Aquatic Programs



STAGE DESCRIPTIONS





SWIM

Accompanied by a parent, infants and toddlers learn infants and toddlers learn was a simple of the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddiers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.







SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim sequencing front glide, roll, back float, roll, front glide, and exit
- front glide, and exit

 Jump, push, turn, grab

1/WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

2 / WATER MOVEMENT

In stage 2, 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.

3 / WATER STAMINA

In stage 3, 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.







SWIM

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4 / STROKE INTRODUCTION

Students in stage 4 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.

5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

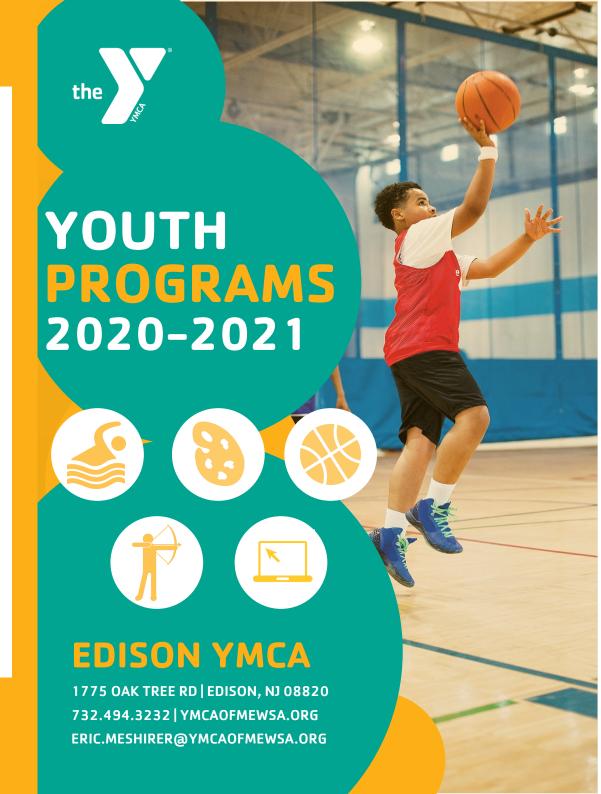
Contact Information

To register or for more information contact:

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YOUTH PROGRAMS EDISON YMCA

Every week, participants will learn new sports, games, and ideas. With experienced instructors and a safe place, kids will get to be kids, while playing and participating in something they love!

SOCCER AGES 5-12



Students will learn to pass, dribble, and shoot, while working as a team. They will also learn defensive strategies.

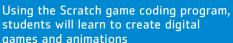
ARCHERY / **AGES 7-14**



Students will learn the basics shooting archery. Proper posture, form, and technique will be taught.

GAME CODING





ART AGES 5-12



Utilizing different mediums and paints, students will create different projects each week to complete.

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GUITAR LESSONS

AGES 7-14

Whether you are a beginner or have expirence, quitar lessons are perfect for all abilities.

BASKETBALL A **AGES 6-12**



Students will learn how to dribble and shoot. The will also learn rebounding, layups, and defense.

PING PONG **AGES 6-12**



During ping pong students will practice volleying and learning to direct shots. Mini games will also be played.

ROBOTICS & **AGES 8-16**



Building robots using Lego kits, students will be able to code the robot to accomplish different tasks.

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CHESS AGES 6-12



While being taught different strategies, students will learn basic chess and practice against other students.

STRATEGY GAMES

AGES 10-17

will be taught different games to enhance their critical thinking.

COVID -19 SAFETY

We are committed to keeping you and your child safe during this difficult time. In conjunction with local and state guidelines, we have put in place mandatory regulations to keep everyone safe in our buildina.



All staff wearing masks

Social distancing between students

Enhanced cleaning procedures

Limited class sizes

TEEN PROGRAMS

TEEN LEADERS CLUB

(Grades 7th - 12th)

Leader's Club members will gain knowledge and training that will help them to better serve others and to shape a healthy lifestyle themselves. Teens will also learn valuable skills that will help them in the classroom, community and career.

YOUTH AND GOVERNMENT

(Grades 9th - 12th)

By being a part of our Youth and Government Program, teens learn to become responsible, civic-minded citizens who will be better able to understand and get involved in political and public affairs, develop public speaking skills, improve their writing and research skills and become empowered to advocate for their beliefs.