

Why the Y for Swim Lessons?

- Build self confidence
- Focus on skill mastery
- Prepare for competitive swimming
- Experienced and consistent instructors
- Positive and encouraging staff
- Small class sizes
- Individual teaching



Questions or Concerns?

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WINTER 2021 SWIM LESSON INFORMATION



Swim Starters (Birth - 3 Years)

A: Water Discovery

Parents accompany children during this fun-focused class. Introduce infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B: Water Exploration

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. *Must pass out of Water Discovery before moving to Water Exploration

Youth: 6 to 12 Years

Youth 1

Water Acclimation

Perfect for the beginning swimmer with no experience. Students will learn basic skills including blowing bubbles with face in the water, floating, and push offs to the instructor.

Youth 2

Water Movement

Students will learn 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 will learn 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
- Tread water 10 seconds

Preschool: 3 to 5 Years

Preschool 1

Water Acclimation

Perfect for the beginning swimmer with no experience. Students will learn basic skills including blowing bubbles with face in the water, floating, and push offs to the instructor.

Preschool 2

Water Movement

Students will learn to/swim:

- Comfortably put face in water
- Front glide 5 feet assisted
- Back glide 5 feet assisted
- Front float 10 secs. assisted
- Back float 10 secs. assisted

Preschool 3

Water Stamina

Students will learn to/swim:

- Bob up and down under water
- Front glide 10 feet
- Back glide 10 feet
- Front float 20 seconds
- Back float 20 seconds
- Tread water 10 seconds

Preschool 4

Stroke Introduction

Students will learn to/swim:

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

Preschool 5

Stroke Development

Students will learn to/swim:

- 40 feet 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

Preschool 6

Stroke Mechanics

Students will learn to/swim:

- 25 meters Front Crawl
- 25 meters of Breaststroke Kick
- 25 meters of Butterfly Kick
- 25 meters of Backstroke
- 25 meters of Elementary Backstroke
- Kneeling Dive
- Treading water

Youth 4

Stroke Introduction

Students will learn to/swim:

- Retrieve object down 3.5 feet
- 45 feet on front
- 45 feet on back
- Front float
- Back float
- Jump into water
- Tread water 1 minute

Youth 5

Stroke Development

Students will learn to/swim:

- 25 meters using any combination of strokes
- 45 feet of Front crawl
- 45 Feet of Breaststroke kick
- 45 feet of Butterfly kick
- 45 feet of Backstroke
- 45 feet of Elementary backstroke
- Sitting dive
- Treading water 1 minute

Youth 6

Stroke Mechanics

Students will learn to/swim:

- 50 meters any combination of stokes
- 25 meters of Front crawl
- 25 meters of Breaststroke
- 45 feet of Butterfly
- 25 meters of Backstroke
- 25 meters of Elementary backstroke
- Kneeling dive
- Treading water for 1 mi-nute
- Jump, swim, turn, swim grab
- Swim, float, swim

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. Proration or makeup classes for medical reasons are only available if a doctor's note is provided.



Aquatic Conditioning

Aquatic Conditioning

Aquatics Conditioning will focus on continuing to build endurance and stroke technique on all major competitive strokes and will help encourage swimming as a part of a healthy lifestyle.

Prerequisites

Must have completed and passed Level 6

OR

Perform a standing dive

Swim 50 meters of backstroke with a flip turn

Swim 50 meters of freestyle with a flip turn

Swim 50 meters of breaststroke with an open hand turn

Swim 25 meters of butterfly

Tread water for 1 minute with a correct kick

(whip, scissor, double scissor, eggbeater)



Session Dates & Registration Information

February 15th to April 3rd, 2021

See Lesson Chart Below for Class Times

Register is open now Online, By Phone, or By E-mail

Please register by phone or e-mail to use any makeup credit

Pricing

A&B: \$40 Members

\$55 Non-Members

P1-P4: \$45 for Members

\$60 Non-Members

Y1-Y6: \$55 Members

\$70 Non-members

Adult: \$65 Members

\$80 Non-Members

Aquatic Conditioning:

1 day: \$80 Members

\$95 Non-Members

2 Days: \$115 & \$130

3 Days: \$150 & \$165

Available Times

Tuesday Evening:

Y4: 4:00-4:40

Y5 and Y6: 4:40-5:20

AC: 5:20-6:20

P1 and P2: 4:00-4:30

Y3: 5:10-5:50

A and B: 5:50-6:20

Y1 and Y2: 4:30-5:10

Thursday Evening:

Y4: 4:00-4:40

Y5 and Y6: 4:40-5:20

AC: 5:20-6:20

Y3: 4:00-4:40

Y1 and Y2: 4:40-5:20

P3 and P4: 5:20-5:50

P1 and P2: 5:50-6:20



Saturday Morning:

A and B: 9:00-9:30

P1: 9:30-10:00

P2: 10:00-10:30

AC: 11:00-12:00

Y1 and Y2: 10:30-11:10

Y3: 9:00-9:40

Y4: 9:40-10:20

Y5 and Y6: 10:20-11:00

Adult: 12:00-12:45