



YMCA of the Foothills  
1930 Foothill Boulevard  
La Cañada Flintridge, CA 91011  
818.790.0123

Non-Profit Org.  
U.S. Postage  
PAID  
Glendale, CA  
Permit No.  
1608



## HOW TO SIGN UP

Online registration for Facility Members begins March 12th.  
Open Registration begins Saturday, March 17th Camp Sign Up Day

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

**Crescenta-Cañada Family YMCA** Monday-Friday, 8:00 am-8:00 pm; Saturday, 9:00 am-3:00 pm  
**Verdugo Hills Family YMCA** Monday-Friday, 8:00 am-10:00 pm; Saturday, 8:00 am-7:00 pm

**CAMP SIGN UP DAY CARNIVAL @ Both Branches**  
**Saturday, March 17, 9:00 am - Noon**  
**Sign up that day or bring your online receipt and you will receive a FREE CAMP SHIRT at either branch**

Payment Options: For your convenience, all payment transactions are done electronically by drafting from a bank account or credit card. We accept Visa, MasterCard, Discovery or American Express. Payments by check or cash are also accepted.

Forms: All necessary forms for summer camp are available online at [www.ymcafoothills.org](http://www.ymcafoothills.org) or at the Membership Office at each branch location.

Financial Aid and Scholarships: The YMCA offers financial assistance to those who qualify and live or work in our service area. Application forms for financial assistance and scholarships are available online or at the Membership Office at each branch location.

Deposits: Day camps: \$10 per session. Resident camps: \$75 per session. Please note: All deposits are NON-REFUNDABLE.



Like us on Facebook to receive camp updates and view camp photos

[facebook.com/foothillsdaycamp](http://facebook.com/foothillsdaycamp), [facebook.com/foothillsadventurecamp](http://facebook.com/foothillsadventurecamp), [facebook.com/foothillsresidentcamp](http://facebook.com/foothillsresidentcamp)

Crescenta-Cañada Family YMCA  
1930 Foothill Boulevard  
La Cañada Flintridge, CA 91011  
(818) 790-0123

Verdugo Hills Family YMCA  
6840 Foothill Boulevard  
Tujunga, CA 91042  
(818) 352-3255



# COME SAIL AWAY

CAMP SIGN UP DAY CARNIVAL  
Saturday, March 17th  
9am-Noon at both branches

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Rainbow Camp  
Kinder Day Camp  
Learning Tree Preschool  
Day Camp  
Jr High Adventure Camp  
Junior Lifeguard Camp  
Camp Oakes  
California Coast Caravan  
Camp Fox  
High School Caravan  
Theater Camp  
Gymnastics Camp  
Swim Lessons  
Family Camp



Summer Camp 2012  
YMCA of the Foothills

# FULL DAY CAMPS FOR PRE-SCHOOLERS

## Rainbow Camp

3 - 5 YEAR OLDS

Geared towards keeping your three to five year old's mind and body active, this camp includes swim lessons, gym time, music, art and science! A nurturing staff provides an environment that will give your preschooler a creative and hands-on summer experience. A nutritional snack and juice are included daily. This is one of our more popular camps and some sessions fill up quickly.

**Location: Crescenta-Cañada Family YMCA**

Dates Monday, June 18 - Friday, August 24  
Hours 7:00 am - 6:30 pm

- SESSION 1 June 18-22
- SESSION 2 June 25- 29
- SESSION 3 July 2-6\*
- SESSION 4 July 9-13
- SESSION 5 July 16-20
- SESSION 6 July 23-27
- SESSION 7 July 30-August 3
- SESSION 8 August 6-10
- SESSION 9 August 13-17
- SESSION 10 August 20-24

\*We will be closed on Wednesday, July 4th.  
Field trips subject to change.



FACILITY MEMBERS FULL TIME \$135 PART TIME \$105  
PROGRAM MEMBERS FULL TIME \$155 PART TIME \$125

### Open House

Saturday, June 16, 10:00 am to 11:00 am  
Crescenta-Cañada Family YMCA

\*Part time is any 3 days per week

Enrollment is limited, sign ups start 3/17

## Learning Tree Preschool

2 - 5 YEAR OLDS

Designed for children ages 2 to 5 years old, this program helps encourage creativity and develops social skills while being able to play, draw and pretend. Your child will also get to experience weekly field trips or an educational presentation. Our experienced, trained staff promises your child a safe, happy and terrific time. The Preschool is located onsite at the Verdugo Hills Family YMCA, complete with a play yard and magnificent shade tree.

