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2020 POOL OPENING DATES

*B ALL DATES ARE WEATHER PERMITTING
VISIT WWW.YMCANEWORLEANS.ORG FOR UP-TO-DATE POOL HOURS

2020
POOL OPENING
DATES

BELLE CHASSE YMCA APRIL 25
BURAS YMCA MAY 26
EAST JEFFERSON YMCA APRIL 25
PORT SULPHUR YMCA MAY 26
WEST ST. TAMMANY YMCA APRIL 25
JPRD JOHNNY JACOBS POOL MAY 24
operated by the YMCA

OUR MISSION:
The YMCA is dedicated to putting Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

WHO WE ARE:
The YMCA of Greater New Orleans is a non-profit community committed to serving our neighbors, supporting them in reaching their wellness goals, and connecting them to the resources needed to live a healthy, fulfilling life.

PEOPLE OF ALL FAITHS, ABILITIES, AND CULTURES ARE WELCOME IN OUR YMCA.

WE’RE AMERICA’S SWIM INSTRUCTOR

Did you know that the Y owns and operates more swimming pools than any other organization in the country?

The Y is America’s swim instructor not because we teach technical skills, but because we realize that swimming and water safety programs provide an opportunity to teach much more than that.

How our approach differs:
We use skill-based instruction, emphasize safety, elevate character, and engage families.

Certified instructors
Small group ratios - 1 to 5
Individualized attention at each lesson

Students have fun and develop new friendships as they get to know one another through group activities.

Students gain an important life skill that will keep them safe.

Meet our Community Aquatics Staff

Rachael Jonas
Executive Director of Aquatics
rachaelj@ymcaneworleans.org

Tracey Kauhn
Community Aquatics Director-Plaquemines Parish
traceyk@ymcaneworleans.org

Jess Kingston
Community Aquatics Director-East Jefferson
jessicak@ymcaneworleans.org
## WHAT WILL THEY LEARN?

### SWIM STARTERS
**Parent & Child Lessons**

<table>
<thead>
<tr>
<th>A</th>
<th>WATER DISCOVERY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blow Bubbles</td>
<td>on surface, assisted</td>
</tr>
<tr>
<td>Front tow</td>
<td>chin in water, assisted</td>
</tr>
<tr>
<td>Water exit</td>
<td>parent &amp; child together</td>
</tr>
<tr>
<td>Water entry</td>
<td>parent &amp; child together</td>
</tr>
<tr>
<td>Back float</td>
<td>assisted, head on shoulder</td>
</tr>
<tr>
<td>Roll</td>
<td>assisted</td>
</tr>
<tr>
<td>Front float</td>
<td>chin in water, assisted</td>
</tr>
<tr>
<td>Back tow</td>
<td>assisted, head on shoulder</td>
</tr>
<tr>
<td>Wall grab</td>
<td>assisted</td>
</tr>
</tbody>
</table>

### SWIM BASICS
**Recommended skills for all to have around water**

<table>
<thead>
<tr>
<th>B</th>
<th>WATER EXPLORATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blow bubbles</td>
<td>mouth &amp; nose submerged, assisted</td>
</tr>
<tr>
<td>Front glide</td>
<td>assisted, to wall, 5 ft.</td>
</tr>
<tr>
<td>Water exit</td>
<td>independently</td>
</tr>
<tr>
<td>Jump, push, turn, grab</td>
<td>assisted</td>
</tr>
<tr>
<td>Back float</td>
<td>assisted, 10 secs., recover independently</td>
</tr>
<tr>
<td>Roll</td>
<td>assisted</td>
</tr>
<tr>
<td>Front float</td>
<td>20 secs., (10 secs. preschool)</td>
</tr>
<tr>
<td>Back glide</td>
<td>10 ft. (5 ft. preschool)</td>
</tr>
<tr>
<td>Swim, float, swim</td>
<td>assisted, 10 ft.</td>
</tr>
</tbody>
</table>

