

# AQUATICS

## AQUA FORCE SWIM TEAM

The #1 goal of Aqua Force Swim Team is to promote personal health through competitive swimming within a supporting team environment. Plus we have a lot of fun doing it!

Aqua Force Swim Team teaches swimmers to reach their potential as they improve their skills and reach new goals. In addition to improving technique and increasing endurance, the team helps build strong character, promotes unity among peers and defines individual leadership skills. We provide an outstanding developmental team that also trains skilled swimmers to be highly competitive.

## AQUA FORCE DATES TO REMEMBER

**THURSDAY, AUGUST 16 OR SEPTEMBER 6**

5:45-6:15pm - New Swimmer Placement

6:15-7:30pm - MANDATORY Registration and Parent Orientation



FALL/WINTER SEASON: SEPT 10 - MARCH 10						
Practice Group and Age	Fee	M	T	W	Th	F
<b>TECHNIQUE DEVELOPMENTAL PRACTICE GROUPS</b>						
<b>Little Ripples:</b> 5-9	\$380		5:45-6:30pm	5:45-6:30pm	5:45-6:30pm	
<b>White:</b> 12 & under	\$460	5-6:00pm	5-6:00pm	5-6:00pm	5-6:00pm	
<b>ENDURANCE AND ADVANCED TECHNIQUE DEVELOPMENT PRACTICE GROUPS</b>						
<b>Silver:</b> 12 & under	\$600	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	
<b>Purple:</b> 12 & under	\$650	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	5:30-6:30pm
<b>Pre Senior:</b> 13+	\$650	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	5:30-6:30pm
<b>HIGH INTENSITY CONDITIONING AND ADVANCED TECHNIQUE DEVELOPMENT PRACTICE GROUPS</b>						
<b>Black:</b> 9-12	\$750	6-8:00pm	6-8:00pm	6-8:00pm	6-8:00pm	5-6:30pm
<b>Senior:</b> 13 & older	\$750	6-8:00pm	6-8:00pm	6-8:00pm	6-8:00pm	5-6:30pm

- \*Swimmers must be FVFY members and have meet fees set up on a monthly draft with a \$30 deposit per swimmer.
- \*\*All White, Purple, Black, Pre-Senior, and Senior swimmers will pay the annual USA Swimming registration.
- Swimmers must provide their own equipment and purchase team suit and apparel package.

- Dryland Strength Training Schedule |  
White: Wed 5-5:20pm, Silver/Purple: Tue & Thurs 6-6:20pm,  
Black/Senior: Tue & Thurs 5:15-5:45pm and Sat 9:15-10:00am  
Black and Senior will have Saturday practices from 7:30-10:00am when they do not have swim meets.

The Fox Valley 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 has flexible options to make it more affordable. You can pay a down payment with monthly installments. High School students are offered part time swimmer and High School swimmer reduced practice fees and families with 3 or more swimmers receive a discount. For more details go to our Team link on the FVFY Aqua Force Team Unify page.

## AQUA FORCE PRIVATE COACHING

All private coaching sessions are run by one of the Aqua Force Swim Team coaches. Our coaches are certified through YMCA and USA Swimming. They've also been trained in modern competitive swimming techniques by Olympic Coaches and Athletes. If you have questions email Kevin Satler at [ksatler@foxvalleyymca.org](mailto:ksatler@foxvalleyymca.org).

**HALF HOUR:** \$30M/\$40NM | **ONE HOUR:** \$60M/\$80NM

**SIX 30 MINUTE SESSIONS:** \$160M/\$225NM



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## YMCA 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.

EVALUATION DATES	TIME
Fri, August 17	4:30-5:00pm
Sat, August 18	8-8:30am
Tu, September 4	4:30-5:00pm
Sat, September 8	8-8:30am
Fri, September 21	4:30-5:00pm
Fri, October 19	4:30-5:00pm
Sat, October 20	8-8:30am
Fri, November 16	4:30-5:00pm

\*Levels 4-6 require evaluation with a passing certificate to register at the front desk.

