

	A	B	P1	P2	P3	P4	Y1	Y2	Y3	Y4	Y5	Y6	A Q U A T I C C O N D.
4:15-4:45pm			*										
4:15-4:55pm								*					
4:15-4:55pm										*			
4:45-5:15pm				*									
4:55-5:25pm			*										
4:55-5:35pm									*				
5:15-5:45pm					*	*							
5:25-6:05pm										*			
5:35-6:15pm												*	
5:45-6:15pm	*	*											
6:05-6:35pm			*										
6:15-6:55pm							*						
6:15-6:55pm				*									
6:35-7:15pm									*				
6:55-7:35pm								*					
6:55-7:35pm											*		
7:15-7:55pm													*

Session Dates:
December 9– December 19

Registration:
Members: November 18
Program Participants: November 25

Preschool Price
Member: \$39
Non-facility Member: \$48
Program Participant: \$57

Youth Price
Member: \$48
Non-facility Member: \$57
Program Participant: \$66

Questions or Concerns? Contact:
Tia Scaletta-Hauschildt, Aquatics Director
P: 224.760.7021 **E:** tias@gcfymca.org

Ages 3-12yrs

Youth 1
Water Acclimation
Beginner swimmer with no experience. Will Learn basic skills of blowing bubbles with face in the water, floats, and push offs to instructor.

Youth 2
Water Movement
Students should be able to/swim:

- COMFORTABLY PUT FACE IN WATER.
- Front glide 5 feet assisted
- Back glide 5 feet assisted
- Front float 10 seconds assisted
- Back float 10 seconds assisted

Youth 3
Water Stamina
Students should be able to/swim:

- Bob up and down under water
- Front glide 10 feet
- Back glide 10 feet
- Front float 20 seconds
- Back float 20 seconds
- Jump into water
- Treading water

Youth 4
Stroke Introduction
Students should be able to/swim:

- Retrieve object down 3.5 feet
- 40 feet on front
- 40 feet on back
- Front float
- Back float
- Jump into water
- Treading water

Youth 5
Stroke Development
Students should be able to/swim:

- 40 feet of Front crawl
- 40 Feet of Breaststroke kick
- 40 feet of Butterfly kick
- 40 feet of Backstroke
- 40 feet of Elementary backstroke
- Sitting dive
- Treading water

Youth 6
Stroke Mechanics
Students should be able to/swim:

- 25 meters of Front crawl
- 25 meters of Breaststroke
- 25 meters of Butterfly
- 25 meters of Backstroke
- 25 meters of Elementary back stroke
- Kneeling dive
- Treading water

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.

If low enrollment, classes may be combined, canceled, or changed to premium level. Canceled classes will receive a credit towards another session or a makeup date will be scheduled. No proration, cancelation, or makeups unless a signed doctors note is in hand.

Santa Swim Christmas Family Event

December 7, 2019
1-3pm



\$10 per family

Open to all! Spots fill up fast so please register right away!



Families will enjoy an hour of swimming with Santa. Followed by some yummy treats while listening to Santa sing and play on his guitar. Stop by the north pole and hear Mrs. Claus read "The Night before Christmas". There will also be a craft area where your child can make reindeer food as well as an Ornament to put on your Christmas tree. Finish off your day with a family Christmas Picture.

CALLING ALL LIFEGUARDS!

WE ARE
HIRING!

Must be American
Red Cross or
Ellis lifeguard



MAKING A SPLASH

End of Year Express
December 9-December 19
*Classes will meet 3 times a week for
2 weeks
(Monday, Tuesday, and Thursday)