

PRE-COLLEGE: CLASSES FOR AGES 4-16



EARLY BIRD DISCOUNTS!

DISCOUNT "A"

Register your child(ren) in 2 classes *by September 25* and receive a \$10 discount.

DISCOUNT "B"

Register your child(ren) in 3 or more classes *by September 25* and receive a \$20 discount.



WEEKDAY AFTERSCHOOL PACKAGES (9/30-11/25)

Register by Sept. 25 and save \$20!

Packages	Courses	Days	Dates	Times
Package A YPP100/A Ages 9-12 \$415	Drawing & Cartoons	Mon./Wed.	9/30-10/28	3:45 pm-5:00 pm
	Hip-Hop	Mon./Wed.	9/30-10/28	5:10 pm-6:25 pm
	Swimming	Tues./Thurs.	10/1-10/27	4:10 pm-4:55 pm
	Martial Arts	Tues./Thurs.	10/1-10/27	5:10 pm-6:25 pm
Package B YPP100/B Ages 13-15 \$315	Making Movies	Mon./Wed.	9/30-10/28	3:45 pm-5:00 pm
	Martial Arts	Mon./Wed.	9/30-10/28	5:10 pm-6:25 pm
	Swimming	Tues./Thurs.	10/1-10/27	5:15 pm-6:00 pm
Package C YPP100/C Ages 9-12 \$415	Making Movies	Mon./Wed.	11/2-11/25	3:45 pm-5:00 pm
	Acting Workshop	Mon./Wed.	11/2-11/25	5:10 pm-6:25 pm
	Swimming	Tues./Thurs.	10/29-11/24	4:10 pm-4:55 pm
	Martial Arts	Tues./Thurs.	10/29-11/24	5:10 pm-6:25 pm
Package D YPP100/D Ages 13-15 \$315	Acting Workshop	Mon./Wed.	11/2-11/25	3:45 pm-5:00 pm
	Martial Arts	Mon./Wed.	11/2-11/25	5:10 pm-6:25 pm
	Swimming	Tues./Thurs.	10/29-11/24	5:15 pm-6:00 pm

PRE-COLLEGE: CLASSES FOR AGES 4-16

OPEN HOUSE

Pre-College: Classes for Ages 4-16

Saturday, September 12
10:00 a.m.-11:30 a.m.
Carman Hall room 129

ACADEMIC SKILLS

Mini Math & Me

YPP 115/\$75

Students *with a parent or guardian* practice their math skills with fun and challenging games. Concepts covered include basic math operations and money. **Ages 4-5.**

LC Sat., Oct. 3-Nov. 21, 10:45 a.m.-11:45 a.m. (8 sessions)

Mini Reading & Me

YPP 116/\$75

Students *with a parent or guardian* collect words and build a foundation for literacy using poetry, reading games and basic language arts practice. **Ages 4-5.**

LC Sat., Oct. 3-Nov. 21, 9:30 a.m.-10:30 a.m. (8 sessions)

Reading and Arithmetic Readiness

YPP 46/\$140

Young children build a foundation for reading and arithmetic skills in this course. Activities such as alphabet games, phonics, story time, and number and counting games allow children to develop skills at their own pace. **Enrollment limited.** *Textbooks must be brought to first class.*

LC Sat., Oct. 3-Dec. 12, 9:00 a.m.-10:30 a.m. (no class Nov. 28) (10 sessions)

Reading and Mathematics Readiness for First Graders

YPP 145/\$140

Designed for children entering first grade, this course covers phonics, sight word recognition and reading comprehension. Numerical skills, computation and problem solving are taught. **Enrollment limited.** *Textbooks must be brought to first class.*

LC Sat., Oct. 3-Dec. 12, 10:45 a.m.-12:15 p.m. (no class Nov. 28) (10 sessions)

Reading Improvement

YPP 41/\$140

For students **below grade level in reading**, this course focuses on vocabulary building, comprehension skills and critical thinking. Phonics is included for the lower grades. **Enrollment limited.** *Textbooks must be brought to first class.*

LC Saturday Schedule: Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)

