

The Education Enquirer for Parents

Provided By: The Early Learning Coalition of Manatee County

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Executive Director, Paul Sharff



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Important Dates

- ◆ Rays at the Central Library, June 8th, 9:30-10:30, 748-5555
- ◆ Little Bookworms Storytime with Granny Goose, June 12th, 12:30, 907-3808
- ◆ Little Bookworms, Music is Instrumental, June 20th, 1pm, 907-3808
- ◆ Father's Day, June 21st
- ◆ Independence Day, July 4th
- ◆ Snooty's Birthday Party, July 18th, South Florida Museum, 10a-4p
- ◆ First Day of School, August 24th
- ◆ Ongoing: storytime at Manatee County Library locations, 748-5555
- ◆ Saturday Dog Day, alternating Saturdays, 9-12, Nate's Place Adoption Center, 302-0933
- ◆ Farmer's Market, Downtown Bradenton, Saturdays, 9:00 am

Water Safety

(usa.safekids.org)



Did you know that children can drown in as little as one inch of water?

Drowning is the second leading cause of accidental death among children ages 1 to 14.

Children can drown in a variety of circumstances – during water recreation (such as swimming and boating) or when a young child is left unsupervised for even seconds in the bathtub or around the home with access to pools and hot tubs.

A child can drown in as little as one inch of water, and drowning is usually quick and silent. A child will lose consciousness two minutes after submersion, with irreversible brain damage occurring within four to six minutes.

Parents and caregivers need to understand the dangers of drowning and know the proper steps to take to protect children.

Following are some safety tips for parents.



Pool and Hot Tub SAFETY Checklist

Never take your eyes off of children in the pool — even for a moment!

If you're in a group, appoint a designated "water watcher," taking turns with other adults.

While supervising, stay alert and avoid distractions like reading or the telephone.

Teach children to swim after age 4.

Teach children how to tread water, float and get out of the pool.

Tell children to stay away from pool and hot tub drains.

Tie up long hair securely to guard against drain entanglement.

Don't rely on water wings or other inflatable toys. If your child can't swim, stay within an arm's reach.

Never dive in water less than nine feet deep.

If you find a drain cover that is loose, broken or missing, notify the owner or operator and do not enter the pool or hot tub.

Keep gates to the pool area latched. Learn infant and child CPR.

Look for lifesaving equipment by the pool.

Local aquatic/swim program information can be located in the back of the newsletter.

Remember to use sunblock!

Listening Games & Activities to Promote Phonological Awareness

1.) Throughout the day, *converse* with children about the environmental sounds they hear. "Do you hear the phone ring? Someone's calling on the telephone. Listen again. (wait and listen). Did you hear that sound? It's the telephone. Someone is calling us."

2.) Create a "Noisy Box" and explore sound-making materials. Gather everyday materials in a cardboard box- (spoons, clock ticking, paper crumpling) and musical instruments (drums, xylophones, bells) and young children can explore and begin to identify various sounds with objects from the box. Of course, as always, look for items that are "I/T (Infant/Toddler) friendly" for children under age 3. Change out items in the Noisy Box weekly. Add stuffed animals to introduce animal sounds- Moo, Quack, Oink!

3.) *Matching Sounds*- Collect 8 small boxes- such as jewelry boxes that rings or bracelets come in. All boxes should look alike- same size and color (you can cover mismatched boxes with contact paper or use the attached template to make your own boxes by cutting out and taping together). Fill 2 boxes with the same "sound" (a jingle bell, 3 marbles, a stone, or any noise-making materials). Place the same color dot on the bottom of the matching boxes. For example, the 2 boxes that both have bells- should both have a green dot on the bottom. Fill all 8 boxes with 4 "sounds" to match. Children can match the sounds based on hearing and then check the colored dots on the bottom to confirm their matches. The older the child, the more sounds they can compare. You can also change out the sounds from time to time to keep the activity fresh.

4.) *Fun Read-Aloud Stories*- All Children (and those young at heart) from Birth to age 99, love to hear a good story read aloud. While most stories build good listening skills, here are a few we recommend that highlight various phonological skills- such as sounds, alliteration, rhyming, etc. Children's poetry and nursery rhymes also make excellent choices for read- alouds.

"Click, Clack, Moo: Cows that Type" by: Doreen Cronin & Betsy Lewin

"Down by the Bay" by: Raffi- (song also)

"Six Sleepy Sheep" by J. Gordon

"We're Going on a Bear Hunt" by Michael Rosen

"Alligator Arrived with Apples" by Crescent Dragonwagon

"Is Your Mama a Llama?" by Deborah Guarino & Steven Kellog

"The Napping House" by Audrey and Don Wood

"Time for Bed" by Mem Fox & Jane Dyer

"Jamberry" by Bruce Degen

"Silly Sally" by Audrey Wood

5.) *A Listening Walk*- " We're going on a Listening Walk. Shhhh. Do not talk. Do not hurry. Get ready to fill your ears with a world of wonderful and surprising sounds." Children of all ages will enjoy hearing the book "The Listening Walk" by Paul Showers and then enjoy participating in their own listening walk- whether in strollers or on their own sneakered feet.