### SWIM STROKES
**Skills to support a healthy lifestyle**

<table>
<thead>
<tr>
<th>C</th>
<th>WATER ACCLIMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submerge</td>
<td>bob independently</td>
</tr>
<tr>
<td>Front glide</td>
<td>10 ft. (5 ft. preschool)</td>
</tr>
<tr>
<td>Water exit</td>
<td>independently</td>
</tr>
<tr>
<td>Jump, push, turn, grab</td>
<td>assisted</td>
</tr>
<tr>
<td>Back float</td>
<td>20 secs., (10 secs. preschool)</td>
</tr>
<tr>
<td>Roll</td>
<td>assisted</td>
</tr>
<tr>
<td>Front float</td>
<td>20 secs., (10 secs. preschool)</td>
</tr>
<tr>
<td>Back glide</td>
<td>10 ft. (5 ft. preschool)</td>
</tr>
<tr>
<td>Swim, float, swim</td>
<td>5 yd.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>D</th>
<th>WATER MOVEMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submerge</td>
<td>look at object on bottom</td>
</tr>
<tr>
<td>Front glide</td>
<td>15 yd. (10 yd. preschool)</td>
</tr>
<tr>
<td>Water exit</td>
<td>independently</td>
</tr>
<tr>
<td>Jump, push, turn, grab</td>
<td>assisted</td>
</tr>
<tr>
<td>Back float</td>
<td>20 secs., (10 secs. preschool)</td>
</tr>
<tr>
<td>Roll</td>
<td>assisted</td>
</tr>
<tr>
<td>Front float</td>
<td>20 secs., (10 secs. preschool)</td>
</tr>
<tr>
<td>Back glide</td>
<td>10 ft. (5 ft. preschool)</td>
</tr>
<tr>
<td>Tread water</td>
<td>1 min. &amp; exit (30 secs. preschool)</td>
</tr>
<tr>
<td>Swim, float, swim</td>
<td>25 yd. (15 yd. preschool)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E</th>
<th>WATER STAMINA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submerge</td>
<td>retrieve object in chest-deep water</td>
</tr>
<tr>
<td>Swim on front</td>
<td>15 yd. (10 yd. preschool)</td>
</tr>
<tr>
<td>Water exit</td>
<td>independently</td>
</tr>
<tr>
<td>Jump, swim, turn, swim, grab</td>
<td>10 yd.</td>
</tr>
<tr>
<td>Swim on back</td>
<td>15 yd. (10 yd. preschool)</td>
</tr>
<tr>
<td>Roll</td>
<td>assisted</td>
</tr>
<tr>
<td>Front crawl</td>
<td>rythmic breathing, 15 yd.</td>
</tr>
<tr>
<td>Back crawl</td>
<td>15 yd.</td>
</tr>
<tr>
<td>Dive</td>
<td>sitting</td>
</tr>
<tr>
<td>Resting stroke</td>
<td>sidestroke or elementary backstroke</td>
</tr>
<tr>
<td>Treading water</td>
<td>various kicks for 2 minutes</td>
</tr>
<tr>
<td>Breast stroke</td>
<td>open turns</td>
</tr>
<tr>
<td>Butterfly</td>
<td>simultaneous arm and leg movement</td>
</tr>
</tbody>
</table>

### STROKE DEVELOPMENT & MECHANICS

| Infant & Toddler | 6 months - 2 years  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stages A-B</td>
<td></td>
</tr>
</tbody>
</table>

| Preschool | 3 - 5 years  
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stages 1 - 4</td>
<td></td>
</tr>
</tbody>
</table>

| School Age | 6 - 12 years  
|---|---|
| Stages 1 - 4  
| Stroke Development & Mechanics |
SELECTING THE PROPER STAGE FOR YOUR CHILD

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–2 years</td>
<td>Parent* &amp; Child: Stages A–B</td>
</tr>
<tr>
<td>2 years–5 years</td>
<td>Preschool: Stages 1–4</td>
</tr>
<tr>
<td>6 years–12 years</td>
<td>School Age: Stages 1–6</td>
</tr>
<tr>
<td>12+ years</td>
<td>Teen &amp; Adult: Stages 1–6</td>
</tr>
</tbody>
</table>

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land? (applies to Parent/Child classes only)

- NOT YET A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water? (applies to Parent/Child classes only)

- NOT YET B / WATER EXPLORATION

Will the student go underwater voluntarily?