**Unique field trips and swim lessons combine for a great summer experience for your child.**

**Location: Verdugo Hills Family YMCA**

Dates Monday, June 18 - Friday, August 24  
Hours 7:00 am - 6:30 pm

- |            |                  |                           |
|------------|------------------|---------------------------|
| SESSION 1  | June 18-22       | Camp Available at LC Site |
| SESSION 2  | June 25-29       | Travel Town               |
| SESSION 3  | July 2-6         | Jump N' Jammin            |
| SESSION 4  | July 9-13        | LA Zoo                    |
| SESSION 5  | July 16-20       | Chuck E Cheese            |
| SESSION 6  | July 23-27       | Griffith Park Ponies      |
| SESSION 7  | July 30-August 3 | Dunsmore Park             |
| SESSION 8  | August 6-10      | Kidspace                  |
| SESSION 9  | August 13-17     | Fire Station              |
| SESSION 10 | August 20-24     | On Site Show              |

\*We will be closed on Wednesday, July 4th.  
Field trips subject to change

FACILITY MEMBERS \$150  
PROGRAM MEMBERS \$165

Enrollment is limited, sign ups start 3/17



## Kinder Day Camp

ENTERING KINDERGARTEN

Kinder Day Camp is specifically designed to meet the needs of children entering kindergarten in the fall. Field trips, movement education, swimming, arts and crafts are a few of the many activities they will enjoy. Kindergarten readiness is the focus of every week. Kinder Day Camp also helps ready your child for our day camp experience.



## Supporting the potential of your little ones

### 2 Great Locations to Serve You:

#### Crescenta-Cañada Family YMCA

Extended Care 7:00-8:30 am \$20/week  
8:30-9:00 am no additional charge.  
5:00-6:00 pm no additional charge.

- |            |                  |                      |
|------------|------------------|----------------------|
| SESSION 1  | June 18-22       | Scandia              |
| SESSION 2  | June 25-29       | LA Zoo               |
| SESSION 3  | July 2-6*        | Griffith Observatory |
| SESSION 4  | July 9-13        | Movies               |
| SESSION 5  | July 16-20       | Scooter's Jungle     |
| SESSION 6  | July 23-27       | Adventure City       |
| SESSION 7  | July 30-August 3 | Long Beach Aquarium  |
| SESSION 8  | August 6-10      | Knott's Berry Farm   |
| SESSION 9  | August 13-17     | Jump n' Jamming      |
| SESSION 10 | August 20-24     | Chuck E Cheese       |

\*We will be closed on Wednesday, July 4th.  
Field trips subject to change

FACILITY MEMBERS FULL TIME \$190 PART TIME \$150\*  
PROGRAM MEMBERS FULL TIME \$210 PART TIME \$170\*  
9:00 am - 5:00 pm Monday - Friday

Orientation Wednesday, June 6, 7:00 pm  
Crescenta-Cañada Family YMCA

#### Verdugo Hills Family YMCA

Extended Care 7:00-8:30 am \$20/week  
8:30-9:00 am no additional charge.  
5:00-6:00 pm no additional charge.

- |            |                  |                           |
|------------|------------------|---------------------------|
| SESSION 1  | June 18-22       | Camp Available at LC Site |
| SESSION 2  | June 25-29       | LA Zoo                    |
| SESSION 3  | July 2-6*        | Griffith Observatory      |
| SESSION 4  | July 9-13        | Movies                    |
| SESSION 5  | July 16-20       | Scooter's Jungle          |
| SESSION 6  | July 23-27       | Adventure City            |
| SESSION 7  | July 30-August 3 | Long Beach Aquarium       |
| SESSION 8  | August 6-10      | Knott's Berry Farm        |
| SESSION 9  | August 13-17     | Camp Available at LC Site |
| SESSION 10 | August 20-24     | Camp Available at LC Site |