Enjoy the beautiful spring weather outside and listen to birds, dogs, cars, machines, people, etc. When you arrive back from your listening walk, discuss what was heard.

For 2s and up: Extend the activity and include some math skills by recording what you heard on a chart. Included below are some clip art pictures for teachers to create an Experience Chart or graph based on what sounds children heard.



The Benefits of Reading to Young Children

(www.school.familyeducation.com)

Reading to young children is one of the very best things that parents can do for them. Infants will delight in being cuddled and hearing the calming voices of their parents even though they don't understand the words. Soon they'll associate reading with attention, love, and pretty pictures.

As children get older, parents can introduce them to picture books and nursery rhymes. Even at a young age, they will be starting to learn a lot about reading. They'll discover that books are read from front to back and that pictures stand for real objects. As you continue to read to them and introduce them to stories, they'll find out that the print on the pages stands for words and that pages are read from top-to-bottom and left-to-right. Reading to young children is excellent preparation for formal reading instruction in school.

So much of the intelligence children will ultimately have is developed before they even get to kindergarten. When you read to them, you are building pathways in their brains needed for successful reading experiences. They will be developing auditory perception that allows them to think about how words sound. Furthermore, reading stimulates children's language development as they are like little sponges imitating everything they hear. Listening to stories will enhance their vocabularies and help them use longer sentences. Another wonderful plus in reading to children is that it increases their attention spans and ability to focus to what is being said. In addition, reading makes children more curious - a trait that must be fostered in young children or they will never acquire it. And of course, their knowledge of the world will expand.

More than anything else, reading to young children gives them a desire to read. Many children who are read to begin reading on their own without any formal instruction.

VISIT YOUR NEAREST LIBRARY THIS SUMMER!



Recommended Reading

[Kipper's Book of Colors](#) by Mick Inkpen
[Kipper's Book of Numbers](#) by Mick Inkpen
[Hug](#) by Jez Alborough
[Chicka Chicka Boom Boom](#) by Bill Martin Jr.
[Noah's Big Boat: A Lift-the-Flap Bible Book](#) by Allia Zobel Nolan
[The Foot Book: Dr. Seuss's Wacky Book of Opposites](#) by Dr. Seuss
[Is Your Mama a Llama?](#) by Deborah Guarino
[What Do You Do With A Potty? An Important Pop-up Book](#) by Marianne Borgardt
[The Very Hungry Caterpillar](#) by Eric Carle
[Clap Your Hands board book](#) by Lorinda Bryan Cauley
[The Mitten Board Book Edition](#) by Jan Brett
[Elmo's Big Lift-And-look Book \(Great Big Board Book\)](#) by Anna Ross
[My First Spanish Word Board Book/Mi Primer Libro de Palabras en Espanol \(My First series\)](#) by DK Publishing

Fourth of July

Patriotic Punch Picnic Pops

Ingredients:

2 cups apple juice
4 cups strawberries, fresh or frozen
4 cups blueberries, fresh or frozen
2 popsicle molds
12 paper cups
12 popsicle sticks

Directions:

Whirl together half the apple juice with the strawberries in blender. Pour liquid into molds or cups, filling half full. Insert sticks and freeze for two hours.

Whirl together remaining apple juice with blueberries in blender. Add liquid to molds or cups that contain the strawberry mixture, filling to the top. Freeze for two more hours.

When firm, remove from freezer, remove from molds or peel off cups, and serve.

Variations: Alternate the red and blue layers 4 times instead of 2 times. Add a white layer using lemonade or coconut juice. Tip: To keep sticks upright before the liquid freezes, cover each paper cup with foil and insert stick through the hole cut in the top.

Way up in the Sky

Sung to: "Row, Row, Row Your Boat"

Wave, wave, wave the flag,
Hold it very high.
Watch the colors gently wave,
Way up in the sky.

March, march, march around,
Hold the flag up high.
Wave, wave, wave the flag,
Way up in the sky.



Wave a Little Flag

Sung to: "I'm a Little Teapot"

Wave a little flag,
Red, white and blue.
Our country belongs
To me and you.
So, all together we can say,
"Happy Independence Day!"

American Flag Cookies

Ingredients:

1 cup margarine
1 egg white -- whipped
2 teaspoons pure vanilla extract
2 1/2 cups unbleached flour
1 1/2 cup sugar
1 1/2 teaspoon baking powder
1 teaspoon Red food coloring
1 teaspoon Blue food coloring

Directions:

Preheat oven to 350.

In a mixing bowl, combine margarine, egg white, and vanilla extract.

In a separate bowl, combine flour, sugar, and baking powder. Mix wet ingredients with dry until just until moistened. Divide cookie dough into three equal portions. Tint 1 portion with the red food coloring; and another portion with the blue food coloring. Mix thoroughly

Form each portion into long bars and stack bars on top of each other using alternating colors (red, white, blue).

Wrap finished cookies in waxed paper and place in the refrigerator for about an hour.