Sec. 1: 9:00 a.m.-10:30 a.m., **Grade 2.**

Sec. 2: 10:45 a.m.-12:15 p.m., **Grades 3, 4.**

Sec. 3: 10:45 a.m.-12:15 p.m., **Grades 5, 6.**

Sec. 4: 9:00 a.m.-10:30 a.m., **Grade 7, 8.**

Math Improvement

YPP 47/\$140

For students **below grade level in mathematics**, this course focuses on computational skills and problem solving. **Enrollment limited.** *Textbooks must be brought to first class.*

LC Saturday Schedule: Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)

Sec. 1: 10:45 a.m.-12:15 p.m., **Grade 2.**

Sec. 2: 9:00 a.m.-10:30 a.m., **Grades 3, 4.**

Sec. 3: 9:00 a.m.-10:30 a.m., **Grades 5, 6.**

Sec. 4: 10:45 a.m.-12:15 p.m., **Grade 7, 8.**

Writing Improvement

YPP 67/\$140

This course is designed to stimulate interest in writing as a major step in helping children improve their skills. Students are guided through phases of the writing process such as the generation of ideas, writing and revising drafts, and editing. Grammar, punctuation and spelling are covered.

LC Saturday Schedule: Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)

Sec. 1: 12:30 p.m.-2:00 p.m. **Grade 2.**

Sec. 2: 12:30 p.m.-2:00 p.m. **Grades 3, 4.**

Sec. 3: 12:30 p.m.-2:00 p.m. **Grades 5, 6.**

Sec. 4: 12:30 p.m.-2:00 p.m. **Grades 7, 8.**

Writing Improvement for Teens

YPP 81/\$140

With an emphasis on essay writing, this course focuses on improving writing skills through the generation of ideas, writing drafts, editing and revising. Grammar, punctuation and spelling are covered.

Grades 9-12.

LC Sat., 10:45 a.m.-12:15 p.m., Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)

Math Improvement for Teens

YPP 152/\$140

Students are guided through the NYS Standards for Mathematics and learn how to develop strategies to address weaknesses in number sense and operations, algebra, geometry, measurement, statistics and probability.

Grades 9-12.

LC Sat., 9:00 a.m.-10:30 a.m., Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)

Math Enrichment

YPP 77/\$140

To enroll in this course students *must be above grade level in math*, have mastered fractions, decimals and percents and be ready for an introduction to high school math. After a brief review of basic math skills, emphasis is on an introduction to algebra including understanding the language of algebra, using signed numbers and solving equations. **Grades 7, 8.** *Textbook, available in the College Bookstore, must be brought to first class.*

LC Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)



Reading Improvement for Teens

YPP 155/\$140

Students read across the curriculum using fiction and non-fiction short stories, essays and other literature to strengthen comprehension, critical thinking and build vocabulary. Using NYS Standards for English Language Arts, students develop skills reading, listening and responding to literature.

Grades 9-12.

LC Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)

Don't
wait in line!
Sign up on-line!
Go to www.lehman.edu/ce
to register and find
class updates!

PRE-COLLEGE: CLASSES FOR AGES 4-16

Coming Feb. 2010!

Teen Leadership Program

A 3-day workshop designed for teens. Learn how to create a budget and avoid debt; how to develop personal habits that maximize potential and guarantee success; how to present yourself as a successful individual and potential leader.

TEST PREPARATION

Effective Studying and Test-Taking Techniques

YPP 80/\$140

(See page 29 for course description)

LC Sec. 1: Sat., 10:45 a.m.-12:15 p.m., Oct. 3-Dec. 12 (10 sessions) **Grades 6-8**

LC Sec. 2: Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Dec. 12 (10 sessions) **Grades 9-12**

Test Preparation for New York City Specialized High Schools

YPP 78/\$165

(See page 29 for course description)

LC Sat., 9:00 a.m.-1:00 p.m., Sept. 12-Oct. 10 (no class Sept. 19) (4 sessions)

SAT Preparation

YPP 75/\$195

(See page 29 for course description)

LC Tues./Thurs., 4:15 p.m.-6:05 p.m., Sept. 15-Oct. 27 (no class Sept. 28) (12 sessions)

Integrated Algebra Review

YPP 84/\$140

This course provides ongoing review and reinforcement of algebraic calculations. *Textbook must be brought to first class.*

LC Sat., 9:00 a.m.-10:30 a.m., Oct. 3-Dec. 12 (no class Nov. 28) (10 sessions)

COMPUTER TECHNOLOGY

Computer Keyboarding

YPP 76/\$120

Students develop the touch typing computer skills in demand in today's schools and work place. While using gaming software, students practice and develop skills that prove invaluable when typing extended essays, research papers and book reports. The mastery of touch typing will continue to be useful well into their adult years as the job market demands computer skills in just about every field. *(A 4 GB flashdrive and headphones are required for the first class)* **Ages 9-15.**

LC Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Nov. 21 (8 sessions)

Flash Animation

YPP 107/\$120

Bring your character to life with this fun animation program. Learn how to develop a colorful story and how to use the program features to make the most of your project. (Prerequisite: basic computer skills.)

