

PARENT/CHILD

Parent & young swimmers come and enjoy the water together. Parent & instructor use games and songs to teach children basic aquatic movement.

PIKE WITH PARENT

A transition class and introduction to group swim lessons for children new to group lessons and still need the support of a parent in the water.

(Ages: 6mo.-3yrs, Ratio: 1:10)

At the Y, we know swimming is a life skill as much as it is great exercise and a challenging sport. In Y classes, you not only learn to swim, but also build self-confidence, learn water safety & rescue skills, have fun, and make new friends. We offer lessons for anyone from 6-months and older, family swim time, and adaptive programs to ensure everyone can swim at the Y.

Low enrollment classes may be combined, canceled, or changed to premium level. Canceled classes will receive a credit towards another session.

**PLEASE NOTE:
NO MAKE UP LESSONS FOR
ANY CLASS**

**M = Y Member
CM = Community Member**

PARENT/CHILD LESSONS

PARENT/CHILD

Sat 9:30-10:00 am
M \$45 / CM \$90

PIKE WITH PARENT

Sat 9:30-10:00 am
M \$45 / CM \$90

SWIM TEST REQUIRED

To ensure proper swim level, swim tests are available throughout the day. Y lifeguards on-duty will conduct swim tests. Class registration will not be taken without a completed swim test evaluation. If children are under 5 years old, parents are advised to get in the water during testing.

PIKE & EEL

PIKE: Beginner swimmers with no experience. Learn basic skills of blowing bubbles with face in the water, paddle stroke on front, back, sides & kicking.

PIKE PREMIUM: Same as above. Max of only 3 swimmers.

EEL: Advanced beginner.

Should be able to:

-Perform front/back float 20 seconds
-Paddle on front/back/side 5 meters

(Ages: 3-5, Ratio: 1:6)

RAY & STARFISH

RAY: Intermediate swimmers.

Should be able to:

-Front/back float 20 seconds
-Paddle on front/back/side for 15 feet

STARFISH: Advanced swimmers.

Should be able to:

-Front/back float 30 seconds
-Swim front/back/side alternating paddle for 20 feet
-Swim front/back symmetrical paddle for 20 feet

(Ages: 3-5, Ratio: 1:6)

PRESCHOOL LESSONS

PIKE

		<u>Ages 3-5</u>
Sun	10:05-10:35 am	M \$45 / CM \$90
Mon	5:00-5:30 pm	M \$45 / CM \$90
Tues	5:00-5:30 pm	M \$45 / CM \$90
Wed	5:00-5:30 pm	M \$45 / CM \$90
Thurs	5:00-5:30 pm	M \$45 / CM \$90
Sat	10:05-10:35 am	M \$45 / CM \$90

PIKE PREMIUM

		<u>Ages 3-5</u>
Sun	9:30-10:00 am	M \$65 / CM \$120
Sat	9:30-10:00 am	M \$65 / CM \$120

EEL

		<u>Ages 3-5</u>
Sun	10:05-10:35 am	M \$45 / CM \$90
Mon	5:00-5:30 pm	M \$45 / CM \$90
Tues	5:00-5:30 pm	M \$45 / CM \$90
Wed	5:00-5:30 pm	M \$45 / CM \$90
Thurs	5:00-5:30 pm	M \$45 / CM \$90
Sat	10:05-10:35 am	M \$45 / CM \$90

RAY

		<u>Ages 3-5</u>
Sun	10:05-10:35 am	M \$45 / CM \$90
Wed	5:00-5:30 pm	M \$45 / CM \$90

STARFISH

		<u>Ages 3-5</u>
Sun	10:05-10:35 am	M \$45 / CM \$90
Wed	5:00-5:30 pm	M \$45 / CM \$90

POLLIWOG & GUPPY

POLLIWOG: Non-swimmer/beginner. Learn to adjust to the water, water safety, basic paddle strokes, and kicking.

GUPPY: Advanced/beginner.

Should be able to:

-Front/back float 1 minute
-Paddle front/back/side 25 yards
-Jump in without assistance
-Comfortable in deep water

(Ages: 6-12, Ratio: 1:8)

MINNOW & FISH

MINNOW: Intermediate swimmer.

Should be able to:

-Front/back float 1 minute
-Front crawl/breaststroke/sidestroke/backstroke/elementary backstroke 25 yards

FISH*: Intermediate swimmer.

Should be able to:

-Standing Dive
-Front crawl/backstroke/side stroke/backstroke/elementary backstroke 50 yards
-Tread water 1 minute

*Instructor in water or on deck

(Ages: 6-12, Ratio: 1:10)

FLYING FISH & SHARK

FLYING FISH*: Advanced swimmer

Should be able to:

-Tread water 3 minutes
-Swim 75 yards front crawl/backstroke/sidestroke/breaststroke
-25 yards butterfly

SHARK*: Advanced swimmer.