Cut cookies into 1/4" thick bars. Place on greased baking sheet and bake for 10 to 12 minutes.

(www.cdktichen.com)



Attend your local fireworks display!

ELC PROGRAM INFORMATION

Child Care Resource and Referral

Anyone looking for child care in Manatee County can contact the CCRR Program for customized listings of child care programs. This is a free service for families and child care providers.

VPK

Will your child be 4 on or before September 1st? If so, they are eligible for free Voluntary Prekindergarten (as long as they've not already participated in VPK). Contact the ELC for enrollment information.

School Readiness

Eligible families can receive financial assistance for child care. Currently, there is a waitlist. You can apply by contacting our office and requesting a waitlist application. These applications are also on our website under "documents".

We have a lot of information for you on our website. Check it out!

We're on the Web!
www.elc-manatee.org



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Please visit our partner's
website too for more
program information:
<http://www.familypartnership.org>

Outdoor Science

BUBBLE MANIA www.familyfun.com

If you think science happens only in a laboratory, you've got to get out more. The great outdoors is filled with opportunities to learn about the laws of physics, chemistry, aerodynamics, and more. And you don't need expensive or fancy equipment to take advantage of them. Just check out these amazing experiments and create your own Bubble Mania and Solar S'mores. All it takes to pull them off is a few household supplies, some scientific curiosity, and a little piece of the world outside your front door.

CRAFT MATERIALS:

8 ½ X 11 inch sheet of card stock

Tape

Scissors

Bowl and spoon

1 cup plus 2 Tablespoons water

2 Tablespoons dishwashing liquid

2 Tablespoons glycerin (sold at craft
and drug stores)

Plastic drinking straw

1. Make a bubble blower by rolling the card stock into a cone and securing it with tape
2. In the bowl, gently stir together the water, dishwashing liquid, and glycerin, and you're ready to perform the following tricks.
3. Trick 1 -- **The Unpoppable Bubble:** Dip the wide end of the cone into the bubble solution and hold it there for a few seconds to absorb the mixture. Tap off the excess liquid and then quickly dip the cone again. With the cone pointed toward the ground, gently blow a large bubble. Leave it attached to the end of the cone, using your finger to cover the cone's tip.
4. Now stick the point of the scissors into the bubble. It should pop instantly. Try it again, but this time first dip the scissor points into the bubble solution. They should pass right through the bubble's "delicate" skin without breaking it. **What's Happening:** There are two main ways a bubble pops. The first is when its watery wall evaporates (adding some glycerin to the bubble solution slows down this process). The second is when something dry tears a hole in the wall, as when you poke it with the bare points of a pair of scissors. Dipping the blades into the bubble solution beforehand, however, gives them liquid edges, and the bubble wall simply flows around them.
5. Trick 2 -- **Inside-Out Bubbles:** Blow a large bubble as you did in the first trick.
6. Dip the plastic drinking straw into the liquid (be sure to wet at least 2 inches of it). Insert the end of the straw into the bubble and gently blow to create one or more smaller bubbles inside it.
7. Then watch. The interior bubbles will pass through the skin at the bottom of the large bubble and cling to the outside. **What's Happening:** As with the scissors, coating the straw with solution allows you to insert it in the big bubble and blow smaller bubbles inside. But why don't those small bubbles stay in there? Because their proportion of air to liquid is smaller than the bigger bubble's, they are denser. Consequently, they sink and fall through the bottom of the bigger bubble. Still, they don't weigh quite enough to break free completely, so they simply hang in place.

Toy Recall Information

<http://www.cpsc.gov/cpscpub/prereel/category/toy.html>



Outdoor Science Cont'd

SOLAR S'MORES (www.familyfun.com)

CRAFT MATERIALS:

- Large pizza box
- Pencil and ruler
- Craft knife
- Aluminum foil
- Scissors
- Glue stick
- Black construction paper
- Clear packing tape
- Clear plastic (we used 2 sheet protectors, available at office supply stores)
- Graham crackers, chocolate bars, and marshmallows
- Stick or dowel

Time needed: About 1 to 2 Hours

1. On the top of the pizza box, draw a square that is an inch smaller than the lid all the way around. Use the craft knife (adults only) to cut through the cardboard along three sides, as shown, and then fold the cardboard up along the uncut line to form a flap.

2. Glue aluminum foil, shiny side out, to the bottom of the flap, keeping it as wrinkle-free as you can.



3. Glue another piece of foil to the inside bottom of the box, then tape black construction paper on top of the foil.

4. Tape clear plastic to the underside of the lid to seal the opening created by the flap. For the best results, the seal should be as airtight as possible.

5. Place your oven outdoors in direct sunlight with the flap opened toward the sun. For each s'more, center two graham crackers on the construction paper. Top one with chocolate and the other with a marshmallow. Close the box and then use a stick or dowel to prop the flap open at the angle that reflects the most sunlight into the box (check it periodically to adjust the angle).

6. Within an hour (or sooner if it's a really hot day), the chocolate squares and marshmallows should melt enough to assemble into s'mores.