Ages 9-12.

LC Sat., 9:00 a.m.-10:30 a.m., Oct. 3-Nov. 21 (8 sessions)

Making Movies on a Computer

YPP 100 (Package B/C only)

Students use Microsoft's Movie Maker and Sound Maker, available on many home computers running Windows XP, to create, edit, and share movies. Digital editing is the focus of this course. Students plan their projects using storyboards and timelines. Then they bring their plans to life by assembling video clips, audio files and pictures into one presentation. (Prerequisite: *Students must have a working knowledge of the Windows operating system*)

LC Class offered only as part of afterschool package B or C (see page 38).

LANGUAGES

Spanish for Young Children

YPP 63/\$100

Second languages are most easily learned and retained at a very young age. In this class children are introduced to the Spanish language through songs, games and visual aids, all of which are part of a natural and exciting approach to language learning. **Ages 4-8.**

LC Sat., 11:00 a.m.-12:15 p.m., Oct. 3-Nov. 21 (8 sessions)

Spanish for Children

YPP 60/\$120

Children concentrate on speaking and listening skills that make the Spanish language fun to learn. *For children with no knowledge of Spanish.* **Ages 9-12.**

LC Sat., Oct. 3-Nov. 21, 12:30 p.m.-2:00 p.m., (8 sessions)

Intermediate Spanish for Children

YPP 112/\$120

Students develop their fluency in Spanish by listening and speaking common phrases. Scenarios are given to provide hands on practice. Spanglish speakers are highly recommended to participate. *Prerequisite: YPP 60 or some basic knowledge of Spanish.*

Ages 9-12.

LC Sat., Dec. 5-Jan. 30, 12:30 p.m.-2:00 p.m., (no classes Dec. 26, Jan. 2) (8 sessions)

American Sign Language

YPP 106/\$120

An introduction to and instruction in American Sign Language. Includes grammatical principles, vocabulary building, finger spelling and practice in receptive and expressive skills. *Textbook must be brought to first class.* **Ages 13-16.**

LC Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Nov. 21 (8 sessions)

CREATIVE ARTS & LEARNING

Art Explorations

YPP 10 /\$110 (includes materials)

Young children are introduced to the fun world of art through a variety of methods and materials. Students develop basic skills in drawing and painting, while working from both imagined and observed subject matter.

Ages 6-8.

LC Sat., 9:15 a.m.-10:30 a.m., Oct. 3-Nov. 21, (8 sessions)

Confetti Jewelry Making

YPP 113 /\$65 (includes materials)

Make your own beads out of paper and fiber. Have fun decorating your beads and creating unique jewelry for yourself or for your friends!

LC Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Oct. 24 (4 sessions) **Ages 6-8**

Drawing and Cartoons

YPP 09 /\$125 (includes materials)

Students are introduced to the world of drawing through a variety of techniques, with an emphasis on cartoons. Students work from both imagined and observed subject matter. Classes extend visual awareness and develop skills. **Ages 9-12.**

LC Sat., 10:45 a.m.-12:15 p.m., Oct. 3-Nov. 21, (8 sessions)

Drawing, Painting and Sketching

YPP 11/\$125 (includes materials)

Pencil, charcoal, tempera, and pen and ink are used to explore design, composition, color, still life, and the figure. Classes extend visual awareness and develop skills. **Ages 12-15.**

LC Sat., 10:45 a.m.-12:15 p.m., Oct. 3-Nov. 21, (8 sessions)

PRE-COLLEGE: CLASSES FOR AGES 4-16

Art Portfolio Development

YPP 101/\$140

This course helps teenagers develop a drawing portfolio. The class prepares middle school students for high schools of the arts and high school students for art colleges or careers in art. Students are exposed to a variety of drawing techniques, methods and subject matter. In addition, students learn how to present their work and discover what recruiters of art high schools and colleges look for in a portfolio. **Ages 12-16.**

LC Fri., 3:30 p.m.-5:00 p.m., Oct. 2-Nov. 20 (8 sessions)



On Stage!