- NOT YET 1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

- NOT YET 2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

- NOT YET 3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

- NOT YET 4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

- NOT YET STROKE DEVELOPMENT & MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

YMCA SWIM TEAM

Swim team participants learn to work as a team, make friends, and improve their swimming skills. Participants will refine all competitive strokes, perform proper starts and turns, and build endurance. Additionally, children can compete in 5 swim meets throughout the summer swim season.

We are a competitive swim league with YMCA teams representing each of our branches:

- BELLE CHASSE YMCA BARRACUDAS
- EAST JEFFERSON YMCA RAYS
- WEST ST. TAMMANY YMCA SHARKS
- JOHNNY JACOBS DOLPHINS

SWIM TEAM REQUIREMENTS

The ages for swim team are 6-17. The 10 week season will start May 26th and run through July 31st. The Y will provide all practice equipment, swim caps, t-shirt, meet fees, and coaching. The parents will need to provide a swimsuit and goggles. Team suits will be selected and suggested for purchase at the beginning of the season.

July 25th Championship Meet!

East Jefferson YMCA vs West St. Tammany YMCA vs Belle Chasse YMCA vs. Johnny Jacobs

Location TBD

Meet Timeline

- 8:00am-Pool deck opens for swimmers and spectators
- 8:15am-Warm ups
- 8:45am-Clear Pool
- 9:00am-Meet Begins

SEASON DATES

MAY 26 - JULY 31

(10 WEEKS)

COST:

- $180/Members
- $255/Community Participants

*Additional Fall, Winter, and Spring seasons available at various locations. Inquire at your branch for more details.

Home Team          Away Team

JUNE 6             East Jefferson YMCA West St. Tammany & Belle Chasse YMCAs
JUNE 13            Johnny Jacobs West St. Tammany YMCA
JUNE 20            Belle Chasse YMCA East Jefferson YMCA & Johnny Jacobs
JUNE 27            West St. Tammany YMCA Belle Chasse YMCA
JULY 11            East Jefferson YMCA Johnny Jacobs & West St. Tammany YMCA
JULY 18            Johnny Jacobs East Jefferson & Belle Chasse YMCAs
ALTERNATIVE SWIM LESSON OPTIONS

Learn to swim in a safe and supportive environment.

PRIVATE LESSONS

If your child learns better in a one-on-one environment, we can accommodate you. Private Swim Lessons at the YMCA are a great way to improve confidence or stroke. Instructors will work with you one on one to develop a plan to meet your swimming goals. Private lessons are great for children who thrive with individual attention, teens, and adults who are first learning to swim, or anyone looking to perfect their stroke. This class includes four 30 minute one-on-one lessons.

Members: $125 per Participant Non-Members: $200 per Participant

SEMI-PRIVATE LESSONS

Our ratio for semi private lessons is 2 participants to a single instructor. A smaller group setting encourages faster learning of swim skills along with cooperation and teamwork. With only two participants the instructor is able to focus more on their individual needs and help them improve at a faster rate. Semi private lessons are great for siblings, relatives, or friends to participate in together. This class includes four 30 minute two-on-one lessons. Must have 2 participants for this type of lesson.

Members: $100 per Participant Non-Members: $150 per Participant

DIVERSE ABILITIES LESSONS

The YMCA of Greater New Orleans will be continuing our program focused on reaching children with diverse abilities during the summer of 2020. Our new program will provide specialized one-on-one or small group lessons for children with various special needs. Through this swimming program, parents and caregivers will be given the opportunity to provide their children with the means to learn fundamental water safety and swimming skills in a safe environment. Offerings vary based on location. Scholarships are available based on financial need. Please see your branch for more details.