What's Happening: If you've learned about the greenhouse effect, you may have already guessed how the oven works. The foil flap gathers sunlight and reflects it through the plastic and into the oven, doubling the amount of incoming light. The black paper absorbs the light and converts it to heat, and the clear plastic allows the sun to shine in while keeping all that heat from escaping. (In the greenhouse effect, atmospheric gases allow sunlight to pass through to the earth's surface but keep the heat it generates from escaping back into space.) As more light hits the black paper, more heat is created and trapped. After an hour or so on a sunny day, the oven can be as hot as 275 degrees -- hot enough to melt chocolate and marshmallows.



William G. Selby & Marie Selby Foundation Swimming Pool

NATIONAL YMCA SWIM PROGRAM: Please register your child in the appropriate age group commensurate with their skills. For all advanced placements, the child must have passed the appropriate preceding level. Please do not ask to have your children placed at a level for which they are not prepared as this will impair their confidence and reduce their developments as a swimmer. The YMCA Progressive Swim program is designed to build on essential skills to reach the optimal level.

PARENT/CHILD (6mth-24mth)

(01aqpc) This class is for children and parents. It provides water enrichment, adjustment, and basic fundamentals of swimming. This class uses

songs and play to develop trust and confidence in the water. Children must wear swim diapers.
Monday 6:00pm-6:30 pm;
Tuesday 9:30am-10:00 am
Saturday 12:00pm-12:30 pm

PRESKIPPERS (2-3yrs)

(02aqpre) This is a transition stage in which 2 and 3 year olds who have completed the parent child class begin to learn to swim without a parent in the water. Must have permission from Aquatic Dept. before registering for this class. **Monday, 9:30am-10:00 am; Tuesday 4:30 pm-5:00 pm; Thursday 4:30 pm-5:00 pm**
Saturday 12:00 pm-12:30 pm

PIKE (3-5yrs)

(01aqpike/e) This class is designed for 3 to 5 year olds who have no water experience or very little swimming ability. In this class children progress at their own rate by learning basic swimming skills, including putting the face in the water, kicking, floating front crawl and back crawl. This class also teaches basic rules of safe swimming. **Monday 10:00 am-10:30 am; Monday 5:00 pm-5:30 pm; Tuesday 5:00 pm-5:30 pm; Thursday 5:00 pm-5:30 pm; Saturday 11:30 am-12:00 pm**

EEL (Intermediate 3-5yrs)

(01aqpike/e) This class is designed for 3 to 5 year olds who have passed the pike requirements. In this class children improve upon basic swimming skills already acquired, including putting and keeping the face in the water while swimming, kicking, floating, front crawl, and basic crawl. **Monday 10:30 am-11:00 am; Monday 5:30 pm-6:00 pm; Tuesday 5:00 pm-5:30 pm; Thursday 5:00 pm-5:30 pm; Saturday 11:30 am-12:00 pm**

RAY/STARFISH (Advanced Level 3-5yrs)

(01aqray/st) **NO BUBBLES!** These are the 2 advanced levels of the YMCA Skipper Program. This is an advanced level that works on building endurance, learning the elementary backstroke, back crawl, front crawl with breathing, and treading water while learning basic water safety skills. **Tuesday 5:30 pm-6:00 pm; Thursday 5:30 pm-6:00 pm**
Saturday 12:30 pm-1:00 pm; * Monday 11:00-11:30 am
(Summer only)

Registration dates:

Session 1: Members: May 18th, 2009, Others: June 1st, 2009
Session 2: Members: July 6th, 2009, Others: July 13th, 2009
Session 3: Members: August 24th, 2009. Others: Sept. 7th, 2009
Session 4: Members: Oct. 19th, 2009. Others: Oct. 26th, 2009

Session Dates:

Session 1: June 8th – July 18th, 2009 (1st Summer Session)
Weekday Classes Run: June 8th – July 18th, 2009
Saturday classes Run: June 6th – July 18th.

*No class on July 4th.

Session 2: July 20th- August 29th, 2009 (2nd summer session)
Session 3: Sept. 14th – Oct. 24th
Session 4: Nov. 2nd – Dec. 19th

No classes during Thanksgiving Week

Fees:

Members: FREE

Non-Members: 30 minute classes: \$55.00 (6 lessons)

45 minute classes: \$ 60.00 (6 lessons)

30 minute Pre-Skipper Class: \$60.00 (6 lessons)

**POLLIWOG (Beginner 6yrs & up)**

(01aqpoll) Beginning level of the YMCA national progressive swimming program for children 6 years of age and up who have no water experience or very little swimming ability. Children will learn to float and use the basic crawl stroke.

Tuesday 6:00pm-6:45pm;
Thursday 6:00 pm-6:45pm;
Saturday 9:45 am-10:30 am;
***Monday 6:00-6:45pm**
(Summer only)
***Thursday 9:00- 9:45am**
(Summer only)

GUPPY (Intermediate 6yrs & up)

(01aqgup/mn) These are the next two levels of the National YMCA progressive swimming program for intermediate

swimmers. Children will refine their crawl stroke with rhythmic breathing, learn the back crawl and elementary backstroke, and build the endurance to swim longer distances. Survival techniques such as treading water, survival floating and other basic water safety skills will also be taught. As they progress, the breast stroke and sidestroke skills will be introduced.