YPP 27/\$100

Students develop creativity and self-confidence in children through improvisation, mime games, movement, expression, and role playing. **Ages 6-8.**

LC Sat., 9:00 a.m.-10:30 a.m., Oct. 3-Nov. 21 (8 sessions)

Acting Workshop

YPP 26/\$120

This workshop helps develop creative expression, communication skills and confidence through movement, voice and acting techniques. Improvisation and character development provide an early foundation in theater skills.

LC Sat., 10:45 a.m.-12:15 p.m., Oct. 3-Nov. 21 (8 sessions) **Ages 9-12.**

Playwriting

YPP 153/\$130

Aspiring authors tell their stories in a theatrical way. Students detail plots, themes, settings and more as they develop characters who can become oral storytellers of their work. *Previous experience is not required.* **Enrollment limited. Ages 13-15.**

LC Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Nov. 21 (8 sessions)

Playing Guitar I for Young People

YPP 120/\$115

This course is designed for beginning level guitar students or those who have never played before. It covers basic fingerboard techniques, open chord progressions, simple accompaniment styles and one-octave major scales. Different styles of songs are introduced. *A guitar is needed for the first class. A half-size nylon string acoustic guitar is recommended but not mandatory.* **Ages 9-15.**

CC Sat., Oct. 3-Nov. 21, 12:30 p.m.-1:45 p.m., (8 sessions) Teddy Crawford, composer, instrumentalist and vocalist.

Playing Guitar II for Young People

YPP 121/\$115

This class is designed for students who took *Playing Guitar I*, or anyone who is not an absolute beginner. Course introduces more advanced accompaniment styles, fretboard techniques, right hand/left hand development techniques, major and minor scale applications. Note reading and barre chords will be introduced. Different styles of songs will be covered. **Ages 9-15.**

CC Sat., Oct. 3-Nov. 21, 2:00 p.m.-3:15 p.m., (8 sessions) Teddy Crawford, composer, instrumentalist and vocalist.

Piano for Young People

YPP 125/\$105

Learn to play the piano in a fun-filled atmosphere. Emphasis is placed on note reading, rhythm, posture, and hand technique. Students learn to play simple melodies and chords. **Ages 9-12.**

LC Wed., 4:00 p.m.-5:00 p.m., Oct. 7-Nov. 25 (no class Oct. 14) (7 sessions) Rosemary George, international singer and piano instructor. (www.rosemarygeorge.com)



Sing Out Loud!

YPP 114/\$115

Do you like to sing? Has anyone told you that you have a wonderful voice? Come and work with a professional singer. No matter what kind of music you like-if you sing or just want to learn how to sing, join us for individual and group singing. **Ages 13-15.**

LC Sat., 12:45 p.m.-1:45 p.m., Oct. 3-Nov. 21 (8 sessions)

NEW Audition Workshop

YPP 117/\$100

In a supportive and friendly environment, students present and develop performing arts pieces for auditions for schools, clubs, television, theatre, etc. Preparation for auditions such as how to choose a photographer, what to wear, what should be on a performing arts resume, which pictures to have in a portfolio, how to warm up and more are covered. All types of performing artists and models welcome. **NO EXPERIENCE NECESSARY. Ages 9-15.**

LC Sun., 10:00 a.m.-12:00 p.m., Sept. 26-Oct. 17 (4 sessions)

NEW Cooking Kids' Style

YPP 118/\$140

Kids can participate in the cooking experience with a trained chef, in this "kid-sized" cooking class. A hands-on basic course preparing easy, delicious dishes the whole family can enjoy. Parents are encouraged to participate. The first session includes an orientation and introduction to the kitchen facility, utensils, and food prep. Participants are advised to bring aprons, side towels, paper towels, plastic utensils, cups and paper plates. Cost of food/materials \$40 paid at first class. **Enrollment limited. Ages 9-12.**

LC Sun., 10:00 a.m.-1:30 p.m., Oct. 4-Oct. 25 (3 sessions)

