. Students will bridge the gap between instructional and competitive swimming by learning to improve their strokes, starts, turns, finishes, and endurance, all through interval training. Participants must be proficient in all strokes and must be able to swim laps. Location: Jim Barnett Park, Indoor Pool. Fee: \$48 R, \$54 NR.

Aug. 25-Sept. 17* *Register by Aug. 25*
(Monday and Wednesday)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Aug. 26-Sept. 18 *Register by Aug. 26*
(Tuesday and Thursday)

Times: Ages 6-12 6-6:45pm
Ages 13-18 6:45-7:30pm

Sept. 29-Oct. 22 *Register by Sept. 29*
(Monday and Wednesday)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Sept. 30-Oct. 23 *Register by Sept. 30*
(Tuesday and Thursday)

Times: Ages 6-12 6-6:45pm
Ages 13-18 6:45-7:30pm

Nov. 3-26* *Register by Nov. 3*
(Monday and Wednesday)

Times: Ages 6-10 4:30-5:15pm
Ages 11-14 5:15-6pm
Ages 15-18 6-6:45pm

Nov. 4-27* *Register by Nov. 4*
(Tuesday and Thursday)

Times: Ages 6-12 6-6:45pm
Ages 13-18 6:45-7:30pm

*No Class Sept. 1, Nov. 26, Nov. 27.

NEW! Saturday Lessons

Fee: \$24 R, \$27 NR.

Aug. 30-Sept. 20 *Register by Aug. 30*
(Saturday)

Times: Ages 6-12 4-4:45pm
Ages 13-18 4:45-5:15pm

Oct. 4-25 *Register by Oct. 4*
(Saturday)

Times: Ages 6-12 4-4:45pm
Ages 13-18 4:45-5:15pm

Nov. 8-29 *Register by Nov. 8*
(Saturday)

Times: Ages 6-12 4-4:45pm
Ages 13-18 4:45-5:15pm



In the Water

In the Water

Youth Swim Lessons

Homeschool Swim Lessons

Fee: \$43 R, \$49 NR.
Location: Jim Barnett Park, Indoor Pool

Aug. 25-Sept. 17* Register by Aug. 25
(Monday and Wednesday)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Sept. 29-Oct. 22 Register by Sept. 29
(Monday and Wednesday)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

Nov. 3-26 Register by Nov. 3
(Monday and Wednesday)

Times: Ages 3-6 2-2:30pm
Ages 7-14 2:30-3pm

*No Class Sept. 1, Nov. 26, Nov. 27.

Lifeguard Training (Ages 15+)

American Red Cross Lifeguard Training teaches participants the skills and knowledge they will need to prevent, recognize, and respond to emergencies. With successful completion, participants will be certified in Lifeguard Training/First Aid for 2 years and CPR/AED for 2 year. Attendance is mandatory at all sessions. Location: Jim Barnett Park, Indoor Pool, and Arts & Crafts Room. Fee: \$225 R, \$250 NR. Register by Oct. 22. Activity# 632234-71.

Oct. 27-Nov. 5

(Monday, Wednesday, Saturday, Sunday)
Times: Monday/Wednesday 6-10:30pm
Saturday/Sunday 9am-6pm

Private Swimming Lessons

Get Private Swimming Lessons when it's convenient for you! These lessons are now offered on a punch pass system. All you have to do is purchase a punch pass, then setup a time with one of our Swim Lesson's University Certified staff. Punch pass options are as follows:

3 Punch pass: \$57 R, \$64 NR
5 Punch pass: \$94 R, \$107 NR
7 Punch Pass: \$132 R, \$149 NR
10 Punch pass: \$188 R, \$213 NR

All punch passes are valid for one year.

Aquatics Events

Pumpkins in the Pool - Oct. 25

Try this aquatic Halloween fun! Take a swim with pumpkins in the pool! Choose your favorite pumpkin, then decorate it in the pool lobby before you go home. Children under the age of 10 MUST have an adult in the water. Oct. 25 (Saturday), at Jim Barnett Park, Indoor Pool. Fee: \$5.

Ages 3-5 9-9:30am
Ages 6-8 9:30-10am
Ages 7-10 10-10:30am
Ages 11-18 10:30-11am

Teen Swim Night (Ages 12-17)

September 12 and October 10 (Friday), 7-9pm, at Jim Barnett Park, Gymnasium and Indoor Pool. Fee: \$4.50.

Swimming with Santa (All Ages)

Whether you've been naughty or nice...bring your swimsuit and join Santa in the pool for some holiday fun and games. Children under 10 MUST have an adult in the water. Dec. 13 (Saturday), 4-6pm, at Jim Barnett Park, Indoor Pool. Fee: \$5.

Aquatics Fitness



Aqua Arthritis (All Ages)

This aquatic program is designed to help: reduce pain, decrease feelings of isolation through social interaction, and gain strength and flexibility to improve your day-to-day life. This Aquatic Arthritis Class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to exercise and stay fit.

Proven Results

The Arthritis Foundation Aquatic Program was co-developed with the YMCA. Studies show individuals attending the classes have experienced: Less pain, improved joint function, increased muscle strength, better perceived quality of life and well-being. Please join us as we prepare to help provide Winchester and more a better style of living!

On-going class starting Aug. 26 (Tuesday and Thursday), 11-11:45am, at Jim Barnett Park, Indoor Pool. Fee: Membership or Drop-In: \$5 R, \$5.50 NR.



park

improvement projects



skate pavilion
yost field
bridgeforth stadium
shawnee springs



Field Maintenance Workshop (Ages 17+)

Join Winchester Parks & Recreation and Virginia Cooperative Extension (www.ext.vt.edu) for a full day workshop and trade show centered around maintaining the turf on athletic fields. We all survive on strapped budgets, Virginia Tech faculty and industry professionals will not only teach you the basics of turf maintenance, but how to get the biggest bang for your buck as you strive to maintain a safe and healthy recreational field. Nov. 7 (Friday), 9am-3:30pm, at Jim Barnett Park, Social Hall. Fee: \$15, includes lunch. Register by Oct. 31. To register, contact Virginia Cooperative Extension - Frederick County: (540) 665-5699 or mark.sutphin@vt.edu (Payment: checks only, payable to: VCE-Frederick). Activity# 637135-01.