

September-October 2020 Youth Programs

Bennington Rec Center - Berkshire Family YMCA

Outdoor Soccer

Session runs September 19 - October 24

Volunteer coaches work with the children with assistance of YMCA Staff Program Leads.

<u>Group Name</u>	<u>Ages</u>	<u>Program Days & Times</u>	<u>Fee (all groups)</u>
Tappers	Pre-K & K	Saturdays 9:00-10:00 am	YMCA Member \$35 Rec Center Member \$40 Non- Member \$50 Shinguards recommended for all players. Please bring own water bottle and wear a face covering, per State of Vermont guidelines. If child has their own soccer ball, please bring. Extra balls available!
Mini Kickers	1st & 2nd Grade	Saturdays 9:00-10:00 am	
Kickers	3-5th Grade	Saturdays 10:00-11:00 am & Wednesdays 5:30-6:30 pm	
Seniors	6-8th Grade	Saturdays 10:00-11:00 am & Wednesdays 5:30-6:30 pm	

Swim Lessons

Sessions run September 14 - October 10

Berkshire Family YMCA Swim Instructors

<u>Group Name</u>	<u>Level Description</u>	<u>Program Days & Times</u>	<u>Fee (all groups)</u>
Level 1 - Water Acclimation	Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.	Option 1: Mon&Wed Lessons 5:00-5:30 pm OR 5:30-6:00 pm Option 2: Saturday Lessons 11:00-11:45 am	YMCA Member \$15 Rec Center Member \$20 Non- Member \$30
Level 2 - Water Movement	In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.		
Level 3/4 - Stamina & Stroke Development	In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. Students in Stage 4 develop stroke technique. Water safety is reinforced through treading water and elementary backstroke. Students will progress through Stage 3 and be introduced to Stage 4 stroke development as appropriate.		

For help selecting a level, please contact the Welcome Center.

Important Notes: Enhanced safety precautions. Adult must be in water with child for levels 1 & 2. No parent/spectators allowed to wait on pool deck during lessons. Very limited group sizes.