Should be able to:

-Perform a flip turn
-Swim 100 yards front crawl/backstroke/sidestroke/breaststroke

*Instructor in water or on deck

(Ages: 6-14, Ratio: 1:10)

YOUTH LESSONS

POLLIWOG

		<u>Ages 6-14</u>
Sun	10:40-11:25 am	M \$45 / CM \$90
Mon	5:35-6:20 pm	M \$45 / CM \$90
Tues	5:35-6:20 pm	M \$45 / CM \$90
Wed	5:35-6:20 pm	M \$45 / CM \$90
Thurs	5:35-6:20 pm	M \$45 / CM \$90
Sat	10:40-11:25 am	M \$45 / CM \$90

GUPPY

		<u>Ages 6-14</u>
Sun	10:40-11:25 am	M \$45 / CM \$90
Mon	5:35-6:20 pm	M \$45 / CM \$90
Tues	5:35-6:20 pm	M \$45 / CM \$90
Wed	5:35-6:20 pm	M \$45 / CM \$90
Thurs	5:35-6:20 pm	M \$45 / CM \$90
Sat	10:40-11:25 am	M \$45 / CM \$90

MINNOW

		<u>Ages 6-14</u>
Sun	11:30-12:15 pm	M \$45 / CM \$90
Mon	6:25-7:10 pm	M \$45 / CM \$90
Tues	6:25-7:10 pm	M \$45 / CM \$90
Wed	6:25-7:10 pm	M \$45 / CM \$90
Thurs	6:25-7:10 pm	M \$45 / CM \$90
Sat	11:30-12:15 pm	M \$45 / CM \$90

FISH

		<u>Ages 6-14</u>
Mon	6:25-7:10 pm	M \$45 / CM \$90
Wed	6:25-7:10 pm	M \$45 / CM \$90
Sat	11:30-12:15 pm	M \$45 / CM \$90

FLYING FISH

		<u>Ages 6-14</u>
Sun	11:30-12:15 pm	M \$45 / CM \$90
Tues	6:25-7:10 pm	M \$45 / CM \$90
Wed	6:30-7:15 pm	M \$45 / CM \$90

SHARK

		<u>Ages 6-14</u>
Sun	11:30-12:15 pm	M \$45 / CM \$90
Thurs	6:25-7:10 pm	M \$45 / CM \$90

YOUTH & TEEN

JR. ADAPTIVE: Basic class for youth with physical disabilities. Ratio 1:1.

STROKE CLINIC: Advanced beyond shark to improve techniques.

SWIM CLUB: Ages 12 & older. Must be at Flying Fish level. Training and conditioning in & out of the water to prep for local swim teams. Swim club will be 45 min. gym workout and 45 min. swim workout.

*Instructor in water or on deck

(Ages:10-15, Ratio: 1:10)

TEENS

JR. WATER ADAPTIVE Ages 10-15

Sun 9:15-10:00 am
M \$65 / CM \$120

STROKE CLINIC Ages 10-15

Wed 5:45-6:30 pm
M \$45 / CM \$90

SWIM CLUB* Ages 10-15

Wed 5:00-6:30 pm
M \$65 / CM \$120

***PLEASE NOTE:** Training for this class begins in the gym.



ADULT SWIM LESSONS (Ages 16+)

For beginner & intermediate adult swimmers looking to gain skills and confidence in the water. Ratio 1:10.

ADULT CLASSES

Thurs 7:15-8:15 pm M \$45 / CM \$90

PRIVATE & SEMI-PRIVATE SWIM LESSONS (Ages 3+)

30-minute lessons can be arranged upon completing the request form at the Front Desk.

PRIVATE LESSONS

4 Sessions	M \$88 / CM \$156
6 Sessions	M \$122 / CM \$210
8 Sessions	M \$146 / CM \$230

SEMI-PRIVATE* (2 individuals at the same skill level)

4 Sessions	M \$62 / CM \$124
6 Sessions	M \$92 / CM \$168
8 Sessions	M \$122 / CM \$190

*PLEASE NOTE: You must arrange 2 individuals at the same skill level prior to requesting semi-private swim lessons. Swim instructors will NOT place individuals together.

M = Member

CM = Community Member

YMCA POOL RULES

- Children under 10 must be accompanied by an adult at all times in the pool (Please review specific family swim times on the pool schedule)
- For sanitary reasons, everyone must shower in the locker rooms before entering the pool or whirlpool
- Hair below the ears is tied up or under a swim cap
- Only bathing suits, or approved aquatics attire allowed in pool or whirlpool
- No running or diving at any time
- Only those 18+ may use the whirlpool
- Only US Coast Guard approved floatation devices allowed in the pool

For any questions or concerns, please contact Kristy Merrill, Aquatics Coordinator, at 847.891.9622 x 121 or kmerrill@gcfymca.org.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A SPLASH OF CONFIDENCE, JUST ADD WATER! SWIM LESSONS AT THE Y Winter 2017-18

Winter Session

Winter I

(6 week session)
January 7 - February 17, 2018

Winter II

(7 week session)
February 18 - April 14, 2018
(Spring Break: 3/26/18-3/30/18)

Registration Dates

Winter I Registration

December 3, 2017 - Members
December 10, 2017 - Community Members

Winter II Registration

January 21, 2018 - Members
January 28, 2018 - Community Members



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