

Welcome to the YMCA youth aquatic programs. We're excited to highlight several programs this season, including private and semi-private lesson packages and guaranteed low student to instructor ratios for each group lesson. ALL of our instructors are certified water safety instructors through the American Red Cross; let them help you gain confidence in the water and improve your swimming skills. Lesson FAQ's available on page 16.

PARENT & CHILD SWIM LESSONS

Location: Instructional Pool - This water enrichment program provides a positive environment for children ages 6-36 months with a parent or guardian in the water. Parents are guided through basic swimming skills by our trained instructors. No more than eight children will be accepted into each class. Classes are 30-minutes in length.

PARENT & CHILD 1 - SHRIMP (6-18 months)

Fun with games, songs and nursery rhymes while introducing basic swimming skills.

PARENT & CHILD 2 - KIPPER (18-36 months)

Water comfort and swimming skills taught through a variety of fun activities. Parents and children will be guided through introductory swimming skills and safety precautions preparing them for classes without the aid of a parent.

Fee: Member \$45 General Public \$63

PRESCHOOL SWIM LESSONS

Location: Instructional & Lap Pools - This program offers children ages 3-5 their first experience in the pool without a parent, made possible through a variety of fun activities & games. Classes provide a step-by-step progression of swimming and water safety without the aid of a flotation device, designed to adequately prepare your 3 to 5 year old child for the youth program. Student/Instructor ratio will not exceed 5 to 1. All preschool classes are 45-minutes in length. Perch & Pike classes will be held in the Instructional pool, Eel will transition into the Lap pool; Ray & Starfish will be held in the Lap Pool.

PRESCHOOL 1 - PERCH

Basic water skills such as water entry & exit, kicking and floating will be the main emphasis along with a focus on pool safety rules. This is the perfect class for children needing additional support in transitioning to a class without a parent, those experiencing fear in the water, or with no previous lesson experience.

PRESCHOOL 2 - PIKE

Emphasis remains on fun; beginner stroke techniques, individual swimming skills and underwater exploration are also taught. Previous lesson experience is not required, providing that the child experiences no fear in the water or without the aid of a parent.

PRESCHOOL 3 - EEL

Designed to provide students success with fundamental skills, independent swimming and beginner stroke techniques. Entrance requires successful completion of Pike.

PRESCHOOL 4 - RAY

This is an advanced preschool class offering refinement of the front and back crawl, advanced body control skills, and endurance work through swimming and treading water. Entrance requires successful completion of Eel.

PRESCHOOL 5 - STARFISH

This is essentially a Minnow class for 3 to 5 year olds. Children work independently through all skills. Entrance requires successful completion of Ray.

Fee: Member \$54 General Public \$89

SCHOOL-AGE SWIM LESSONS

Location: Lap Pool - Children ages 6-12 years learn the fundamentals of swimming and water safety with increased stroke development and endurance as levels increase. Classes will not exceed a 6 to 1 student/instructor ratio. All classes are 45-minutes in length, and are taught in the Lap Pool. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Polliwog, which has no prerequisite.

LEVEL 1 - POLLIWOG

The objective of this class is for your child to feel more comfortable in the water and enjoy the water safely. Introduction to basic aquatic skills such as beginner stroke technique and underwater exploration are emphasized.

LEVEL 2 - GUPPY

An advanced beginner class for children ready to perform skills unsupported. Focus is placed on developing the front and back crawl, treading water, and introduction of the elementary backstroke and breaststroke.

LEVEL 3 - MINNOW

An intermediate level emphasizing endurance; refinement of front crawl and back crawl (focusing on rotary breathing); continued development of elementary backstroke and breaststroke; and introduction of sidestroke.

LEVEL 4 - FISH

Develops confidence in the strokes learned and improves additional aquatic skills. Participants will refine breaststroke and sidestroke while increasing endurance with front and back crawl. Introduction to open turns and butterfly will also be included.

LEVEL 5 - FLYING FISH

Provides further coordination and refinement of strokes. At this advanced level students will refine their performance of all strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. Students will also be introduced to flip turns on the front and back.

LEVEL 6 - SHARK

Class objective is stroke refinement so that students swim with ease, efficiency, power and smoothness over greater distances. Students will also complete a 200 medley (50 yards each of butterfly, back crawl, breaststroke and front crawl with starts and turns).