Checkmate: Chess for Young People

YPP 170/\$95

A game of strategy and skill, chess reinforces basic math skills like counting, adding and subtracting and expands to such areas as estimating movements, graphing and recording game moves. Students learn decision-making skills and a systematic way of thinking that they can apply in other subjects. Studies have shown that chess increases math scores. *Tuition includes materials.* **Ages 9-12.**

LC Sat., 12:30 p.m.-2:00 p.m., Oct. 3-Nov. 7 (6 sessions)

PRE-COLLEGE: CLASSES FOR AGES 4-16

PHYSICAL FITNESS / DANCE

Child/Parent Gym Class for Preschoolers

YPA 21/\$60

A gym course for preschoolers to provide experiences in locomotor movements, exercise and other physical education activities to develop coordination, self-awareness and fitness. *One parent or guardian must remain in the room and participate with the child. No visitors or cell phones permitted. Ages 3-4. (Must be three years old as of October 2009. Proof of age required.) Valid CUNY Card ID required.*

LC Sat., 1:10 p.m.-2:10 p.m., Oct. 3-Nov. 10 (5 sessions)

Junior Gym

YPA 31/\$105

Through participation in relay races, calisthenics, circle and line games, and other physical activities, young children develop strength, coordination, and socialization skills. *White-soled (non-marking) sneakers required. Ages 4-6. (Must be 4 years old as of October 2009). Proof of age required at time of registration.) Valid CUNYCard I.D. required.*

LC Sat., 2:20 p.m.-3:20 p.m., Oct. 3-Dec. 5 (no class Nov. 28) (9 sessions)

RULES FOR USING THE APEX

All physical fitness classes are held in The APEX facility on the Lehman College campus. To maintain security and to insure the safety of your child, we *require* that the following APEX policies and procedures be strictly observed.

■ **Students are to carry a valid CUNYCard I.D. at all times.**

■ Students are to be accompanied by one (1) parent/guardian. Siblings (including infants) and friends are excluded from entering The APEX. No baby carriages are allowed in The APEX.

■ For security reasons, the parent/guardian escorting the child **must** remain in The APEX waiting area for the duration of the child's class(es). Should there be a medical emergency, it is the parent or guardian who must make the decision regarding treatment.

Adults who enroll children in these classes do so with the understanding that Lehman College is absolved from responsibility and/or liability for personal injury and loss or damage to personal property.



Dance Time

Students learn the basic techniques of ballet, jazz and hip-hop dance styles. Classes are arranged by age and teachers are able to work with all levels of student experience. The final session is a performance for parents, family, and friends. No prior dance experience required. *Movement friendly clothing is required. Valid CUNYCard ID required.*

LC **Saturday Schedule:** Sept. 26-Nov. 14 (8 sessions)

Ballet & Jazz Workshop Ages 6-8

YPA 124/\$100 9:30 a.m.-10:30 a.m.

Jazz & Hip-Hop Workshop Ages 9-12

YPA 127/\$100 10:40 a.m.-11:40 a.m.

Teen Hip-Hop Workshop Ages 13-16

YPA 129/\$100 11:50 a.m.-12:50 p.m.

Rhythmic Gymnastics

YPA 29/\$105

This course is designed to develop children's fitness through dance experience and the ability to handle rhythmic equipment such as balls, ribbons, ropes and hoops. In a non-competitive setting, children enjoy a skill-oriented, beautiful fun-filled activity. **Note:** *This is not a "traditional" gymnastics course using bars and beams. Ages 6-8. Valid CUNYCard I.D. required.*

LC Sat., 3:30 p.m.-4:30 p.m., Oct. 3-Dec. 5 (no class Nov. 28) (9 sessions)

Indoor Soccer

YPA 41/\$110

Young children learn the fundamentals of soccer such as dribbling, shooting and passing in an exciting yet supportive environment. *White-soled (non-marking) sneakers and loose-fitting clothing required. Enrollment limited. Valid CUNYCard I.D. required.*

LC **Saturday Schedule:** Oct. 10-Nov. 21 (7 sessions)

LC Sec. 1: Sat., 12:45 p.m.-2:00 p.m., **Ages 6-8.**

LC Sec. 2: Sat., 2:15 p.m.-3:30 p.m., **Ages 9-12.**



Tennis for Pre-Teens

YPA 61/\$115

An introduction to this popular sport including basic strokes, rules and strategies. *Students supply their own racquets and tennis balls. Wear athletic shoes and appropriate, comfortable attire. For safety reasons, parents and siblings are not permitted on the court or court-side. Classes will be held weather-permitting; make-up classes are generally held next day-Sunday. Enrollment limited. Valid CUNYCard I.D. required.*

