



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SWIM WITH CONFIDENCE

## Bridgewater YMCA Swim Lessons

Swimming is a vital life skill. Understanding water safety and how to swim minimizes the risk of drowning while building self-reliance. The Y's skilled and patient swim instructors offer lessons for all ages and abilities. Bridgewater YMCA, a branch of Somerset County YMCA, is pleased to offer its swim lessons at special pricing for **Bridgewater and Raritan residents** who are not Bridgewater YMCA members, thanks to a partnership with the Bridgewater Recreation Department.

### Program Registration

Registration begins **Monday, February 18th at 10:00am**. Space is limited, so registration is on a first-come, first-served basis. For class schedules and special pricing, please view the attached program schedule. **Spring 1 Session is from February 25 – April 20.**

To receive special pricing, Bridgewater and Raritan residents must register **in person** at Bridgewater YMCA, located at 601 Garretson Road. Please bring one completed registration form per person, proof of residency (i.e. driver's license), and arrive 15 minutes prior to closure so that our member services staff may assist you.

Bridgewater YMCA hours of operation are as follows:

**M–F:** 5:00am – 10:00pm | **Sa:** 6:30am – 7:00pm | **Su:** 9:00am – 6:00pm

### Parent Observation of Classes

Parents are encouraged to observe their child's class from the pool deck for the first and last days of the session, and are then invited to observe from the balcony. This will help your child focus on their instructor and not become distracted during their lesson.

### Swim Evaluations

If you are unsure of your child's swim level, please contact **Christina Huang** at [chuang@somersetcountyyymca.org](mailto:chuang@somersetcountyyymca.org) to schedule a complimentary swim evaluation, held Monday and Wednesday at 5:30pm.

### Class Cancellations and Changes

Class changes may be made until the beginning of the second week of class, if space allows and at the discretion of the Aquatics Director. For additional details, please review our Policies online at [www.somersetcountyyymca.org/membership/policies-procedures](http://www.somersetcountyyymca.org/membership/policies-procedures).

### Contact Information

For more information on the Y's swim lessons, please contact **Christina Huang** at [chuang@somersetcountyyymca.org](mailto:chuang@somersetcountyyymca.org) or visit our website at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).

Bridgewater Recreation Department, located at 100 Commons Way, can be reached at **908 725 6373** or online at [www.bridgewaternj.gov](http://www.bridgewaternj.gov).



# Bridgewater YMCA Swim

Which stage is best for your child? Contact **Christina Huang** at [chuang@somersetcountyyymca.org](mailto:chuang@somersetcountyyymca.org) for a complimentary swim evaluation! Bridgewater swim evaluations are held Monday through Thursday at 5:30pm.