Tuesday 6:00-6:45pm; Thursday 6:0-6:45pm; Saturday 10:30-11:15am; *Thursday 9:45-10:30am (Summer only)

MINNOW/FISH/FLYING FISH/SHARK (Advanced 6yrs & up)

(01aqminff) These are high intermediate and advanced levels of the YMCA National Progressive Swimming Program. At these levels children will build endurance and work to perfect all strokes. By the time they complete these levels a child will be able to swim 100 yards of front crawl with breathing, breaststroke, elementary backstroke, back crawl, and sidestroke. Additional skills will include butterfly stroke, water survival skills and other safety techniques. **Tuesday 6:45 pm-7:30 pm; Thursday 6:45 pm-7:30 pm; Saturday 9:00 am-9:45 am;**

***Thursday 10:30-11:15 am** (Summer only)

**PRE-TEEN/TEEN SWIM CLASS**

(01aqteen) This class is designed for 11-15yrs. old who are just learning to swim or may know how but need to learn or improve their strokes. Class will be divided according to ability. **Mondays, 7:00pm-7:45pm.**

ADULT (ages 14 & up)

(01aqadult) It's never too late to learn how to swim! Small classes with individualized attention. **Tuesday, 7:30-8:15pm or Thurs., 11:00-11:45am**

*If you are new to the program and are unsure about what level to start at, please contact Deb Mortonson to schedule a swim test.

PRIVATE LESSONS (Ages 3 & up)

(01aqprivate) One-on-one private swim lessons with a certified swim instructor. **Contact the Aquatic Department to schedule an appointment.**

FEE:

Members, 6 1/2 hr. lessons \$120.00

All others, 6 1/2 hr. lessons \$180.00

“BARRACUDAS” SWIM TEAM

(01aqswimteam) Love to swim and compete in a fun and non-threatening environment? If yes, join the team!

Ages 8 and under must be able to swim 1 length of the pool (Free, Back).

Ages 9 and older must be able to swim 2 lengths of the pool. If any questions, contact Deb Mortonson, 792-7484 ext. 105

REGISTRATION BEGINS:

August 17th

CLASSES HELD:

Monday & Wednesday

(September 14th – November 19th, 2009)

Ages 6-8 6:15 – 7:00 pm

Ages 9 & up 7:00 – 7:45 pm

FEE:

Members \$50.00 / All Others \$90.00



“Hinges & Twinges”

ARTHRITIS FOUNDATION AQUATIC PROGRAM

(Formerly known as Aqua-size)

(01aqarthri) This class is approved by the Arthritis Foundation. This is an aquatic exercise program for the individual with Arthritis. Aqua shoes are highly recommended.

REGISTRATION BEGINS: Members 15th of each month, for the next month; All others 22nd of each month.

CLASSES HELD: Ongoing Monthly Program

Monday/Wednesday 11:45 – 12:45 pm

Tuesday/Thursday 12:00 - 2:00 pm

FEE: Members FREE / All Others \$32.00 per month

H2O FOR KIDS

This is a great exercise class for ages 8 and up. Will be exercising through a variety of fun and exciting activities. It will also work on flexibility, range of motion and other fun things.

REGISTRATION BEGINS Members August 15th and after that the 15th of each month; Non-members: August 22nd and after that the 22nd of each month

CLASSES HELD:

Monday, Wednesday 4:30 – 5:30 pm

FEE:

Members FREE / All Others \$32.00 month

Certification Trainings at the YMCA!

INFANT CHILD CPR

(01INCPR). This course teaches participants emergency skills for victims less than 12 years of age. The class includes training in recognizing emergencies, injury prevention, assisting choking victims, rescue breathing, and CPR. This is a great course for child care providers in the area.

REGISTRATION BEGINS:

Member September 1st, October 5th

All Others September 7th, October 12th

CLASSES HELD:

Wednesday, September 16th, 5:30–10:00 pm

Monday, October 19th, 5:30–10:00 pm

FEE:

Members \$40.00 / All Others \$45.00

AMERICAN RED CROSS LIFEGUARDING

(01aqcpr) CPR for Infant, Child and Adult certification good for one year. Accepting first 12 registrations per class, only.

REGISTRATION BEGINS:

August 1st, 2009

CLASSES HELD:

August 22nd – September 14th (Days and times to be announced)

FEE:

Members \$140.00 / All Others & 180.00

Fee includes the book, Professional CPR/AED training, CPR mask and other training requirements.

AQUA-AEROBICS

Jump right in, the water is fine! Enjoy exercise in an indoor heated pool while making friends. Beginners to advanced classes are available!

H2O Get up and Go (Level 2):

A fun and energetic way to start off your day, includes lots of cardio work, strength training, stretching and much more. It is designed for all ages from young toddler adults. **Mondays, Wednesday & Friday 7:00am-7:45am**

Aqua Motion 3 (Advanced):

A 60 minute well rounded workout in the water, high intensity aerobic and dance moves, toning with or without equipment and a stretching and relaxation time. Can be modified or all levels.