LC Sat., Sept. 26-Oct. 17 9:15 a.m.-11:00 a.m., (4 sessions) Perry T. Lopez, AM/PRO certified. **Ages 9-11.**

Tennis for Teens

YPA 60/\$125

An introduction to this popular sport including basic strokes, rules and strategies. *Students supply their own racquets and tennis balls. Wear athletic shoes and appropriate, comfortable attire. For safety reasons, parents and siblings are not permitted on the court or court-side. Classes will be held weather-permitting; make-up classes are generally held next day-Sunday. Enrollment limited. Valid CUNYCard I.D. required.*

LC Sat., Sept. 26-Oct. 17, 11:20 a.m.-1:20 p.m., (4 sessions) Perry T. Lopez, AM/PRO certified. **Ages 12-15.**

Basketball for Young People

YPA 40/\$110

Boys and girls learn shooting, passing, strategies, scoring and teamwork with applied practice in game situations. *White-soled (non-marking) sneakers required. Valid CUNYCard I.D. required.*

LC **Saturday Schedule:** Oct. 10-Nov. 21 (7 sessions)

Sec. 1: 9:45 a.m.-11:00 a.m., **Ages 9-12.**

Sec. 2: 11:15 a.m.-12:30 p.m., **Ages 13-15.**

Introduction to Martial Arts

YPA 54/\$120

The fundamentals of martial arts such as kung fu are introduced. Children develop self-confidence, discipline and mental and physical fitness. *Wear loose-fitting clothing. Valid CUNYCard I.D. required.*

LC Sec. 1: Sat., 10:45 a.m.-12:00 p.m., Sept. 26-Nov. 14 (8 sessions) **Ages 9-15.**

LC Sec. 2: Sat., 10:45 a.m.-12:00 p.m., Dec. 5-Jan. 30 (no classes Dec. 26, Jan. 2) (8 sessions) **Ages 9-15.**

PRE-COLLEGE: CLASSES FOR AGES 4-16

Swimming I for Young People

YPA 32/\$125

For children with *no experience or minimal experience in the water*, this course covers fundamental skills including breathing, floating and crawlstroke. Water safety is emphasized. *Swim cap required. Enrollment limited. Valid CUNYCard I.D. required.*

LC Saturday Schedule: Sept. 26-Nov. 21 (9 sessions)

Sec. 1: 10:00 a.m.-10:45 a.m., **Ages 6-8.**

Sec. 2: 11:35 a.m.-12:20 p.m., **Ages 6-8.**

Sec. 3: 2:05 p.m.-2:50 p.m., **Ages 9-12.**

Sec. 4: 1:15 p.m.-2:00 p.m., **Ages 9-12.**

Sec. 5: 3:40 p.m.-4:25 p.m., **Ages 13-15.**

LC Sunday Schedule: Oct. 4-Dec. 6 (no class Nov. 29) (9 sessions)

Sec. 6: 11:05 a.m.-11:50 a.m., **Ages 6-8.**

LC Friday Schedule: Sept. 25-Nov. 20 (9 sessions)

Sec. 7: 3:45 p.m.-4:30 p.m., **Ages 9-12.**

Swimming II for Young People

YPA 38/\$125

A continuation of Swimming I for Young People. *NOTE: To enroll, students must be able to swim 15 yards and be comfortable in deep water.* Includes elementary backstroke, treading water, improvement of crawlstroke and simple diving. Water safety is emphasized. *Swim cap required. Prerequisite: YPA 32 or equivalent swimming experience. Enrollment limited. Ages 6-14. Valid CUNYCard I.D. required.*

LC Saturday Schedule: Sept. 26-Nov. 21 (9 sessions)

Sec. 1: 9:10 a.m.-9:55 a.m.

Sec. 2: 2:55 p.m.-3:40 p.m.

LC Sunday Schedule: Oct. 4-Dec. 6 (no class Nov. 29) (9 sessions)

Sec. 3: 10:15 a.m.-11:00 a.m.

LC Friday Schedule: Sept. 25-Nov. 20 (9 sessions)

Sec. 4: 4:35 p.m.-5:20 p.m.

