

Aquatics

**ALL AQUATICS CLASSES
ARE FOR WHITE PLAINS
RESIDENTS ONLY**

The mission of the Jump in and Swim program is to reach as many people as possible to give opportunities for water safety and basic swim instruction.



Thursday, March 26

- Free Family Swim 6:30–8:00pm (Ages 3+)
- White Plains High School Pool

Saturday, March 28

- Free Family Swim, 11:30 – 3:00 pm (Ages 3+)
- White Plains High School Pool

Contact Martin Santangelo 914-422-1342
msantangelo@whiteplainsny.gov

Sunday, March 29, 11:30 – 12:30 pm

- Must be age 7+
- Location: YWCA White Plains & Central Westchester

Contact: jfoust@ywcaawpcw.org

Participating agencies include: White Plains Recreation & Parks, White Plains City School District, White Plains YWCA White Plains & Central Westchester, White Plains Youth Bureau & the Brian Robinson Foundation

Lifeguard Certification Class

Ages 15 years and over

Pre-test

- Monday, May 11th
- 6:30pm
- White Plains High School Pool

Lifeguard Course

- Wednesday 5/13, Thursday 5/14, 6:30–8:30pm
- Saturday 5/16 11:00am–4:00pm
- Monday 5/18 6:30pm–8:30pm
- White Plains High School Pool
- Price: \$400
- Must attend all class dates



Swim Team Competitive

Summer League

Ages 8–18

The summer swim team will compete in the Westchester County Association Summer League. Practices will be held at White Plains YWCA. Meets are held at various sites throughout Westchester County during weekday mornings and afternoons from late June through early August. Participants must reside in the City of White Plains, or have an active membership with the White Plains YWCA. Participants must try out and be selected to the team.

- Tryouts: TBA
- White Plains YWCA
- Contact: jfoust@ywcaawpcw.org

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Swim Instruction-Beginners (Levels 1 & 2) **Grades K-8**

Children will be tested on the first day of class and divided accordingly. Children must wear goggles.

Level 1: Introduction to Water Skills - Students learn to feel comfortable in the water and safely enjoy it.

Level 2: Fundamental Aquatic Skills

- Monday, April 6
- Wednesday, April 8
- Thursday, April 9
- 6:30-7:15 pm

- Saturday, April 11
- 12:00-12:45 pm & 3:00-3:45 pm

White Plains High School
\$75 for 5 sessions

Swim Instruction-Intermediate to Advanced Swimmer (Level 4 & 5)

Grades K-8

Children will be tested on the first day of class and divided accordingly. Participants must be able to swim at least 50 yards in deep water using Freestyle, Backstroke and Breaststroke. Children must wear goggles.

Level 4: Stroke Improvement: Children will gain confidence, improve their strokes and gain additional aquatic skills. Breaststroke kicking and basic Butterfly stroke will be introduced.

Level 5: Stroke Refinement: Children will work on coordinating and refining stroke efficiency, breathing techniques and building endurance.

- Thursday, April 9, 7:30-8:15 pm
- Saturday, April 11, 2:00-2:45 pm

White Plains High School
\$75 for 5 sessions

Swim Instruction-Beginners (Level 3) **Grades K-8**

Children must be comfortable and able to submerge their entire body under water. Children must wear goggles.

Level 3: Strokes Development-Designed to improve skills learned in Level 2. Front crawl, Backstrokes and basic breaststroke. Arms will be introduced.

- Wednesday, April 8, 7:30-8:15 pm
- Saturday, April 11, 1:00-1:45 pm

White Plains High School
\$75 for 5 sessions

Swim Conditioning & Skill Proficiency (Level 6) **Grades 3-8**

This class is designed to refine strokes so students can learn to swim with ease, efficiency, power and smoothness over greater distances. Students will practice flip turns, diving and clock starts. Children must wear goggles. ONLY advanced swimmers will be allowed in this class. Children registering for this level may not register in a lower level class.

- Monday, April 6, 7:30-8:15 pm
- Saturday, April 11, 11:00-11:45 am

White Plains High School
\$75 for 5 sessions

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Splash "N" Swim Swim Lessons

Grades K-6

Children will learn basic water safety skills, orientation to aquatic environments and fundamentals of swimming.

- **Saturday, July 11**
 - **10-10:45am, 11-11:45am, 12-12:45pm**
 - **\$50 for 6 sessions**
 - **Gardella Pool**
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- **Saturday, July 11**
 - **10-10:45am, 11-11:45am, 12-12:45pm**
 - **\$50 for 6 sessions**
 - **Kittrell Pool**

POOL PASSES

Youth/Seniors \$25

Adults \$35

Day Pass \$6

Gardella Pool & Kittrell Pool will open weekends starting June 14 and open daily starting June 26. The pools will close on August 23. For additional information, please call 914-422-1336.



KITTRELL POOL

120 FISHER AVE



GARDELLA POOL

175 FERRIS AVE

ACCESS & PARKING AT CHURCH ST. SCHOOL