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	TIME	DURATION	DAY	BRIDGEWATER REC
PRESCHOOL • SWIM BASICS CLASSES							
Stage 1: Water Acclimation	Develops comfort with underwater exploration and with safely exiting the pool. No prerequisite.	3	5	4:30pm	30min	M	\$168
				6:45pm	30min	T	\$168
				11:30am	30min	Sa	\$168
				10:00am	30min	Sa	\$168
Stage 2: Water Movement	Focuses on body position and control, directional change and forward movement in the water. Child should be comfortably able to go underwater, to front and back float, and to swim assisted for 10 feet.	3	5	4:30pm	30min	M	\$168
				5:00pm	30min	T	\$168
				10:30am	30min	Sa	\$168
Stage 3: Water Stamina	Introduces rhythmic breathing, swimming on back, integrated arm and leg action and swimming to safety from a longer distance. Child should be able to float unassisted, to glide off then return to the wall, and to swim on front for 20 feet.	3	5	4:30pm	30min	T	\$168
				4:30pm	30min	W	\$168
				10:00am	30min	Sa	\$168
				11:00am	30min	Sa	\$168
Stage 4: Stroke Introduction	Develops stroke technique in front and back crawl and reinforces water safety through treading water and elementary backstroke. Child should be able to swim on their front and back for 25 yards unassisted and tread water for 15 seconds.	3	5	6:00pm	30min	M	\$168
				10:30am	30min	Sa	\$168
				11:00am	30min	Sa	\$168
SCHOOL AGE • SWIM BASICS & SWIM STROKES CLASSES							
Stage 1: Water Acclimation	Develops comfort with underwater exploration and with safely exiting the pool. No prerequisite.	6	11	5:00pm	30min	M	\$168
				5:30pm	30min	M	\$168
				10:00am	30min	Sa	\$168
Stage 2: Water Movement	Focuses on body position and control, directional change and forward movement in the water. Child should be comfortably able to go underwater, to front and back float, and to swim unassisted for 15 feet.	6	11	5:00pm	30min	M	\$168
				5:30pm	30min	M	\$168
				10:30am	30min	Sa	\$168
Stage 3: Water Stamina	Introduces rotary breathing. Must be able to complete 25 yards with coordinated arm and leg movements on both front and back without stopping. Child should be able to float unassisted and be comfortable gliding under the water from the wall to the flags.	6	11	4:30pm	45min	T	\$231
				5:00pm	45min	W	\$231
				11:00am	45min	Sa	\$231
				12:15pm	45min	Sa	\$231
Stage 4: Stroke Introduction	Develops stroke technique in front and back crawl, introduces breaststroke and reinforces water safety through treading water and elementary backstroke. Child should be able to swim on their front and back for 50-75 yards (2-3 laps) unassisted and tread water for 30 seconds.	6	11	6:45pm	45min	M	\$231
				4:30pm	45min	T	\$231
				11:45am	45min	Sa	\$231

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	TIME	DURATION	DAY	BRIDGEWATER REC
Stage 5: Stroke Development	Continues work on stroke technique, teaches all major competitive strokes and reinforces water safety through treading water and sidestroke. Child should be able to swim front and back crawl for 75-100 yards (3-4 laps), have knowledge of breaststroke, and tread water for 45 seconds.	6	11	6:00pm	45min	M	\$231
				6:45pm	45min	M	\$231
				6:00pm	45min	T	\$231
				12:30pm	45min	Sa	\$231
Stage 6: Stroke Mechanics	Refines technique on all major competitive strokes, introduces competitive swimming and incorporates swimming into a healthy lifestyle. Child should be able to swim front crawl, back crawl, and breaststroke for 100 yards and have knowledge of butterfly kick.	6	11	7:30pm	45min	M	\$231
				11:30am	45min	Sa	\$231
				12:30pm	45min	Sa	\$231
				1:15pm	45min	Sa	\$231
Stage 7: Stroke Endurance	Improves stroke technique and utilizes longer distance swimming to build endurance. Child should be able to swim front crawl, back crawl and breaststroke for 100 yards with little correction and be able to complete 50 yards of butterfly kick.	8	11	5:15pm	45min	T	\$231
				7:15pm	45min	Th	\$231
				12:15pm	45min	Sa	\$231
				1:00pm	45min	Sa	\$231
Stage 8: Stroke Refinement, Starts & Turns	Explores competitive swimming to include developing swimming strokes and learning how to do starts and flip turns. Child should be able to swim all four competitive strokes for 100 yards with little correction and have basic knowledge of diving.	8	11	7:30pm	60min	M	\$274
				4:30pm	60min	Th	\$274
				1:00pm	60min	Sa	\$274
F.A.S.T	Refine your mechanics of all four competitive strokes and improve conditioning in this 2-day a week clinic.	7	10	5:30pm	60min x 2	T/Th	\$324
		11	14	6:45pm	60min x 2	T/Th	\$324
TEEN • SWIM BASICS & SWIM STROKES CLASSES							
Swim Basics: Teen	Introduces personal water safety, basic swimming skills and the fundamentals of front and back crawl. No prerequisite.	12	16	7:15pm	45min	T	\$231
Swim Strokes: Teen	Builds upon water safety skills and front and back crawl mastered in Swim Basics, while building stroke technique and introducing breaststroke and swimming for fitness.	12	16	7:45pm	45min	T	\$231
ADULT • SWIM BASICS & SWIM STROKES							
Swim Basics: Adult	Introduces personal water safety, basic swimming skills and the fundamentals of front and back crawl. No prerequisite.	17+		6:30pm	45min	W	\$231
Swim Strokes: Adult	Builds upon water safety skills and front and back crawl mastered in Swim Basics, while building stroke technique and introducing breaststroke and swimming for fitness.	17+		7:15pm	45min	W	\$231

