

AQUA FORCE SWIM TEAM

Aqua Force Swim Team encourages its swimmers to reach their highest potential as they strive to improve their skills and reach new goals. In addition to sharpening technique and increasing endurance, the team helps build strong character, promotes unity among peers, and defines individual leadership skills. The number one goal of the Aqua Force Swim Team is to promote personal health within the team environment; and most importantly...to have fun!

AQUA FORCE DATES TO REMEMBER

WED. & THURS., MAY 3 & 4

5:30pm - New Swimmer Placement

6pm - MANDATORY Registration and Parent Orientation for ALL Swimmers



SUMMER SEASON: MAY 31 - JULY 14*							
Practice Group	Fee	Meet Fee	M	T	W	Th	F
DEVELOPMENTAL PRACTICE GROUPS							
Little Ripples: 5 - 7	\$110			5:45-6:30pm		5:45-6:30pm	
White: 10 & under	\$170	\$30	5:30-6:30pm		5:30-6:30pm		5-6pm
AGE GROUP PRACTICE GROUPS							
Purple: 12 & under	\$230	\$30	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	5-6:15pm
Silver: 12 & under	\$200	\$30	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	6:30-7:45pm	
Black: 12 & under accelerated, intense practice	\$280	\$30	5-7pm	5-7pm	5-7pm	5-7pm	4:30-6:15pm
SENIOR LEVEL PRACTICE GROUPS							
Pre Senior: 13 & older	\$280	\$30				5-7:00pm	4:30-6:15pm
Senior: 13 & older accelerated, intense practice	\$280	\$30	5-7pm	5-7pm	5-7pm	5-7pm	

*YMCA State and USA Championship qualifiers will practice beyond July 14th. Participation in Summer Swim Season guarantees a spot for the Fall Swim Season. All participants must be FVYMCA members to join Aqua Force. Swimmers must be able to swim 25 yards on front and back confidently. Swimmers must pay \$30 deposit and have meet fees set up on a monthly draft. All fees must be paid before swimmers can participate. Meet fee deposit may be rolled over from Fall/Winter season if eligible.

White, Purple, Black, Pre-Senior, and Senior swimmers new to the Aqua Force team can pay an optional \$66 USA Swimming registration. Swimmers not USA swimming registered will not be able to participate in any USA swimming sanctioned swim meets. Swim meet schedule can be found online at www.foxvalleyymca.org/aquaforce.


PRIVATE COACHING

Class is constructed around the abilities and taken at a pace that works for the swimmer. Class times are set up between the Aqua Force swim team coach and the swimmer and can change/adjust whenever needed. If you have questions contact Kevin Satler, email at ksatler@foxvalleyymca.org. Private coaching request forms are available at the front desk.

Half Hour: \$30M / \$40NM

One Hour: \$60M / \$80NM

Package of 6 - 30 minute lessons \$160M / \$210NM






John Purcell

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4500 Route 71
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 OPEN 7 DAYS A WEEK

AQUATICS

SWIM LESSONS

Our Swim School is Kendall County's best and safest way for your child to learn to swim! Learning to swim is the most important thing your child can do when it comes to reducing the risk of drowning. The Fox Valley Family YMCA is proud to offer swim lessons following the acclaimed "Swim Lessons University" curriculum.

If you are new to the program or are not sure what level to place your child, take advantage of a free swim evaluation. The Aqua Force Swim School Staff will determine the appropriate level for your child. Registering for the appropriate swim level will help your child get the maximum benefit from the class. Evaluation dates do not necessarily match up with class start dates. Members may register at any time. Non-members must register two weeks prior to class start date.

4 WEEK (M/W OR T/TH)	CODE	8 WEEK (SAT)	CODE
May 8 - June 1	01AQL	May 6 - June 24	01AQL4
June 5-29	01AQL1	July 1 - August 12*	01AQL4
July 10 - August 3	01AQL1	*this is a 7 week session	



SCHEDULE SUBJECT TO CHANGE.

EVALUATION DATE	TIME
April 28	4:30-5pm
April 29	8-8:30am
June 2	4:30-5pm
June 24	8-8:30am
July 7	4:30-5pm

PARENT AND TOT

Ages 6-36 Months | Your instructor will show you, step-by-step, how to make your toddler safer in and around the water.

SWIM 100

Ages 3+ | A course that turns beginners into swimmers! Your child will learn: Freestyle kick, Breath Holding, Breath Control, Back kick, In-line kick, and Paddle Stroke.

