



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA AQUATICS



FUN. WITH A SPLASH OF CONFIDENCE

YMCA OF EL PASO
www.elpasoymca.org

YMCA PROGRESSIVE SWIM LESSONS

PARENT CHILD SWIM PROGRAM

For ages 6 months to 36 months, this water adjustment class is designed to introduce skills appropriate to the learning rates of infants and toddlers. It incorporates the use of songs, toys and games in the learning process and reinforces the parent's role in teaching the child swimming skills and water safety.



PRESCHOOL LESSONS

This program provides children ages 3 to 5 with their first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming. They also learn pool safety and boating safety skills. A certified instructor teaches the class with caring and sensitivity to any special fears that children may have. Participants are divided into skill levels and small groups, allowing the instructor to give children individual attention.

The Mission of the YMCA of El Paso is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



YOUTH SWIM LESSONS

This program, for youth ages 6 to 10, includes five main components: personal growth, personal safety, water sports and games, stroke development and rescue. Each skill level builds upon the previous one. The seven progressive levels cover all strokes as well as diving fundamentals, water safety and boating safety. Participants are divided into skill levels and small groups.

ADULT SWIM LESSONS

Adult swim classes for those 18 years or older include individuals of all abilities from those who are terrified of the water to those who just want to improve their stroke mechanics. Instructors work with participants at their own level and help to set and achieve individual goals.

PRIVATE SWIM LESSONS

One-on-one swim lessons are available for those who would prefer individual coaching. Please fill out a registration form at the Membership Desk to schedule class times. Availability is limited.

The YMCA will turn no one away due to an inability to pay. For more information about the YMCA's financial assistance program, contact your local YMCA or go to www.elpasoymca.org.

OPEN SWIM

All YMCA facilities schedule Open Swim, the perfect time to work out independently or have family time together. Children ages 8-17, who have completed the PASS Program, may swim unaccompanied by an adult. Children under age 17, who have not completed the PASS Program, must be accompanied in the water by an adult.

LAP SWIMMING

Long considered to be one of the best cardiovascular workouts, swimming is also great as cross-training exercise. See the Membership Desk for the lap swim schedule.

WATER FITNESS CLASSES

Water fitness programs are the new generation of training for all fitness and age levels. The resistance of water creates appropriate overload for building muscular strength and endurance. The effect of buoyancy and the lack of gravity help enhance flexibility and balance. Water cardiovascular workouts are endurance activities that place a demand on the heart and lungs, use large muscle groups, are rhythmic in nature and can be safely performed at a moderate level of intensity. Please refer to our current season schedule available at the Membership Desk or log onto ww.elpasoymca.org for the pool schedule at your neighborhood YMCA.



RELAXING IN THE WATER

For some people, water is more about relaxation than exercise, and at the Y, we have that too. All Y facilities with pools also have hot tubs or steam rooms that are a perfect place for members age 18 and older to leave behind muscle soreness or the cares of the day.



THE YMCA TEACHES WATER SAFETY

in more places than the YMCA pools. YMCA staff and volunteers are out in the community, teaching water safety at health fairs, shopping malls and in our schools. The YMCA also worked with Texas Child Protective Services to develop a water safety program for families with backyard pools. As a founding member of the Drowning Prevention Coalition of El Paso, the YMCA is the largest provider of water safety programs in the region. Want more information on how to get the YMCA to come and teach water safety to your group or school? Just call your local YMCA for more information, or check the YMCA's website at www.elpasoymca.org.



LIFEGUARD CERTIFICATION

Ever wanted to learn the skills to save a life? With our YMCA Lifeguard Certification course you can do just that. Participants will learn lifeguarding skills, how to perform CPR on an adult, child and infant, how to use an AED, and necessary first-aid skills.

YMCA OF EL PASO AQUATIC FACILITIES

Bowling Family YMCA 915.755.9622
Loya Family YMCA 915.590.9622
Westside Family YMCA 915.584.9622

ADDITIONAL AQUATIC FACILITIES OPERATED BY THE YMCA OF EL PASO

Ascarte Park Pool (El Paso)
Gallegos Park Pool (Canutillo)
O'Donnell Park Pool (Fabens)
Jewish Community Center Pool