# LIFEGUARDING

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DATE	BRIDGEWATER REC
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## LIFEGUARDING CERTIFICATION COURSE

Learn skills and knowledge needed to perform water rescue, as well as First Aid and CPR. Participants will receive American Red Cross Lifeguarding, First Aid and CPR/AED for professional rescuer certificates. Participants must be 15 years old by the end of the course and pass the pre-test\* before taking the course. Please Check [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org) for requirements. Review materials before taking course (an online link will provided once registration is completed).

<b>Pretest 1</b>	15+	Bridgewater YMCA	4:00pm	1hr	3/8	\$25
<b>Course 1</b>	15+	Bridgewater YMCA	5:00pm 10:00am 9:00am	4hr 7hr 7hr	3/8 3/9 3/10	\$350
<b>Pretest 2</b>	15+	Somerville YMCA	4:00pm	1hr	3/22	\$25
<b>Course 2</b>	15+	Somerville YMCA	5:00pm 10:00am 9:00am	4hr 7hr 7hr	3/22 3/23 3/24	\$350
<b>Pretest 3</b>	15+	Bridgewater YMCA	4:00pm	1hr	4/5	\$25
<b>Course 3</b>	15+	Bridgewater YMCA	5:00pm 10:00am 9:00am	4hr 7hr 7hr	4/5 4/6 4/7	\$350
<b>Pretest 4</b>	15+	Somerville YMCA	4:00pm	1hr	4/26	\$25
<b>Course 4</b>	15+	Somerville YMCA	5:00pm 10:00am 9:00am	4hr 7hr 7hr	4/26 4/27 4/28	\$350

## LIFEGUARDING REVIEW COURSE

Update your Lifeguard/First Aid and CPR/AED certifications. Curriculum includes testing of in-water practical skills, on-land practical skills and two final written exams. No classroom work, reading materials, or rescue equipment included.

<b>Review Course 1</b>	17+	Bridgewater YMCA	9:00am	9hrs	3/31	\$200
<b>Review Course 2</b>	17+	Bridgewater YMCA	8:00am	9hrs	4/20	\$200



## BRIDGEWATER YMCA SWIM LESSONS

### Registration Form for Bridgewater and Raritan Residents

To receive special pricing, Bridgewater and Raritan residents must register **in person** at Bridgewater YMCA, located at 601 Garretson Road.



Bring one completed registration form per person



Bring proof of residency (i.e. driver's license)



Arrive 15 minutes prior to closure so that our member services staff may assist you

Child's Full Name: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ ☐ Male ☐ Female

Parent's Full Name: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent's E-mail: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_ Work Phone Number: \_\_\_\_\_

Swim Class Name: \_\_\_\_\_ Session: \_\_\_\_\_

Day(s) of Week: \_\_\_\_\_ Start Time: \_\_\_\_\_

☐ **Accommodations:** Please check this box if participant has individualized needs due to a disability. If checked, Y staff will contact you regarding reasonable accommodations.

With any physical activity, injuries may occur. Somerset County YMCA and Bridgewater Recreation Department do not provide individual medical insurance coverage for program participants. Each participant will be covered under his/her family's medical policy. It is recommended that participants have insurance before participation. Somerset County YMCA reserves the right to cancel, alter, supplement, limit registration or change any other information without prior notice when necessary.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Participant or Parent/Guardian if under 18 years of age

### Contact Information

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**Payment is due at time of registration. Please make checks payable to "Somerset County YMCA."**

## BRIDGEWATER YMCA

A branch of Somerset County YMCA

601 Garretson Road, Bridgewater, NJ 08807  
(P) 908 526 0688

[www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)



[Facebook.com/SomersetValleyYMCA](https://www.facebook.com/SomersetValleyYMCA)



[Twitter.com/scymca](https://twitter.com/scymca)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).