\*We will be closed on Wednesday, July 4th.  
Field trips subject to change

FACILITY MEMBERS FULL TIME \$175 PART TIME \$150\*  
PROGRAM MEMBERS FULL TIME \$190 PART TIME \$170\*  
9:00 am - 5:00 pm Monday - Friday

Orientation Wednesday, June 6, 6:00 pm  
Verdugo Hills Family YMCA

\*Part time is any 3 days per week

## DAY CAMPS

### Day Camp

ENTERING GRADES 1-6

**La Crescenta Location**  
Gethsemane Lutheran Church  
2723 Orange Avenue  
La Crescenta, CA 91214

**La Cañada Location**  
Paradise Canyon Elementary  
471 Knight Way  
La Cañada Flintridge, CA 91011



**Day Camp**  
**Pioneer (entering 1st-3rd)**  
**Explorer (entering 4th-6th)**

It's your summer – make it an adventure! Each week brings tons of fun and educational on-site activities, along with memorable field trips. Arts and crafts, swimming, outdoor activities and outings are all part of the fun. Half Day Camp participants will be traveling to alternative trips from those listed below.



**Monday, June 18 – Friday, August 24** **Camp Hours: 8:30am-6:00pm, M-F**

**Extended Care** 7:00-8:30 am \$20 per week

FACILITY MEMBERS	FULL TIME \$190	PART TIME \$150	Half Day Camp* (12:30-6:00 pm @ La Cañada site)
PROGRAM MEMBERS	FULL TIME \$210	PART TIME \$170	\$150
			\$170

\*Summer School students from GUSD and LCUSD permitted to join Half Day Camp  
\*Transportation from school may be included for Half Day Campers.  
\*Half Day Camps will have their own weekly calendars TBD.

#### Orientation Night

Wednesday, June 6th, 7:00 pm  
Crescenta-Cañada Family YMCA

#### Pioneer entering grades 1-3

LA Zoo  
Soak City  
Scooters Jungle  
Long Beach Aquarium  
IMAX/Cal Science  
Boomers  
Disneyland  
Knott's Berry Farm  
Pickwick Gardens  
Hurricane Harbor

#### Explorer entering grades 4-6

Wild Rivers  
Magic Mountain  
Scooters Jungle  
Knott's Berry Farm  
Boomers  
Soak City  
Disneyland  
Knott's Berry Farm  
Wild Rivers  
Hurricane Harbor

\*Session 3&7 include optional overnight trip  
\*We will be closed on Wednesday, July 4th.  
Field Trips subject to change

### Day Camp

ENTERING GRADES 1-6

**Sunland-Tujunga Location**  
Pinewood Avenue Elementary School  
10111 Silverton Avenue  
Tujunga, CA 91042



**Day Camp**  
**Pioneer (entering 1st-3rd)**  
**Explorer (entering 4th-6th)**



"Thank you for giving my child the most unforgettable camp experience. She will never forget the water games, field trips to the most amazing places in CA and her friends. Every moment for her was a new experience."

Yulia Barseghian, Mother of Anna Barseghian, 2011 Camper



**Monday, June 25 – Friday, August 10** **Camp Hours: 8:30am – 6:30pm**

**Extended Care** 7:00-8:30 am \$20 per week

FACILITY MEMBERS	FULL TIME \$185	PART TIME \$150
PROGRAM MEMBERS	FULL TIME \$205	PART TIME \$170

#### Orientation

Wednesday, June 13, 7:00 pm  
Verdugo Hills Family YMCA

#### Pioneer entering grades 1-3

Soak City  
Scooters Jungle  
Long Beach Aquarium  
IMAX/Cal Science  
Boomers  
Disneyland  
Knott's Berry Farm

#### Explorer entering grades 4-6

Magic Mountain  
Scooters Jungle  
Knott's Berry Farm  
Boomers  
Soak City  
Disneyland  
Knott's Berry Farm

\*Session 3&7 include optional overnight trip  
\*We will be closed on Wednesday, July 4th.  
Field Trips subject to change

# DAY CAMPS

## Jr. High Adventure Day Camp

ENTERING GRADES 7-9

**Adventure Camp** is an energetic, high-paced and enriching program for the Junior High student. The camp provides an excellent way to develop self confidence, responsibility and trustworthiness while making lifelong friendships. Each week staff and youth plan the camp so each day is filled with adventure. Our staff is focused on making camp a memorable experience in campers' lives.

