

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)

PRESCHOOL LESSONS

PIKE

		Ages 3-5
Sun	10:05-10:35 am	M \$50 / CM \$90
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 \$63 / CM \$119
Sat	9:30-10:00 am	M \$63 / CM \$119

EEL

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

STARFISH

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

		Ages 6-14
Sun	10:40-11:25 am	M \$50 / CM \$90
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 \$50 / CM \$90
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 \$50 / CM \$90
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	6:25-7:15 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 \$50 / CM \$90
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 \$50 / CM \$90
Thurs	6:25-7:15 pm	M \$50 / 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 \$63 / CM \$119

STROKE CLINIC Ages 10-15

Sun 11:30-12:15 pm
M \$50 / CM \$90

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

SWIM CLUB Ages 10-15

Sun 10:45-12:15 pm
M \$63 / CM \$119

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

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



ADULT SWIM LESSONS & PROGRAMS

WATER EXERCISE CLASSES PUNCH CARD

All class participants must purchase a punch card to attend classes. Punch card must be presented at the Welcome Desk prior to attending each class.

12 Class Punch Card	M \$30 / CM \$51
24 Class Punch Card	M \$54 / CM \$96
36 Class Punch Card	M \$72 / CM \$135

Punch cards expire 6-months from purchase date. Lost cards are not replaced.

WATER EXERCISE CLASSES

HYDROCIZE

This class provides a mix of strength training exercises, cardio conditioning, and flexibility. Includes rebound, non-rebound, and suspended movements using resistance equipment and flotation devices.

T/TH	9:00-10:00 am	with Jerell
T/TH	6:30-7:30 pm	with Donna

DEEP WATER

This non-impact workout offers a variety of intensity levels to increase endurance as well as power, strength, and cardiovascular fitness. Held in the deep water with the aid of buoyancy equipment and aquatic aides.

M/W/F	9:30-10:30 am	with Kathleen
Sat	8:30-9:30 am	with Dee

AQUA PI-YO-CHI

The new-age class introduces the strength of Pilates, the balance of Yoga, and the energy revitalization of Ai Chi and Tai Chi. The mind/body connection used in this class is an effective intervention in relieving stress, and has shown many researched medical benefits.

Tues	8:00-9:00 am	with Kathleen
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BOOT CAMP

Boot Camp offers a combination of drills, skills, and plyometric to improve strength and endurance.

Sat	9:30-10:30 am	with Donna
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UP AND AT 'EM!

This program uses the buoyant qualities of water to enhance physical fitness through exercises and stretching. It is a low-impact water class designed to provide cardiovascular conditioning, improved muscle tone, improved flexibility, strength, and improve balance.

M/W/F	8:30-9:30 am	with Kathleen
Sun	9:00-10:00 am	with Anna
T/TH	6:15-7:00 am	with Kathy

RUSTY HINGES

Designed for age 55+, this class will incorporate all fitness techniques, including rebound, non-rebound, suspended moves, resistance equipment, flotation devices, and more in a mix of shallow and deep water. All fitness levels welcome.

M/W/F	10:30-11:30 am	with Sherry
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ADULT SWIM LESSONS

Ages 16+

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

BEGINNER/INTERMEDIATE

Mon (Beginner)	7:15-8:00 pm	M \$50 / CM \$90
Wed (Intermediate)	7:15-8:00 pm	M \$50 / CM \$90

PRIVATE & SEMI-PRIVATE LESSONS Ages 3+

30-minute lessons can be arranged upon completing the request form at the Welcome 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

POOL RULES

- Children under 10 must be accompanied by an adult at all times
- 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 flotation devices allowed in the pool
- No make up swim lessons

M = Member

CM = Community Member



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A SPLASH OF CONFIDENCE, JUST ADD WATER!

AQUATICS PROGRAMS

Winter 2017

Winter Session (7 Week Sessions)

Winter I

January 2 - February 18, 2017

Winter II

February 19 - April 15, 2017
(1 week off for Spring Break: 3/27 - 3/31)

Registration Dates

Winter I Registration

December 4, 2016 - Members
December 11, 2016 - Community Members

Winter II Registration

January 22, 2017 - Members
January 29, 2017 - Community Members



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