

AQUATICS

AQUA FORCE SWIM TEAM

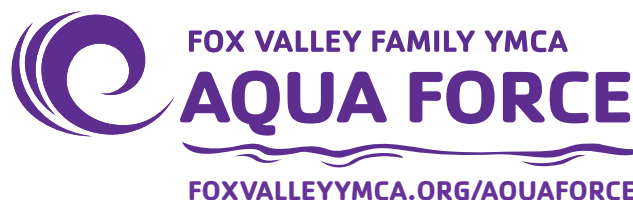
Aqua Force Swim Team encourages its swimmers to reach their highest potential as they strive to improve their skills and reach new goals. In addition to sharpening technique and increasing endurance, the team helps build strong character, promotes unity among peers, and defines individual leadership 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 2 & 3

5:30pm - New Swimmer Placement

6pm - MANDATORY Registration and Parent Orientation for ALL Swimmers



MAY 21 ST - JULY 14 TH						
Practice Group	Fee	M	T	W	Th	F
DEVELOPMENTAL PRACTICE GROUPS						
Little Ripples: 5-9	\$180		5:45-6:30pm	5:45-6:30pm	5:45-6:30pm	
White: 10 & under	\$200	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	
AGE GROUP PRACTICE GROUPS						
Silver: 12 & under	\$200	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm	
Purple: 12 & under	\$240	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm	6:15-7:45pm	5-6:15pm
SENIOR LEVEL PRACTICE GROUPS						
Black: 9-12 accelerated, intense practice	\$260	5:45-7:45pm	5:45-7:45pm	5:45-7:45pm	5:45-7:45pm	4:30-6:15pm
Senior: 13 & older accelerated, intense practice	\$280	5:45-7:45pm	5:45-7:45pm	5:45-7:45pm	5:45-7:45pm	4:30-6:15pm

*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 FVYFYMCA 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 \$75 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. Black and Senior will have select morning, dryland and Saturday practices posted online.



DUAL TEAM DISCOUNT

The Fox Valley Family YMCA strives to provide high quality coaching at an affordable price. We believe families should not have to make a big financial sacrifice to give their children the opportunity to succeed in swimming. Aqua Force is offering a dual team discount and a 3 or more swimmer per family discount to help support the swimming community.

The Dual team discount will allow swimmers to have more flexibility in their training schedules and to continue swimming at highly competitive meets. This also allows upper level swimmers to occasionally swim two practices a day to help them achieve their swimming goals. All swimmers who provide proof of swimming on another team will receive a \$100 discount on the Long Course or Summer Swim Season. Dual Team practices will be limited to Mondays, Wednesdays, and select Saturdays.

If your family has 3 or more swimmers you will also receive 10% off your practice group fees for the season.

AQUATICS

SWIM LESSONS

Our swim lessons are Kendall County's best way for your child to learn to swim safely! 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 newest Y USA curriculum. The Y USA Swim Lesson Program helps adults, children and families learn an important life skill and supports them in gaining the knowledge, ability, and stamina to become strong and confident swimmers.

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 Aquatics 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.

SWIM LESSONS
 Starters & Basics
 \$48M/\$72NM
 Strokes
 \$72M/\$108NM

STRONG SWIMMERS. CONFIDENT KIDS.

Nurturing skills and building confidence in the water.



6 months–3 years
PC – STARTERS
 PARENT* & CHILD:
 Levels A & B



3 years–6 years
P – BASICS
 PRESCHOOL:
 LEVELS 1–3



5 years–12 years
SA – STROKES
 SCHOOL AGE:
 LEVELS 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

EVALUATION DATES	TIME
April 27	4:30–5pm
April 28	8–8:30am
May 25	4:30–5pm
June 8	4:30–5pm
June 16	4:30–5pm
June 22	8–8:30am
July 20	4:30–5pm

2 WEEK (M-TH)

June 11 – 21
 *June 25 – July 5
 July 9 – 19
 July 23 – Aug. 2
 Aug. 6 – Aug. 16

4 WEEK (M-TH)

April 30 – May 24
 *May 29 – June 21
 *June 25 – July 19
 July 23 – Aug. 16

8 WEEK (SAT)

May 5 – June 23
 *June 30 – Aug. 18

*Memorial Day and 4th of July are prorated

SWIM STARTERS (PARENT & CHILD)

Swim Level A & B | 30 min. class

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS (PRESCHOOL & SCHOOLAGE)

Level 1–3 | *30 min. class

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim, jump, push, turn, grab. These skills will make your child safe to swim short distances and climb out of the water. *SA Basics 3 is a 45 min class.