Swimming III for Young People

YPA 36/\$125

Skills taught include sidestroke, breaststroke, sculling and an introduction to the butterfly stroke. Water safety is emphasized. *NOTE: To enroll, students must be able to do the front crawl for 25 meters with rotary breathing, back crawl for 10 meters and tread water. Swim cap required. Ages 8-14. Valid CUNYCard I.D. required.*

LC Sec. 1: Sat., 10:50 a.m.-11:35 a.m., Sept. 26-Nov. 21 (9 sessions)

LC Sec. 2: Sun., 11:50 a.m.-12:35 a.m., Oct. 4-Dec. 6 (no class Nov. 29) (9 sessions)

Child/Parent Swimming

YPA 39/\$150 (1 child and 1 adult)

YPA 39/\$170 (2 children and 1 adult)

(Registration fee to be charged to adult)

Due to APEX regulations regarding access to locker rooms, registration is restricted to daughters/mothers (female guardians) or sons/fathers (male guardians). Exception: Parents of the opposite sex may register provided their children are able to change clothes by themselves.

Young children are taught water safety, basic swimming movements and breathing. This course provides an opportunity for children and parents or guardians to spend time together in a group experience while children develop water confidence. *Parent/guardian MUST be in the pool with child. Swim cap required. Enrollment limited. Ages 4-8. Valid CUNYCard I.D. required.*

LC Sec. 1: Sat., 10:50 a.m.-11:30 a.m., Sept. 26-Nov. 21 (9 sessions)

LC Sec. 2: Sun., 12:40 p.m.-1:20 p.m., Oct. 4-Dec. 6 (no class Nov. 29) (9 sessions)

Synchronized Swimming for Young People

YPA 46/\$200

Synchronized Swimming is a performance sport which takes place in deep water. Swimmers learn sculling techniques, how to tread water, and intermediate and advanced swimming strokes and kicks. Advanced swimmers work on developing core control and increased grab on the water. All swimmers will learn figures (stunts) appropriate to their ability and experience. *(Prerequisites: ability to swim 25 yards, and be comfortable in deep water and underwater. YPA 38: Swimming II for Young People.) Ages 8-16. Valid CUNYCard I.D. required.*

LC Fri., 4:30 p.m.-6:00 p.m., Sept. 25-Nov. 20 (8 sessions) Rowena Dale S. Mohammed, judge, choreographer, coach and Masters swimmer, silver and bronze medalist at the 2005 U.S. Masters Synchronized Swimming Championships.

Pre-Swim Team Program

To enroll in this program, swimmers must be able to swim 25 yards of front crawl with good breathing technique as well as the back crawl for 25 yards.

The program gives swimmers the opportunity to continue to develop their basic swimming strokes (crawlstroke and backstroke); learn additional strokes (butterfly and breaststroke); racing dives and turns; how to use training equipment such as kickboards, pull buoys and the pace clock as well as practice patterns, practice decorum and practice protocol. **Ages 7-15.**

The program has three levels:

Pre-Team I: refine strokes and develop stroke mechanics through drills

Pre-Team II: learn racing starts, turns and develop the individual medley

Pre-Team III: develop basic conditioning, practice protocol and team terminology

Upon successful completion of *Pre-Team III*, swimmers can try out for the APEX Swim Club team or continue in the Pre-Swim Team Program.

Pre-Team I

YPA 101/\$150

LC Sec. 1: Sat., 10:00 a.m.-11:00 a.m., Sept. 26-Dec. 5 (no class Nov. 28) (10 sessions)

LC Sec. 2: Fri., 4:00 p.m.-5:00 p.m., Sept. 25-Dec. 4 (no class Nov. 27) (10 sessions)

Pre-Team II

YPA 102/\$150

LC Sat., 11:00 a.m.-12:00 p.m., Sept. 26-Dec. 5 (no class Nov. 29) (10 sessions). To enroll in this class, students must have successfully completed YPA 101: *Pre-Team I*.

Pre-Team III

YPA 103/\$150

LC Thurs., 4:00 p.m.-5:00 p.m., Sept. 24-Dec. 3 (no class Nov. 26) (10 sessions) To enroll in this class, students must have successfully completed YPA 102: *Pre-Team II*.



PHYSICAL FITNESS CLASSES

Teens 16 years of age and above may register for adult physical fitness classes. See page 35.