Tuesday & Thursday 5:45pm-6:45pm

H2O Hi/Lo (Level 1 & 2)

Easy to follow freestyle choreography class. Tone & stretch your way into great shape while exercising and socializing. This is a well round fitness class for spirit, mind and body. **Monday, Wednesday and Friday 8:30am-9:30am or 10:30AM-11:30AM and Monday & Wednesday 5:45pm-6:45pm**

Water Aerobics (Level 1)

Designed for beginner & individuals who want to work at their own pace or who have special needs such as post operative or after therapy. **Mon., Wed., Fri. 1:00pm-2:00pm; Tues. & Thurs. 9:00am-9:45am or 10:00am-11:00am**

Aqua shoes highly recommended.

Classes included with membership!

SWIM LESSONS

The YMCA Swim Lesson program is designed to teach all ages of children and adults the principles of stroke technique, personal safety, rescue skills, water sports and games, and personal growth.

REGISTRATION BEGINS: (Same for all aquatic programs)

Session I

Members can register beginning May 18th
 All others can register beginning May 20th

Session II

Members can register beginning July 6th
 All others can register beginning July 8th

CLASSES HELD: Classes are held twice weekly for four weeks

Session I June 15th-July 10th

Session II July 20th-August 14th

All classes are thirty minutes in length. If classes are cancelled due to weather conditions, the YMCA will attempt to reschedule up to two classes. The makeup classes will be held the week of July 13th and August 17th respectively. There are no makeup classes or refunds for classes missed by participants.

PLEASE SEE BRADENTON BRANCH AQUATICS SECTION FOR A DETAILED DESCRIPTION OF PROGRAMS:

Pike & Eel (ages 3-5 beginners) (02AQPIKEEL)

CLASSES HELD: Mondays & Wednesdays 5:00 PM, 5:30 PM
 Tuesdays & Thursdays at 10:00 AM, 10:30 AM, 11:00 AM, 5:00 PM, 5:30 PM

Ray/Starfish (ages 3-5 intermediate) (02AQRAYSTAR)

CLASSES HELD: Mondays & Wednesdays 5:00 PM, 5:30 PM
 Tuesdays & Thursdays at 10:00 AM, 10:30 AM, 11:00 AM, 5:00 PM, 5:30 PM

Polliwog/Guppy (ages 6 & up beginners)

(02AQPROGBEG)
CLASSES HELD: Tuesdays & Thursdays at 09:30 AM, 10:00 AM, 11:00 AM, 5:00 PM, 5:30 PM

Minnow/Fish/Flying Fish (ages 6 & up advanced)

(02AQPROGADV)
CLASSES HELD: Tuesdays & Thursdays at 09:30 AM, 10:30 AM, 11:00 AM, 6:00 PM, 6:30 PM

FEE FOR ABOVE LESSONS:

Members: FREE / All Others: \$60.00

Parent & Child Swim (6mth to 24mth)

(02AQPARENT)
CLASSES HELD:
 Thursdays at 6:00 PM
FEE:
 Members: FREE / All Others: \$30.00



OPEN SWIMMING

Summer days are soon to arrive! Find time to relax and cool off in our beautiful outdoor swimming pool. The pool opens May 2nd.

Pre-summer hours are as follows:

Opens May 2nd
 Pre-summer hours are as follows:
 Tuesdays and Thursdays from 4:30-7:30 PM
 Saturdays from Noon-5 PM
 Sundays from 1-5 PM



Summer hours begin Monday June 8th and run until Sunday August 23rd:

Monday through Thursday 1-7PM
 Friday 1-6PM
 Saturday Noon-5PM
 Sunday 1-5PM

Fee:

Summer Pool Pass
 (valid from May 2nd to August 23rd)
 Adult (ages 14 years and older) \$145
 Family \$210

Pool Day Pass:

Adults (14 years and older) \$7.00
 Children (ages 3-13) \$5.00
 Children under 3 are FREE
 Children under the age of eight must be accompanied by an adult in the water

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DEVELOPMENTAL SWIM TEAM

(02YSSWIMTEAM) The South Branch Gators is a team dedicated to promoting skill development, teamwork, and good sportsmanship. Practices start the week of May 11th and are held on Mondays and Wednesdays. For children ages 6-13 years of age, the swimmer must be able to complete one length of front crawl in good form. The team will compete in approximately five meets during the summer season (entry fees and team suit are not included)

REGISTRATION BEGINS:

Registration is currently open

CLASSES HELD:

Practices are held Mondays & Wednesdays
 Beginner swimmers practice from 6-7 PM
 Advanced swimmers practice from 7-8 PM
FEE: Members FREE / All Others: \$60.00

NATIONAL YMCA SWIM PROGRAM: If you are unable to determine your child's skill level, contact Hilary Koppenhaver, Aquatic Director. Please register your child in the appropriate age group commensurate with their skills. For all advanced placements, the child must have passed the appropriate preceding level. Please do not ask to have your child placed at a level for which they are not prepared as this will impair their confidence and reduce their development as a swimmer. The YMCA Progressive Swim program is designed to build on essential skills to reach the optimal level.