SWIM STROKES 200

Ages 3+ | This course teaches entry level swimmers the formal strokes of freestyle and backstroke while teaching fundamental swimming skills. Your child will learn and refine the following skills: Freestyle kick, Breath Control, Back kick, Backstroke, and Freestyle with side breathing.

ADVANCED SWIM STROKES 300

Ages 5+ | This course teaches breaststroke and butterfly to swimmers that have already mastered freestyle and backstroke. Your child will learn and refine the following skills: Butterfly kick, Breaststroke kick, Butterfly, and Breaststroke.

LIFESAVING STROKES 400

Ages 6+ | A progressive advanced strokes course that teaches the lifesaving strokes of sidestroke, elementary backstroke, and treading.

PROGRAM	AGE	M/W OR T/TH MAY 2-27	M/W OR T/TH JUNE 6-30 JULY 11-AUG. 4	SAT 8 WEEK SESSIONS
PARENT & TOT				
PARENT & TOT	6-36 Months	10-10:30am 4-4:30pm	10-10:30am 4-4:30pm	9-9:30am 9:30-10am 10-10:30am
SWIM 100's				
SWIM 101	3-5 Years	10-10:30am 10:30-11am 4-4:30pm 4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 4-4:30pm 4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am
SWIM 102	6-9 Years	4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 4-4:30pm 4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am
SWIM 103	10+ Years	5-5:30pm	10:30-11am 5-5:30pm	11:30am-12pm
SWIM STROKES 200's				
SWIM STROKES 201	3-5 Years	11-11:30am 4-4:30pm 4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 4-4:30pm 4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am
SWIM STROKES 202/203	6+ Years	4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 4:30-5pm 5-5:30pm	9-9:30am 9:30-10am 10-10:30am 10:30-11am 11-11:30am
SWIM STROKES 300's				
ADVANCED SWIM STROKES 300's	5+ Years	4:30-5pm 5-5:30pm	9:30-10am 10:30-11am 4:30-5pm 5-5:30pm	10:30-11am 11-11:30am
LIFESAVING STROKES 400's				
LIFESAVING STROKES 402/403	6+ Years		10:30-11am 5-5:30pm	

REGISTER ONLINE!
WWW.FOXVALLEYYMCA.ORG

PRIVATE LESSONS

Class is constructed around abilities and taken at a pace that works for the swimmer. Class times are set up between the instructor and the swimmer and can change/adjust whenever needed. If you have questions contact Aquatics Director Kevin Satler at ksatler@foxvalleymca.org.

Half Hour: \$20M / \$30NM

One Hour: \$40M / \$60NM

Package of 6 – 30 minute lessons \$105M / \$160NM

AMERICAN HEART ASSOCIATION CPR – 3 HR CLASS

Age 16+ | \$33M / \$45NM | (NOT HEALTH CARE PROVIDER)

WEDNESDAY · 12-3PM

May 24 | June 14 | July 12 or August 16

SATURDAY · 9AM-12PM

May 13 | June 24 | July 22 or August 5

AQUA TRACK WEEKENDS

Cross the bridge, scale a cliff, jump the pond and slide to the finish on our inflatable obstacle course! The YMCA will have the Aqua Track set up on the following weekends for members use. From 2-5:30pm on Saturdays and 12:30-3:00pm on Sundays.

▶ May 27 & 28

▶ June 17 & 18

▶ July 8 & 9

▶ August 12 & 13

REGISTER ONLINE!

WWW.FOXVALLEYMCA.ORG

ELLIS LIFEGUARD TRAINING

JUNE 2-4 | AUGUST 4-6

\$140M / \$160NM

The Ellis & Associates International Lifeguard Training Program™ (ILTP™) successfully trains lifeguards through proven training methods and state-of-the-art lifeguard rescue skills.

(Booklet cost is \$58.58 and must be purchased through the Fox Valley Family YMCA.)

VFVY JUNIOR LIFEGUARD TRAINING

AGES 12-15 | M-Th | 12-3:30pm | \$30M / \$40NM

Learn what it takes to become a lifeguard. Junior guards will learn simple assist techniques around a pool and how to identify a swimmer in distress and assist Lifeguards in monitoring the pool.

SESSION DATES:

June 19 - 29 | July 10-20 or July 24 - August 3



BIRTHDAY PARTIES

Birthday pool party packages are available most Saturday and Sunday afternoons. Upgrade to get exclusive use of the Aqua Track for your party. Email Aquatics Director Kevin Satler at ksatler@foxvalleymca.org Splash Bash: \$145M / \$225NM Aqua Track: \$225M / \$340NM



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