Fee: Member \$54 General Public \$89

HOME SCHOOL PHYSICAL EDUCATION

Location: Instructional & Lap Pools

Join us this fall for our comprehensive Home School Physical Education Program, designed for home-schooled youth ages 6-12 interested in enhancing their current level of fitness. Your child will have the opportunity to explore the fun of fitness with other kids their own age, while participating in activities and games that help develop coordination, socialization, and group play. Activities include time in our gymnasium, outdoor fields (weather permitting), and our My Place. In addition to 45-minutes of gym-time fun, children join their appropriate level of youth swim program. Children that are not home-schooled are also welcome.

Thursdays Gym Time: 9:15am - 10:00am & Swim Time: 10:15-11:00am

Fee: Member \$62 General Public \$100

PARENT & CHILD ORIENTATION

CLASS	DAY	TIME	INSTRUCTOR
PARENT & CHILD 6-18 mths.	Mon	5:00-5:30pm (6-36 mths)	Lucy
	Mon	5:30-6:00pm (6-36 mths)	Lucy
	Tue	9:00-9:30am (6-36 mths)	Jada
	Tue	4:45-5:15pm (6-36 mths)	Kaitlin
	Tue	5:15-5:45pm (6-36 mths)	Kaitlin
	Wed	6:30-7:00pm (6-36 mths)	Lucy
	Sat	9:00-9:30am (6-36 mths)	Hope
	Sat	11:00-11:30am (6-36 mths)	Hope
PARENT & CHILD 18-36 mths.	Mon	5:00-5:30pm (6-36 mths)	Lucy
	Mon	5:30-6:00pm (6-36 mths)	Lucy
	Tue	9:00-9:30am (6-36 mths)	Jada
	Tue	4:45-5:15pm (6-36 mths)	Kaitlin
	Tue	5:15-5:45pm (6-36 mths)	Kaitlin
	Wed	6:30-7:00pm (6-36 mths)	Lucy
	Sat	9:00-9:30am (6-36 mths)	Hope
	Sat	11:00-11:30am (6-36 mths)	Hope

PRESCHOOL SWIM LESSONS

CLASS	DAY	TIME	INSTRUCTOR
PRESCHOOL 1	Mon	5:30-6:15pm	Hope
	Tue	11:00-11:45am	Jada
	Tue	5:45-6:30pm	Kaitlin
	Wed	5:45-6:30pm	Lucy
	Sat	10:15-11:00am	Hope
	Sat	11:00-11:45am	Aja
	PRESCHOOL 2	Mon	5:15-6:00pm
Mon		6:00-6:45pm	Lucy
Tue		9:30-10:15am	Jada
Tue		4:00-4:45pm	Kaitlin
Wed		4:45-5:30pm	Kaitlin
Wed		6:15-7:00pm	Kaitlin
Thu		4:45-5:30pm	Hope
Thu		5:30-6:15pm	Jason
Sat	9:30-10:15am	Aja	
PRESCHOOL 3	Mon	6:15-7:00pm	Hope
	Tue	10:15-11:00am	Jada
	Tue	5:30-6:15pm	Jason
	Wed	5:30-6:15pm	Kaitlin
	Sat	9:30-10:15am	Hope
PRESCHOOL 4	Tue	6:15-7:00pm	Jason
PRESCHOOL 5	Thu	6:15-7:00pm	Jason

SCHOOL-AGE SWIM LESSONS

CLASS	DAY	TIME	INSTRUCTOR
LEVEL 1	Mon	4:45-5:30pm	Hope
	Thu	10:15-11:00am (HS w/Level 2 & 3)	Beth
	Sat	8:00-8:45am	Aja
LEVEL 2	Mon	7:00-7:45pm	Hope
	Thu	10:15-11:00am (HS w/Level 1 & 3)	Beth
	Sat	8:45-9:30am	Aja
	Sat	10:15-11:00am	Aja
LEVEL 3	Mon	6:45-7:30pm	Lucy
	Wed	4:00-4:45pm	Kaitlin
	Thu	10:15-11:00am (HS w/ Level 1 & 2)	Beth
	Thu	5:30-6:15pm	Hope
	Sat	11:00-11:45am	Jenni/Kristine
LEVEL 4	Wed	5:00-5:45pm	Lucy
	Thu	10:15-11:00am (HS w/ Level 5 & 6)	Jenni
	Thu	6:15-7:00pm	Hope
	Sat	10:15-11:00am	Jenni/Kristine
LEVEL 5 & 6	Thu	10:15-11:00am (HS w/ Level 4, 5 & 6)	Jenni
	Sat	9:30-10:15am	Jenni/Kristine

ALL CLASSES MEET ONCE PER WEEK.