To discuss options and availability please contact:

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Person</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belle Chasse YMCA</td>
<td>Tracey Kauhn</td>
<td><a href="mailto:traceyk@ymcaneworleans.org">traceyk@ymcaneworleans.org</a></td>
</tr>
<tr>
<td>East Jefferson YMCA</td>
<td>Jess Kingston</td>
<td><a href="mailto:jessicak@ymcaneworleans.org">jessicak@ymcaneworleans.org</a></td>
</tr>
<tr>
<td>West St. Tammany YMCA</td>
<td>Rachael Jonas</td>
<td><a href="mailto:rachaelj@ymcaneworleans.org">rachaelj@ymcaneworleans.org</a></td>
</tr>
</tbody>
</table>

For more information visit your local branch or ymcaneworleans.org

PRIVATE LESSONS

Cost: $25 per Participant + $50 per Participant (Non-Member Rate)

SEMI-PRIVATE LESSONS

Cost: $100 per Participant + $150 per Participant (Non-Member Rate)

DIVERSE ABILITIES LESSONS

Cost: $75 total ($25 down and $50 paycheck deduction upon hire)

During this YMCA Lifeguard Certification Course you will learn the following skills: basic life support, basic first aid, utilization of AED and emergency oxygen, incident prevention, recognition and response to emergencies in the pool and around the deck. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments.

Participants must attend all course times and complete all online tutorials PRIOR to the second day of class. Participants can complete this work during the mandatory administration day. The physical prerequisites for the course are:

- 16 years old or older by the end of the course
- Treading water for 2 min. with no hands
- Two pool lengths of each: front crawl with head up, sidestroke, breaststroke, breaststroke with head up, and elementary backstroke kick with no hands
- Feet first and head first surface dive and sprint swim at least 50 feet
- Pick up object off of bottom of the pool (6 ft.)
- Climb out of pool without assistance of ladder or steps
- Perform 100 compressions on a mannequin
- Listen to verbal directions given

TRAINED TO SAVE LIVES

YMCA Lifeguard Certification Course

LIFEGUARD TRAINING SCHEDULE

<table>
<thead>
<tr>
<th>Location</th>
<th>Class Dates</th>
<th>Administration Day</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>BURAS YMCA</td>
<td>April: 27, 28, 29, 30, 9 am-5 pm</td>
<td>May 8, 5 pm-7 pm</td>
<td>COMMUNITY PARTICIPANTS: $250</td>
</tr>
<tr>
<td></td>
<td>ADMINISTRATION DAY: April 24, 9 am-5 pm</td>
<td></td>
<td>YMCA MEMBERS: $200</td>
</tr>
<tr>
<td></td>
<td>CLASS DAYS: April 27, 28, 29, 30, 9 am-5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ADMINISTRATION DAY: March 30, 9 am-5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CLASS DAYS: April 14, 15, 16, 9 am-5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ADMINISTRATION DAY: May 16, 9 am-5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CLASS DAYS: May 14 &amp; 15, 9 am-5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ADMINISTRATION DAY: May 16 &amp; 17, 9 am-5 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

REGISTRATION:

Call or stop by the YMCA branch location where the class is being offered OR sign up online at: ymcaneworleans.org/lifeguard

Registration deadline for each class is the day before the first day of class.

PAYMENT is due upon registration.

Please contact Rachael Jonas at rachaelj@ymcaneworleans.org or 504.568.9622 ext. 272 with any questions.
SWIM TEST AND SUPERVISION POLICIES

Children 5 and under must be accompanied by a parent or guardian IN THE POOL and must be within arms reach at all times. Children 6-11 years old must have a parent or guardian on deck actively supervising them at all times. Guardian must be at least 16 years old. If 16 or 17 years old, they must be able to pass the YMCA Swim Test at each facility at least one per swim season.