**Adventure Camp** staff is committed to safety and education. Many activities in camp are geared toward Junior High teens. In the **Life Attitudes Program**, teens participate in discussions and learn about topics important to their development, from nature to self-esteem.



**St. Luke's of the Mountains Church**  
2563 Foothill Boulevard, La Crescenta  
June 18 - August 24

8:30 am - 6:00 pm Monday through Friday, with an extended trip day on Wednesday, returning at 8:30 pm

FACILITY MEMBERS	FULL TIME \$190	PART TIME \$150
PROGRAM MEMBERS	FULL TIME \$210	PART TIME \$170
SESSION 1	June 18-22	Magic Mountain
SESSION 2	June 25-29	Soak City
SESSION 3	July 2-6*	Sea World San Diego**
SESSION 4	July 9-13	Pinewood Elementary****
SESSION 5	July 16-20	Knott's Berry Farm
SESSION 6	July 23-27	Universal Studios
SESSION 7	July 30-August 3	Disneyland***
SESSION 8	August 6-10	Hurricane Harbor
SESSION 9	August 13-17	Disney California Adventure
SESSION 10	August 20-24	Knott's Berry Farm

\*We will be closed on Wednesday, July 4th. Field Trips subject to change.  
\*\*July 5 Optional Sea World Overnight in San Diego, California. \*\*\*August 2 Optional Overnight at Castaic Lake Campground. \*\*\*\*Camp held at Pinewood Elementary this week.

**Orientation** Monday, June 4, 7:00 pm, St. Luke's Church

**Activities include:**  
beach trips, hiking trips,  
amusement parks,  
roller and ice skating,  
sports, swimming,  
scavenger hunts,  
games and much, much more.



**Pinewood Avenue Elementary School**  
10111 Silverton Avenue, Tujunga  
June 18 - August 24

7:00 am to 6:30 pm Monday through Friday, with an extended trip day on Wednesday, returning at 8:30 pm

FACILITY MEMBERS	FULL TIME \$185	PART TIME \$150
PROGRAM MEMBERS	FULL TIME \$205	PART TIME \$170
SESSION 1	June 18-22	Camp offered at LC site
SESSION 2	June 25-29	Soak City
SESSION 3	July 2-6*	Sea World San Diego**
SESSION 4	July 9-13	Wild Rivers
SESSION 5	July 16-20	Knott's Berry Farm
SESSION 6	July 23-27	Magic Mountain
SESSION 7	July 30-August 3	Disneyland
SESSION 8	August 6-10	Raging Waters
SESSION 9	August 13-17	Disney California Adventure**
SESSION 10	August 20-24	Knott's Berry Farm

\*We will be closed on Wednesday, July 4th. Field Trips subject to change.  
\*\*July 5 Optional Sea World Overnight in San Diego, California. \*\*\*August 2 Optional Overnight at Castaic Lake Campground.

**Orientation** Wednesday, June 13, 7:00 pm, Verdugo Hills Family YMCA

## Junior Lifeguard Camp

ENTERING GRADES 7-10

Junior Lifeguard is designed to help participants build a foundation of knowledge, attitudes and skills needed to be responsible lifeguards. The camp will include field trips, exposure to pool guarding and life saving techniques. All participants will have the opportunity to be certified in YMCA Aquatic Safety Assistant, CPR and First Aid.

**Pre-requisite:**

**Ability to swim front crawl for 100 yards continuously while breathing to front or side, ability to tread water for 3 minutes using arms and legs, ability to submerge and swim a distance of 10 ft underwater.**

Monday-Friday 9:00 am-5:00 pm  
Crescenta-Cañada Family YMCA

\$185 FACILITY MEMBERS  
\$205 PROGRAM MEMBERS

July 30 - August 3  
August 6 - August 10

**Orientation** Tuesday, July 24, at 7:00 pm, Crescenta-Cañada Family YMCA.



## Opportunities for Youth Development

Opportunities to grow and lead

ENTERING GRADES 8-12

Students 13 years old and up can apply to be volunteer leaders. We provide training and experience.