Minimum Participants: 3

ADVANCED SKILL LESSONS

Location: Lap Pool

This is a class for children in the Fish, Flying Fish & Shark levels that are progressing through the levels, but not currently interested in competing on the swim team. We will focus on building endurance and improving technique. There will still be instruction, but your child must be able to swim front and back crawl an entire length to participate. This will be a lap swimming workout class that will also include open and flip turns as well as water entries. Participants: Min. 4, Max 10

Thursdays 7:00-8:00pm Hope

Fee: Member \$55 General Public \$90



SEE FAQ'S ON PG 16

QUESTIONS about our Aquatic Programs?
Contact Beth Volbrecht, Aquatic & Sports
Director at 262.654.9622 ext. 224.

AQUATIC CENTER POLICIES...PAGE 5



PRIVATE & SEMI-PRIVATE SWIM LESSONS

Gain confidence in the water and improve your swimming skills with swim instruction tailored to meet your individual goals. Private lessons are available to any age and ability. Let our certified American Red Cross water safety instructors work with you individually or in a small group of your choosing.

All lessons are 30-minutes in length and can be scheduled at your convenience year round. We do our best to coordinate your preferred days and times while working with our pool and instructor availability.

PRIVATE

1 lesson Member \$21/person	Gen. Public \$27/person
4 lessons Member \$76/person	Gen. Public \$100/person
8 lessons Member \$136/person	Gen. Public \$184/person

PRIVATE +1 (2 swimmers of similar abilities and goals)

1 lesson Member \$15/person	Gen. Public \$18/person
4 lessons Member \$52/person	Gen. Public \$64/person
8 lessons Member \$96/person	Gen. Public \$120/person

PRIVATE +2 (3 swimmers of similar abilities and goals)

1 lesson Member \$12/person	Gen. Public \$15/person
4 lessons Member \$40/person	Gen. Public \$52/person
8 lessons Member \$76/person	Gen. Public \$100/person

ONE METER SPRINGBOARD DIVING (CO-ED)

Location: Lap Pool

Open to boys & girls 9 years of age or older that are comfortable in deep water, and able to swim 25 yards (1 length) front crawl.

What do you need? Proper Swimwear (Girls, one-piece suit & Boys, trunk or jammer), Water Bottle, Towel (for dry land and stretching), Nose plugs not allowed. Maximum Participants: 8

Beginners

Wednesdays	6:30-8:00pm
Thursdays	7:00-8:30pm
Fee: Mem. \$30	Gen. Public: \$55

Advanced

Fridays	5:15-7:15pm
Sundays	1:00-3:00pm
Fee: Mem. \$40	Gen. Public: \$75



AQUATIC & LESSON FAQ's

WHAT DOES MY CHILD NEED TO BRING TO THEIR LESSON?

Proper swimwear is required for all patrons of our facility. Children who are not toilet trained must wear a swim diaper or cloth diaper with plastic pants. Regular disposable diapers are not allowed. Tie-backs for children with long hair will help them swim without the distraction of hair in the face. Towels are provided at our Member Service Desk.

WHY DO WE HAVE TO SHOWER BEFORE ENTERING THE POOL?

Kenosha YMCA policy states that showers are required before entering the pool. This policy is in place for the health and safety of over 300 people who use our pools each day.

CAN I WATCH MY CHILD'S LESSON?

Parents are invited to stay and watch their child's lesson. All parents are asked to observe from the benches (instruction pool) or bleachers (lap pool) provided.

IS THERE CHILDCARE FOR GENERAL PUBLIC DURING LESSONS?

Yes...Kid's Club is available for children ages 6 weeks to 9 years. Please refer to page 5 for specifics.

WHAT IF MY CHILD MISSES A CLASS?

Refunds and/or make-up classes will not be offered. The Y offers refunds and or credits upon request for medical reasons only. Upon supplying medical documentation, a pro-rated system will be used and a \$10 processing fee will be deducted from the amount of the refund/credit. Kenosha Y classes are uniformly priced regardless of holidays.

