

## 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 \$50 / CM \$90

### PIKE WITH PARENT

Sat 9:30-10:00 am  
M \$50 / 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)

## 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 & 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)

## PRESCHOOL LESSONS

### PIKE

		Ages 3-5
Sun	10:05-10:35 am	M \$42 / CM \$77
Mon	5:00-5:30 pm	M \$50 / CM \$90
Tues	5:00-5:30 pm	M \$50 / CM \$90
Wed	5:00-5:30 pm	M \$50 / CM \$90
Thurs	5:00-5:30 pm	M \$50 / CM \$90
Sat	10:05-10:35 am	M \$50 / CM \$90

### PIKE PREMIUM

		Ages 3-5
Sun	9:30-10:00 am	M \$54 / CM \$102
Sat	9:30-10:00 am	M \$63 / CM \$119

### EEL

		Ages 3-5
Sun	10:05-10:35 am	M \$42 / CM \$77
Mon	5:00-5:30 pm	M \$50 / CM \$90
Tues	5:00-5:30 pm	M \$50 / CM \$90
Wed	5:00-5:30 pm	M \$50 / CM \$90
Thurs	5:00-5:30 pm	M \$50 / CM \$90
Sat	10:05-10:35 am	M \$50 / CM \$90

### RAY

		Ages 3-5
Sun	10:05-10:35 am	M \$42 / CM \$77
Wed	5:00-5:30 pm	M \$50 / CM \$90

### STARFISH

		Ages 3-5
Sun	10:05-10:35 am	M \$42 / CM \$77
Wed	5:00-5:30 pm	M \$50 / CM \$90

### POLLIWOG

		Ages 6-14
Sun	10:40-11:25 am	M \$42 / CM \$77
Mon	5:35-6:20 pm	M \$50 / CM \$90
Tues	5:35-6:20 pm	M \$50 / CM \$90
Wed	5:35-6:20 pm	M \$50 / CM \$90
Thurs	5:35-6:20 pm	M \$50 / CM \$90
Sat	10:40-11:25 am	M \$50 / CM \$90

### GUPPY

		Ages 6-14
Sun	10:40-11:25 am	M \$42 / CM \$77
Mon	5:35-6:20 pm	M \$50 / CM \$90
Tues	5:35-6:20 pm	M \$50 / CM \$90
Wed	5:35-6:20 pm	M \$50 / CM \$90
Thurs	5:35-6:20 pm	M \$50 / CM \$90
Sat	10:40-11:25 am	M \$50 / CM \$90

### MINNOW

		Ages 6-14
Sun	11:30-12:15 pm	M \$42 / CM \$77
Mon	6:25-7:10 pm	M \$50 / CM \$90
Tues	6:25-7:10 pm	M \$50 / CM \$90
Wed	6:25-7:10 pm	M \$50 / CM \$90
Thurs	6:25-7:10 pm	M \$50 / CM \$90
Sat	11:30-12:15 pm	M \$50 / CM \$90

### FISH

		Ages 6-14
Mon	6:25-7:10 pm	M \$50 / CM \$90
Wed	6:25-7:10 pm	M \$50 / CM \$90
Sat	11:30-12:15 pm	M \$50 / CM \$90

### FLYING FISH

		Ages 6-14
Sun	11:30-12:15 pm	M \$42 / CM \$77
Tues	6:25-7:10 pm	M \$50 / CM \$90
Wed	6:30-7:15 pm	M \$50 / CM \$90

### SHARK

		Ages 6-14
Sun	11:30-12:15 pm	M \$42 / CM \$77
Thurs	6:25-7:10 pm	M \$50 / CM \$90

## TEENS

### JR. WATER ADAPTIVE Ages 10-15

Sun 9:15-10:00 am  
M \$54 / CM \$102

### STROKE CLINIC Ages 10-15

Sun 11:30-12:15 pm  
M \$42 / CM \$77

Wed 5:45-6:30 pm  
M \$50 / CM \$90

### SWIM CLUB\* Ages 10-15

Sun 10:45-12:15 pm  
M \$54 / CM \$102

Wed 5:00-6:30 pm  
M \$63 / CM \$119

\*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.

### BEGINNER/INTERMEDIATE CLASSES

Mon (Beginner)	7:15-8:15 pm	M \$50 / CM \$90
Wed (Intermediate)	7:15-8:15 pm	M \$50 / 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
- 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 17+ 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 or [kmerrill@gcfymca.org](mailto: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

### Spring 2017

### Spring Session (7 Week Session)

Spring  
April 16 - June 3, 2017  
(No Classes Easter Sunday)

### Registration Dates

Spring Registration  
March 19, 2017 - Members  
March 26, 2017 - Community Members



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