### 8 WEEK (SAT)

Fall 1: Sept 8 - Oct 27

Fall 2: Nov 3 - Dec 8

### 4 WEEK (M/W OR T/TH)

Sept 4 - Sept 27

Oct 1 - Oct 25

Oct 29 - Nov 21

Nov 26 - Dec 21

No class: Sept 3, Oct 31, and Nov 22 \*cost will be prorated

PROGRAM	4 WEEK M/W	4 WEEK TU/TH	8 WEEK SAT
<b>Parent/child 30 min class</b> \$48M/\$72NM A: 6-24 B: 18-36		A/B: 10:30-11:00am	A: 9-9:30am B: 9:30-10:00am
<b>Preschool Basics Level 1/2</b> 30 min   \$48M/\$72NM 3-6 year old	10:30-11:00am 11-11:30am 4-4:30pm 4:30-5:00pm	11:30-12:00pm 4-4:30pm 4:30-5:00pm	9-9:30am 9:30-10:00am 10-10:30am 10:30-11am 11-11:30am
<b>Preschool Basics Level 3</b> 30 min   \$48M/\$72NM 3-6 year old	11:30-12:00pm 4-4:30pm	10:30-11:00am 4-4:30pm	10:30-11:00am 11-11:30am
<b>School Age Basics Level 1/2</b> 30 min   \$48M/\$72NM 5-12 year old	4:30-5:00pm 5-5:30pm	4-4:30pm	9:30-10:00am 11:30-12:00pm
<b>School Age Basics Level 3</b> 45 min   \$72M/\$108NM 5-12 year old	4:15-5:00pm 5-5:45pm	4:15-5:00pm	9:45-10:30am 11:30-11:15am
<b>School Age Strokes Level 4</b> 45 min   \$72M/\$108NM 5-12 year old	5-5:45pm	5-5:45pm	9:45-10:30am 11:30-11:15am
<b>School Age Strokes Level 5</b> 45 min   \$72M/\$108NM 6-12 year old		5-5:45pm	11:30-11:15am
<b>School Age Strokes Level 6</b> 45 min   \$72M/\$108NM 7-14 year old		5-5:45pm	

### SWIM STARTERS (PARENT & CHILD)

**Swim Level A & B** | 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

**Level 1-3** | 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

### SWIM STROKES

**Level 4-6** | 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.



Y reserves the right to move swimmers to the appropriate levels, combine classes, cancel classes, and change times during the course of all sessions.

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## PRIVATE SWIM 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. Any questions? Contact [swimlessons@foxvalleymca.org](mailto:swimlessons@foxvalleymca.org)

**Half Hour: \$22M / \$33NM**

**Package of 6 – 30 minute lessons \$115M / \$175NM**

**Semi private lessons | \$150M/\$230NM**

## 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 set up a pool party email [ksatler@foxvalleymca.org](mailto:ksatler@foxvalleymca.org).

**Swim: up to 15 children | \$150M/\$225NM**

**15+ children | \$230M/\$330NM**

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

**15+ children | \$320M/\$440NM**

## ADULT LAP SWIMMING

**\*Sept 17 – Dec 14 | \$120M/\$180NM**

**Mon/Wed/Fri 5-6am**

Join a fun group of adult swimmers lead by experienced coaches. Swim coaches will help you improve your swimming technique and endurance. Great for triathletes and swimmers looking to stay fit and healthy. Ages 18+ Swimmers must be able to continuously swim 300 yards freestyle to join.

\*no class on Halloween or Black Friday

## 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 10:30-2:00pm on Sundays.

▶ Sept 15 & 16

▶ Oct 20 & 21

▶ Nov 17 & 18

▶ Dec 15 & 16

## ELLIS LIFEGUARD TRAINING

**SEPT 21-23 | DEC 14-16**

**\$140M / \$200NM / \$105 STAFF**

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

## AMERICAN SAFETY & HEALTH INSTITUTE (ASHI)

### CPR CLASSES

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

**WEDNESDAYS 11:00AM-2:00PM**

Sept 12 | Oct 10 | Nov 7 | Dec 5

**SATURDAYS 9AM-12:00PM**

Sept 22 | Oct 20 | Nov 17 | Dec 15



Call us at 630-553-1111  
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