



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SPLASHING ACTIVITIES FOR ALL AGES

APRIL AQUATICS PROGRAMS

Maple Street YMCA

Maple Street YMCA
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Phone: 402-393-3700
www.metroymca.org



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APRIL AQUATICS PROGRAMS

**Aquatics Boot Camp Mondays 5:45-6:15 pm
April 4-25**

Are you ready for a great workout in the water? Try Aquatics Boot Camp.

Members: \$19 Nonmembers: \$34

**Youth Stroke Clinic Tuesdays 5:30-6:30 pm
April 5-26**

Is your child interested in becoming a better swimmer or getting on a swim team? This stroke clinic is for them.

Must be able to swim 50 yards continuously.

Members: \$19 Nonmembers: \$34

**Adaptive Aquatics Tuesdays 6:30-7:15 pm
April 5-26**

Join our adaptive aquatics class, especially designed for children who have special needs. Our instructor is a UNO student who is pursuing a degree in Education with a Special Ed endorsement.

Members: \$19 Nonmembers: \$34

Jr. Lifeguard Camp

Learn what it takes to be a lifeguard. Children must be age 9 and up and able to swim 50 yards.

Schedule of the Night - April 15, 2011

5:30-6:00 pm Eat Dinner
6:00-7:30 pm Learn Lifeguard Skills
7:30-8:30 pm Shadow Lifeguard
8:30-9:00 pm Fun Fitness and Snacks

Members: \$25
Nonmembers: \$35

SPLASH Water Safety Carnival

April 14 6-8pm
Come learn to be safe in and around the water with your family. Things for all ages.
FREE!

Please pre-register.

April Early Childhood Classes come to the Pool!

Try these fun classes for ages 3-5.

Members: \$3.50 per class
Nonmembers: \$7 per class

Splashers:
Monday, April 11 11:30-12:30 pm
Spills and Gills:
Saturday, April 16 9:45-10:45 am
Friday, April 29 6:0-7:00 pm