Camp	Date	Position	Entering Grades
Rainbow & Kinder Camps (CCY only)	Sessions 2 - 10	C.I.T.	8-11
Day Camp	Sessions 2 - 10	C.I.T.	9-11
Adventure Camp	Sessions 2 - 10	C.I.T.	10-12
Camp Oakes	June 23 - 30	Y-LD Ones	8-10
Jr. High Camp Fox	July 8-14	YALP	10-12
School Age Fox	July 15 - 21	F.L.Y.T.E	9-11
Southwest Caravan	July 30 - August 3	C.I.T	10-12

**C.I.T.**

**Counselor-In-Training** program offers youth the opportunity to work with a variety of camps and ages. Camps include: Rainbow Camp (3 - 5 years old) to Adventure Camp (15 years old). All day camps have a C.I.T. program. Day Camps run Monday through Friday 9:00 a.m. to 5:00 p.m.

**YALP / F.L.Y.T.E.**

**YALP and F.L.Y.T.E.** are intensive trainings at Camp Fox on Catalina Island that include an overnight backpacking trip on the island. These programs are excellent experiences for future counselors and leaders. Camp costs are required of participants prior to attending camp.

**Y-LD Ones**

**Youth Leadership Development** is an exciting leadership training program. Participants have the opportunity to learn innovative techniques as well as participate in mountain camp activities including an overnight hike. This is an excellent building block for future counselors. Camp costs are required of participants prior to attending camp.

**Applications will be available at the YMCA on March 17th. Interviews for Resident Camp May 7th. Day Camp Interviews May 9th.**

**Sign up now and come live the adventure!**

## AWAY/RESIDENT CAMPS

### Camp Oakes Near Big Bear Lake

ENTERING GRADES 3 – 7

**Camp Oakes** is located 10 miles from Big Bear Lake among giant trees and grassy meadows. Enjoy all of the adventures of being in the mountains including horseback riding, canoeing and gazing at the stars at Camp Oakes' observatory. Campers join their trained counselor and 8-10 other boys or girls in a cabin where they explore fun activities and opportunities to grow each day.

**Saturday, June 23 – Saturday, June 30**

\$405 FACILITY MEMBERS

\$445 PROGRAM MEMBERS Fees include camp t-shirt and photo

**Orientation Night** Tuesday, June 19, 7:00 pm  
Crescenta-Cañada Family YMCA



**Horseback Riding • High & Low Ropes Course • Rock Wall • Hiking  
Swimming Pool • Evening Campfire Program • Canoeing  
YMCA Leather/Rag Program • Dance • Arts & Crafts • Overnight Camp Out  
Character Development • Archery & Rifle Range • Observatory**

### High School Caravan

ENTERING GRADES 9 – 12

High school caravan is perfect for the student who is looking to spend some fun in the sun. This particular camp is geared towards the high school student who is still craving the Y-Camp experience. Students will be sleeping under the stars (and in ear shot of crashing waves), preparing meals, setting up tents, and have the chance to experience or continue the YMCA Rag program.



**Monday, August 6 – Friday, August 10**

\$380 FACILITY MEMBERS

\$407 PROGRAM MEMBERS

**Orientation Night**

Monday, July 30, 7:00 pm, Crescenta-Cañada Family YMCA

### California Coast Caravan

ENTERING GRADES 6 – 9

Each day the caravan stops in a different locale and conducts a variety of outdoor activities. Campers pitch tents, prepare meals, build campfires, tell stories and sing songs.

This trip will cover more than 760 miles of dynamic California coastline. Stops will include: Morro Bay, Monterey, San Francisco, Cambria, Big Sur, Santa Barbara, and our traditional Malibu.

**Monday, July 30 – Friday, August 3**

\$362 FACILITY MEMBERS

\$402 PROGRAM MEMBERS

**Orientation Night** Tuesday, July 24, 7:00 pm Crescenta-Cañada Family YMCA.

## CATALINA ISLAND

### School Age Camp Fox

ENTERING GRADES 3 – 7

An entire week on Southern California's only island oasis, Camp Fox on Catalina Island. Whether your camper stays in the villas or in the cabins, the Pacific Ocean is no more than a few steps away.