All swimmers 17 and under must pass a safety swim test. A YMCA staff member will direct you to an Aquatics staff member who will administer your swim test.

The YMCA swim test consists of:
• Jump in feet first at the end of the lap pool
• Fully submerge head and face underwater
• Swim with a strong stroke (front crawl or breast stroke) 60 feet
• Stop and tread water for 15 seconds
• Swim back to the starting point
• Get out of the pool

THE ENTIRE TEST MUST BE DONE WITHOUT TOUCHING THE BOTTOM OF THE POOL OR WALL.

Upon completion of the swim test, you will be designated as 1) PASS or 2) NOT PASS.

1. If you are designated as PASS, you will be given a PASS band and will be granted full swim access.

2. If you are designated as NOT PASS, you will be required to:
   • Wear a NOT PASS band
   • Wear a US Coast Guard approved life jacket (one will be provided to you to use during your visit, if needed)
   • Remain in water not deeper than your shoulders
   • Remain in designated areas of the pool (aquatics staff will inform you of these areas)
   • For each subsequent visit, your swim test designation will be available at the front desk and staff will provide you the appropriate band. YOU MUST GET YOUR BAND BEFORE GOING TO THE POOL.
   • You may be re-tested once each day.

SAFE POOLS HAVE RULES

BE SAFE. JUMP IN. HAVE FUN.
• Swimming without a lifeguard present is prohibited.
• Shower before you enter the pool.
• Proper swim attire must be worn at all times. Please refer to swim attire guidelines.
• Breath-holding activities are not permitted in Y pools.
• Diving is not permitted.
• Hanging on the lane lines, starting blocks or lap lanes is not permitted.
• Enter the water facing forward – no flips, twists or turns.
• Young children who are not toilet trained must wear a swim diaper.
• Inflatable flotation devices of any kind and mermaid fins are not permitted.
• Persons with bandages, open cuts and wounds are not allowed in the pool.

The YMCA OF GREATER NEW ORLEANS reserves the right to alter this list or limit activities to protect members and guests. For your safety and the safety of others, please obey all verbal instructions from YMCA staff.

POOL CLOSURES
YMCA staff may close the pool at any time for safety reasons, including but not limited to:
• Chemical imbalance
• Mechanical issue
• Water clarity
• Pool contamination
• Natural Dangers (Any lightning or thunder that is witnessed or heard will constitute immediate closure for no less than 30 minutes from the last lightning strike or sound of thunder.)

Swimmer to lifeguard ratio is 25:1

Walk while on the pool deck

Food and drink allowed ONLY in designated areas
NO GLASS ALLOWED

Obey the lifeguard at all times

All swimmers 17 and under must pass a safety swim test

Only Coast Guard – approved personal flotation devices (PFDs) allowed

Children 5 and under must be accompanied by a parent or guardian IN THE POOL and must be within arms reach at all times. Children 6-11 years old must have a parent or guardian on deck actively supervising them at all times. Guardian must be at least 16 years old. If 16 or 17 years old, they must be able to pass the YMCA Swim Test at each facility at least one per swim season.

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THE WORLD IS 71% WATER
YOUR CHILDREN ARE 100% CURIOUS
Teach your children water safety and let them explore all their possibilities.
THE Y IS HERE TO HELP.

YMCA OF Greater New Orleans

BELLE CHASSE YMCA
8101 Highway 23
Belle Chasse, LA 70037
(504) 392-9622

EAST JEFFERSON YMCA
6691 Riverside Drive
Metairie, LA 70003
(504) 888-9622

WEST ST. TAMMANY YMCA
71256 Francis Rd.
Covington, LA 70433
(985) 893-9622

PORT SULPHUR YMCA
278 Civic Dr.
Port Sulphur, LA 70083
(504) 564-0911

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