**PARENT/CHILD
LEVEL I (6mth-2yrs)**

(03aqp/c1) This class is for infants & parents. It provides water enrichment, adjustment, and basic fundamentals of swimming. This class uses songs and play to develop trust and confidence in the water. Children must wear swim diapers. **Mon./Wed. 11:00 – 11:30am; Tues./Thurs. 4:00 – 4:30pm; Sat. 11:00-11:30am; M/T/W/TH 11:00-11:30am (Nov. 2nd session only)**

PARENT/CHILD LEVEL II (2-3yrs.)

(03aqp/c2) This class is for toddlers & parents. It also provides water enrichment, adjustment, and basic fundamentals of swimming. This class uses songs and play in the water as well. It is also a transition class where the children will learn to swim without a parent in the water. Children must wear swim diapers. **Mon./Wed.; 11:30 – 12:00pm; Tues./Thurs. 4:30 – 5:00pm Sat.; 11:30-12:00pm; M/T/W/TH 11:30-12:00pm (Nov. 2nd session only)**

PIKE (Beginner 3-5yrs.)

(03aqp/ike) This class is designed for 3 to 5 year olds who have no water experience or very little swimming ability. Children progress at their own rate by learning basic swimming skills, including putting their face in the water, kicking, floating and crawl stroke. This class also teaches basic rules of safe swimming. **Mon./Wed. 12:00-12:30pm; Mon./Wed. 4:00 – 4:30pm; Mon./Wed. 4:30 – 5:00pm; Tues./Thurs. 11:00 – 11:30am; Tues./Thurs. 11:30 – 12:00pm; Tues./Thurs. 5:00 – 5:30pm; Sat. 9:30-10:00am; Sat. 10:00-10:30am; M/T/W/TH 12:00-12:30pm (Nov. 2nd session only); M/T/W/TH 4:00-4:30pm (Nov. 2nd session only)**

EEL (Intermediate 3-5yrs.)

(03aqeel) This class is designed for 3-5 yr. olds who have intermediate skills. In this class children improve upon basic swimming skills already acquired, including putting and keeping the face in the water while swimming, kicking, floating, front crawl, and back

crawl. This class also teaches basic rules of safe swimming. **Mon./Wed. 12:30-1:00pm; Mon./Wed. 5:00-5:30pm; Tues./Thurs. 12:00-12:30pm; Tues./Thurs. 5:30-6:00pm; Sat. 10:30-11:00am; M/T/W/TH 12:30-1:00pm (Nov. 2nd session only); M/T/W/TH 4:30-5:00pm (Nov. 2nd session only)**



Weekday Classes (M/W or T/TH) (4 week session)

Registration Held:

Members-Fri. May 15th, All Others-Wed. May 20th
Members-Fri. June 26th, All Others-Wed. July 1st
Members-Fri. Aug. 7th, All Others-Wed. Aug. 12th
Members-Fri. Sept. 18th, All Others-Wed. Sept. 23rd

Session Held:

May 26th - June 22nd
July 6th – July 30th
Aug. 17th – Sept. 14th
Sept. 28th – Oct. 22nd

Weekday Classes (M/T/W/TH) (2 week session)

Registration Held:

Members-Fri. Oct. 23rd, All Others-Wed. Oct. 28th
* Nov. 2nd-Nov. 12th meets M/T/W/TH for two weeks

Session Held:

*Nov. 2nd – Nov. 12th

Weekday Classes FEE:

Members FREE, All Others-30 min.classes \$60.00; 45 min. classes \$65.00

Saturday Classes (6 week session)

Registration Held:

Members-Sat. May 30th, All Others-Wed. June 3rd
Members-Sat. Aug. 1st, All Others-Wed. Aug. 5th
Members-Sat. Sept. 26th, All Others-Wed. Sept. 30th

Session Held:

June 6th – July 18th
Aug. 8th – Sept. 12th
Oct. 3rd – Nov. 7th

Saturday Classes FEE:

Members FREE, All Others-30 min.classes \$55.00; 45 min. classes \$60.00

RAY/STARFISH (Advanced 3-5yrs)

(03aqrast) This is the advanced level for 3-5 year olds where children work on building endurance. In this class children refine the back crawl, front crawl with side breathing and learn the breaststroke. Children continue to practice basic water safety skills such as floating and treading. **Mon./Wed. 5:00 – 5:30pm; Tues./Thurs. 12:30-1:00pm; Tues./Thurs. 5:30 – 6:00pm; Sat. 10:30-11:00am; M/T/W/TH 5:00-5:30pm (Nov. 2nd session only)**

POLLIWOG (Beginner 6yrs & up)

