

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.

4 WEEK (M/W OR T/TH)

Jan. 8 - Feb. 1

Feb. 5 - March 1 (no class Feb. 19)

March 5 - March 29

April 2 - April 26

April 30 - May 24

8 WEEK (SAT)

Winter I: Jan. 6 - Feb. 24

Winter II: March 3 - April 28
(No class March 31)

Spring I: May 5 - June 23

4 WEEK HOMESCHOOL SWIM

Jan. 8 - Feb 1

Feb. 5 - March 1

EVALUATION DATES

TIME

Sat., December 30 10-10:30am

Fri., January 5 5-5:30pm

Sat., January 6 8-8:30am

Fri., January 26 5-5:30pm

Fri., February 23 5-5:30pm

Sat., February 24 8-8:30am

Fri., March 23 5-5:30pm

Fri., April 20 5-5:30pm

Sat., April 28 8-8:30am

Introducing NEW & IMPROVED! YMCA SWIM CURRICULUM

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.

*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.



SWIM LESSON SCHEDULE

Parent/Child

PC = 6m - 36months

Preschool

P = 3-6 year olds

School Age

SA = 5-12 year olds

TIME	MON/WED 4 WEEK SESSION	TUES/THURS 4 WEEK SESSIONS	SAT 8 WEEK SESSIONS
9:00AM			PC P BASICS
9:30AM	WAITLIST OPTION	PC	PC P BASICS
10:00AM	P BASICS 2	P BASICS 1	P BASICS SA BASICS
10:30AM	P BASICS 1	P BASICS 2	P BASICS SA STROKES
11:00AM	P BASICS 2	P BASICS 3	SA BASICS
11:15AM			SA STROKES
11:30AM	P BASICS 3	P BASICS 2	WAITLIST OPTION
4:00PM	P BASICS SA BASICS	P BASICS SA BASICS	
4:30PM	P BASICS SA STROKES	P BASICS SA STROKES	
5:00PM	P BASICS	SA BASICS	

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. If you have questions contact Aquatics Director Kevin Satler at 630-552-4100 x237.

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 11AM-2:00PM

January 10 | February 7 | March 7 | April 4

SATURDAYS 9AM-12:00PM

January 20 | February 17 | March 17 | April 14

ELLIS LIFEGUARD TRAINING

EMAIL KSATLER@FOXVALLEYMCA.ORG FOR CLASS DATES

\$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.

ADULT MASTERS SWIM

JAN 8 – MARCH 1 | MARCH 5 – APRIL 26

NEW!

\$55M/\$85NM | 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.

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 10:30-3:30pm on Sundays.

▶ January 20 & 21
▶ March 17

▶ February 17 & 18
▶ April 28 & 29

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. **Splash Bash: \$150M/\$225NM | Aqua Track: \$260M/\$380NM**



See page 21 for more details.

**CELEBRATE
YOUR BIRTHDAY
WITH THE Y!**