SWIM STROKES (SCHOOLAGE)

Level 4–6 | 45 min. class

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that improve health and well-being and prepare them for a lifetime of physical fitness and swim team.

*Levels 4–6 require evaluation with a passing certificate to register at the front desk. Y reserves the right to move swimmers to the appropriate levels, combine classes, cancel classes, and change times during the course of all sessions.

TIME	MON-THURS 2 WEEK SESSION	MON/WED 4 WEEK SESSION	TUES/THURS 4 WEEK SESSION	SAT 8 WEEK SESSION
9:00AM				PC STARTER A P BASICS 1 & 2 SA BASICS 1 & 2 WAITLIST OPTION
9:15AM	SA BASIC 3			
9:30AM				PC STARTER B P BASICS 1 & 2 SA BASICS 3 & SA STROKES 4
9:45AM				SA BASICS 3 & 4
10:00AM	SA BASIC 1 & 2	WAITLIST OPTION	PC STARTER A & B	P BASICS 1 & 2 PC STARTER A & B
10:30AM		P BASICS 1 & 2	P BASICS 1 & 2 SA BASICS 1 & 2	P BASICS 1, 2 & 3 SA BASICS 3 & SA STROKES 4
11:00AM		P BASICS 3 SA BASICS 1 & 2	P BASICS 3 SA BASICS 3	P BASICS 1, 2 & 3
11:15AM				SA STROKES 5 & 6
11:30AM		P BASICS 3 SA BASICS 3	P BASICS 1 & 2	SA BASICS 1 & 2 WAITLIST OPTION
4:00PM		P BASICS 1 & 2 SA BASICS 1 & 2 PC STARTER A & B	P BASICS 1, 2 & 3 WAITLIST OPTION	
4:30PM		P BASICS 1 & 2 SA BASICS 3 & SA STROKES 4 & 5	SA BASICS 1, 2 & 3 SA STROKES 4 & 5	
5:00PM		P BASICS 3	P BASICS 1 & 2	
5:15PM		SA STROKES 6		

AQUATICS

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. Email Aquatics Director, Kevin Satler at ksatler@foxvalleymca.org to request private coaching.

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

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

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

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. Email Aquatics Director, Kevin Satler at ksatler@foxvalleymca.org to request private lessons.

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

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

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

AMERICAN SAFETY & HEALTH INSTITUTE (ASHI) CPR CLASSES

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

WEDNESDAYS 11:00AM–2:00PM

May 9 | June 6 | July 11 | August 15

SATURDAYS 9AM–12:00PM

May 19 | June 16 | July 21 | August 25

ELLIS LIFEGUARD TRAINING

SEPT. 21–23

\$140M / \$180NM (Includes cost of Lifeguard Manual Booklet)

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

FVY 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 rescue techniques, how to identify a swimmer in distress, scanning and assist Lifeguards in monitoring.

SESSION DATES:

June 18–28 | July 9–19

ADULT MASTERS SWIM

MAY 7 – AUGUST 3 | MON/WED/FRIDAYS | 5–6:00AM

\$75M/\$120NM | 5 Practice Punch Card \$30M/\$45NM

Masters Swimming is our swim group for people who are 18 and older. You will receive coached swimming workouts that help improve your swimming technique and fitness level. This group welcomes adult swimmers from lap swimmers, to adults interested in competitive swimming, as well as triathletes.

*no practice Memorial Day or 4th of July.

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 2–5:00pm on Saturdays and 10:30–2:30pm on Sundays.

▶ **May 12 & 13**

▶ **June 9 & 10**

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. Pricing for 15 participants. To request a pool party email ksatler@foxvalleymca.org.

Splash Bash: up to 15 children | \$150M/\$225NM

16–25 children | \$230M/\$330NM

Aqua Track: up to 15 children | \$260M/\$380NM

16–25 children | \$320M/\$440NM