(03aqpoll) This is the beginning level of the YMCA National Progressive Swimming Program for children 6 years of age and up who have no water experience or very little swimming ability. Children will learn to float, use the basic front crawl, back crawl strokes, and practice swimming with the face in the water. Survival techniques such as treading water, floating and other basic water safety skills will also be taught. **Mon./Wed. 5:30 – 6:15pm; Tues./Thurs. 6:15 – 7:00pm; Sat. 12:15-1:00pm; M/T/W/TH 5:30-6:15pm (Nov. 2nd session only)**

GUPPY (Intermediate 6yrs & up)

(03aqquppy) This is the next level of the National YMCA progressive swimming program for intermediate swimmers. Children will refine their back crawl and front crawl with side breathing, learn the breaststroke and elementary backstroke, and build their endurance to swim longer distances. Survival techniques such as treading water, floating and other basic water safety skills will also be reviewed. **Mon./Wed. 6:30 – 7:15pm; Tues./Thurs. 7:00 – 7:45pm; Sat. 1:00-1:45pm; M/T/W/TH 6:30-7:15pm (Nov. 2nd session only)**

MINNOW/FISH/FLYING FISH (Advanced 6yrs. & up)

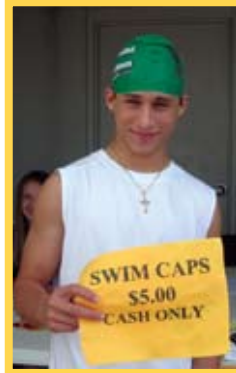
(03aqminfff) This is the advanced levels of the YMCA National progressive swimming program. At these levels children will build endurance and work to perfect all strokes. By the time they complete these levels a child will be able to swim 100 yards of front crawl with breathing, breaststroke, elementary backstroke, back crawl, and sidestroke. The butterfly stroke will also be introduced at this level. Survival techniques such as treading water and floating will continue to be practiced.

Mon/Wed. 7:15 – 8:00pm; Sat. 1:00-1:45pm
M/T/W/TH 7:15-8:00pm (Nov. 2nd session only)

ADULT (ages 13 & up)

(03aqadult) It's never too late to learn how to swim! Small classes with individualized attention.

Mon./Wed. at 7:15-8:00pm



LAKWOOD RANCH BRANCH YMCA WAVE RUNNERS SWIM TEAM

03aqswimtsmd-Stroke Development

03aqswimtmpt-Pre-Team

03aqswimtmag-Age Group

03aqswimtmjs-Junior/Senior

The Lakewood Ranch YMCA Wave Runners Swim Team is the largest swim team in Manatee County with over 100 swimmers! The program is year round and available to children ages 5-18 years old. Children are evaluated by the swim coaches and placed into one of four skill levels based on their age and ability. All swim team members must have a YMCA membership to participate. Please contact Hilary Koppenhaver, Aquatics Director, at 941-782-0220 x102 for more information on tryouts, fees, and competitions.

For more information about Aquatics classes contact
Hilary Koppenhaver, Aquatics Director at
782-0220 ext.102

PRIVATE SWIM LESSONS

(03aqprivate) Ages 3 yrs – Adult. A private lesson session includes 3 hours of one-on-one pool time with a Private Lessons Instructor that can be used as either a package of 6 lessons for 30 minutes, 4 lessons for 45 minutes, or 3 lessons for 60 minutes (depending on your needs and availability). Once you complete a Private Lesson Request Form at the front desk, an instructor will contact you to schedule the lessons. This process can take up to two weeks. Fee is due at the time of the first scheduled lesson.

REGISTRATION BEGINS:

At the time of the first scheduled lesson with payment.

CLASSES HELD:

Sessions will be scheduled between the participant and the Private Swim Lessons Instructor.

FEE:

Members \$100.00 / All Others \$200.00

WATER AEROBICS

Deep H2O: Join others for water aerobics in the deep end! Great exercise with less resistance on your body. **Tuesday & Friday**

Mid-Week Motions Please join us for a mid-week workout! Great time to meet new people and an easy class to follow. All fitness levels welcome. A great way to stimulate your spirit, mind and body!
Wednesday

H2O Get Up & Go: Get energized! Move and strengthen your muscles. Hi/Lo impact exercises combined with cardiovascular training to get your heart pumping! Pace yourself or speed it up, this is for all fitness levels. Deep and shallow water training. Focuses on core awareness and training. We promise to show you how to stretch it out afterwards!
Tuesday & Thursday

H2O HI/LO: Easy to follow freestyle choreography class. Tone and stretch your way into great shape! Exercise, slenderize, socialize and energize!! All fitness levels. Aqua shoes recommended. **Monday & Friday**

REGISTRATION:

Drop-in program for members / All Others may register for the program beginning the 15th day of the month for next month's classes.

FEE:

Free to members / All others \$75.00 per month for unlimited classes.

Check the YMCA website at www.manateeymca.org or stop by the YMCA front desk for a current schedule of class times.



LAP SWIMMING

Enjoy an outdoor heated pool in the warm sun or under the moon & stars, while lap swimming! Lanes available 30 min. after YMCA opens until 30 min. before YMCA closes every day the facility is open. Pick up a pool schedule at the YMCA for more detailed information on lap lane availability.