**School Age Fox** includes the fun of beachfront swimming, marine lab, tide pools, fishing, leather program, archery, beach volleyball, hiking, frisbee golf, basketball, arts and crafts, morning/evening activity period, nighttime campfires, YMCA Rag and leather program!

**Sunday, July 15 – Saturday, July 21**

\$497 FACILITY MEMBERS

\$537 PROGRAM MEMBERS

Fees include camp T-shirt and an 8"x10" color camp photo.

**Orientation Night**

Tuesday, July 10, 7:00 pm, Crescenta-Cañada Family YMCA



### Jr. High Camp Fox

ENTERING GRADES 6 – 9

**Camp Fox** on sunny Catalina Island is the place for swimming, campfires, marine lab, tide pools, hiking, kayaking, high ropes course, chapels and more!

**Jr. High Camp Fox** is for boys and girls entering 6-9th grades. Dance under the stars, enjoy great food, participate in team competitions, earn a YMCA Rag and join our enthusiastic staff for an unforgettable experience.



**Sunday, July 8 – Saturday, July 14**

\$497 FACILITY MEMBERS

\$537 PROGRAM MEMBERS

Fees include camp T-shirt and an 8"x10" color camp photo.

**Orientation Night**

Monday, July 2, 7:00 pm, Crescenta-Cañada Family YMCA

### Family Camp at Camp Fox

ALL AGES

Bring your family together for a weekend of fun at beautiful Camp Fox, located on Catalina Island. This island paradise provides a relaxing setting along with fun-filled activities such as kayaking, swimming, fishing, archery, paddle boards, high ropes course, snorkeling and beach volleyball. This is a great opportunity to connect with your family and build relationships with others.

**Friday, August 24 – Sunday, August 26**

\$195 (11 years old and up)

\$160 (3-10 years old)

\$45 (2 and under)

**Orientation Night** Thursday, August 16th, 7:00 pm, at the Crescenta-Cañada Family YMCA



"Camp Fox was a life changing experience for me and one of the best weeks I have ever had. I made so many new friends who I still keep in touch with today."

Makayla Rabago

## Gymnastics Summer Camp

Crescenta-Cañada Family YMCA

Gymnastics Summer Camp is designed to enhance campers' skills in basic to advanced levels of gymnastics. Camp will cover skills on floor exercise, rings, vault, uneven bars, balance beam and tumble track. In addition to our gymnastics training, campers will enjoy many fun, stimulating group games and activities including swimming and dance.

Hours Monday-Friday 9:00 am-3:00 pm

Session I Monday, July 9 - Friday, July 13  
 Session II Monday, July 16 - Friday, July 20  
 Session III Monday, July 30 - Friday, August 3

Fees \$175 FACILITY MEMBERS  
 \$195 PROGRAM MEMBERS



Boys and Girls Ages 7 - 13

## Cheer/Dance Camp

Crescenta-Cañada Family YMCA

Kids, ages 7-13 of all levels, will have a blast developing their dance and cheer skills. They will learn the latest in cheerleading, including chants, kicks, jumps and tumbling. Plus, they'll keep moving with high energy hip-hop routines taught by dynamic instructors. Campers will perform on the last day.

Hours Monday-Friday 9:00 am-3:00 pm

Session Monday, July 23 - Friday, July 27

Fees \$175 FACILITY MEMBERS  
 \$195 PROGRAM MEMBERS

Boys and Girls Ages 7 - 13

## Theater Camp

Crescenta-Cañada Family YMCA

Campers will have a chance to be silly and let their personality shine. They will learn all aspects of theater including: acting, staging, prop making and costuming. No experience is necessary and there will be a performance on the last day.

Hours Monday-Friday 9:00 am-3:00 pm

Session Monday, June 25 - Friday, June 29

Fees \$175 FACILITY MEMBERS  
 \$195 PROGRAM MEMBERS

Boys and Girls Ages 7 - 13



## Summer Swim Lessons

The Crescenta-Cañada & Verdugo Hills Family YMCAs offer year round swim lessons in our heated indoor pools. The group lessons are small to ensure the safety and progress of your child. Our experienced staff makes sure that all swimmers participate in a joyful and friendly environment. We teach children 6 months and up.

SPLASH WEEK teaches basic swimming skills and water safety techniques along with the YMCA four core values: honesty, caring, respect, and responsibility.

VHY Splash Week 4/2-4/6  
 CCY Splash Week 4/9-4/13  
 Registration 3/23-4/9

### SWIM LESSONS

Crescenta-Cañada Family YMCA  
 Verdugo Hills Family YMCA

April Morning lessons not offered in month of April  
 M/W Lessons 4/2-4/25 (Registration 3/23-4/6)  
 T/TH Lessons 4/3-4/26 (Registration 3/23-4/6)

May Registration 4/20-5/12  
 M/W Lessons 5/2-5/30  
 T/TH Lessons 5/3-5/29  
 Sat Lessons 5/5-6/30

June Registration 5/25-6/8  
 M/W Lessons 6/4-6/27  
 T/TH Lessons 6/5-6/28

July Registration 6/22-7/14  
 M/W Lessons 7/2-7/30  
 T/TH Lessons 7/3-7/31  
 Sat Lessons 7/7-8/25

Aug Registration 7/20-8/6  
 M/W Lesson 8/1-8/29  
 T/TH Lesson 8/2-8/30

Dallies (CCY Only)  
 Session #1 7/9-7/20 Reg. 6/22-7/13  
 Session #2 7/23-8/3 Reg. 7/18-7/27  
 Session #3 8/6-8/17 Reg. 8/01-8/10  
 Session #4 8/20-8/31 Reg. 8/15-8/24

BEGINNERS & ADVANCED WATER POLO - CCY ONLY  
 Sat - 5/6 - 6/25 (Reg. 4/20 - 5/12)  
 Sat - 7/7 - 8/27 (Reg. 6/22 - 7/14)

FACILITY MEMBERS \$65  
 PROGRAM MEMBERS \$110

### GROUP LESSONS

FACILITY MEMBERS	
CCY: \$53	\$98
VHY: \$40	\$85

VHY FACILITY MEMBERS	PROGRAM MEMBERS
Private: \$25	\$30
Semi-private: \$35	\$40

CCY FACILITY MEMBERS	PROGRAM MEMBERS
Private: \$27	\$35
Semi-private: \$40	\$45

### SWIM CLASS PROGRESSION

**Parent/Child:** 6-36 Months

**Shrimp:** 6 mo-2 years

**Perch:** 2-3 years

**Preschool:** 3-5 year olds

**Pike:** Non-Swimmer

**Eel:** Advance Beginner

Entry Skills - prone float 3 seconds, blow bubbles, flutter kick 10 ft. with kick board, swim unaided for 5 ft.

**Ray:** Intermediate

Entry Skills - prone float 6 seconds alone, swim paddle stroke 15 ft., back float 6 seconds, jump/turn around, and swim back to wall.

**Starfish:** Advanced

Entry Skills - back float 10 seconds, swim arms and kick 20 ft. with breathing in water over 6 ft. in depth, kick and fining on back 6ft., jump into deep water and swim 10ft.

**By Age Groups and Entry Level Skills Required.**

**Youth:** 6 - 12 year olds

**Polliwog:** Non-Swimmer

**Guppy:** Advanced Beginner

Entry Skills- water adjustment, floating back and front, front glide, front/back flutter kick, paddle stroke, rhythmic breathing.

**Minnow:** Intermediate

Entry Skills- floating, somersaults/front/back, treading, back crawl 25 yds., diving, wet ball throw.

**Fish:** Intermediate Advanced

Entry Skills- survival floating, front crawl 25 yds., back crawl 25 yds., diving, breast stroke, side stroke, synchro skills.

**Flying Fish:** Advanced

Entry Skills-survival floating, treading water, masks and fins, elementary back stroke 50 yards., front crawl 50 yds., back crawl 50 yds., butterfly 15 yds., side stroke.

**Shark:** Advanced II

Entry Skills- kip, crawl, butterfly, breast stroke 100 yds., individual medley 200 yds., diving, snorkel.

**Porpoise:** Advanced II

Entry Skills- polo skills, front start, breast stroke start and turn, front flip turn, back open turn, back crawl, lifesaving medley.