CAN I HELP MY CHILD PROGRESS AT A FASTER RATE?

A child will not move to the next level until he/she has successfully demonstrated the skills required in their current level. Please remember that even though your child may not have advanced to the next level, instructors will individualize within each class, keeping all children challenged. What can you do as a parent? Don't compare children; each child will progress at a pace that's right for them. Always be understanding and encouraging. Your child can practice their skills at home, blowing bubbles during bath time or using "big arms" while watching television. Ask their instructor for additional skills they can work on at home.

GIVE A LITTLE, GET A LOT. VOLUNTEER AT THE Y!

There are lots of ways you can give back to your community. This summer we have 4 special events planned that rely on volunteers to make them the great events they are!

Those events are:

- Food Folks & Spokes, June 15th
- Firecracker Run/Walk, July 2nd
- Tri My Best Triathlon, August 6th
- Grill Games Festival & BBQ Competition, August 25th & 26th



SIGN-UP TODAY!! @ www.kenoshaymca.org/special-events/volunteer



The Seahorses are a YMCA sanctioned swim team that focuses on providing children with a consistent opportunity to develop and refine their swim endurance and stroke technique. Instruction is provided to meet each individual swimmer's needs within a safe, motivating, and challenging environment. Allowing your child to develop their competitive skills and instill a lifelong interest in swimming.

At the YMCA we practice a holistic approach to sports, with an emphasis on positive physical, mental, and spiritual development. We believe that there is too much emphasis on winning at all costs and on special recognition for sporting ability.

Our program holds other values that are important:

- Developing self-confidence, self-respect, and an appreciation of your own worth as an individual.
- Developing a commitment for daily living based on values such as Caring, Honesty, Respect, and Responsibility.
- Growing as a responsible member of the family and as a citizen of the community.
- Appreciating that health of mind and body is a sacred gift and that physical fitness and mental well being are conditions to be achieved and maintained.
- Recognizing the worth of all people and working for inter-group understanding.
- Developing the capacity for leadership and using it responsibly in groups and community life.

To be ready for a competitive team, the swimmer must be able to complete 25 yards each of Freestyle and Backstroke, without stopping. They will also need to display a general knowledge of Breaststroke and Butterfly.

BEGINNER

Introduction to Competitive Swimming includes explanation of procedures, rules and legalities of strokes. We will begin with the "ABC's" of block diving and beginner level stroke drills starting with Freestyle and Backstroke. When those basic strokes are close to being mastered, both Breaststroke and Butterfly will be introduced.

INTERMEDIATE

This level mainly focuses on Breaststroke and Butterfly, while still improving on Freestyle and Backstroke. The Backstroke flip turn will be introduced through different types of drills. Yardage will also start to increase to build endurance and begin training to move up to the Advanced level. Mastery of Basic Freestyle, Backstroke and diving skills are required to participate in this level.

ADVANCED

This level is used to build background, fine tune strokes, speed techniques and prepare swimmers to compete with District, State and National level swimmers. Swimmers must be able to swim a "legal" 100 yard I.M. and a solid 500 yard Freestyle to be able to swim at the Advanced Level.

REGISTRATION INFORMATION

Registrations are accepted on a first come, first served basis by submitting a completed registration form along with payment. Space is limited within each level. Once these levels fill, we are unable to add additional swimmers. A YMCA membership is required to be a Seahorse.

Practice will be held at the Kenosha YMCA & Waukegan High School, Brookside (West) Campus, 2325 Brookside Avenue, Waukegan.

Dual Meets are included in registration fee, however invitationals are optional and have additional fees associated with them.

There are 4 Easy Ways to Register...

- 1) Walk In
- 2) Mail In
- 3) Fax
- 4) Online

Please contact us at seahorse@kenoshaymca.org with questions.

SUMMER SWIM TEAM

(MAY - JULY '17)

NEW SWIMMER TRY-OUTS: Monday, May 22nd, 6:30pm at the Kenosha YMCA. *Coaches will assign a practice location that evening.

REGISTRATION FEE:

Member: \$150 + Y Membership

PRACTICE LOCATIONS

@ KENOSHA YMCA

PRACTICES

May 22nd - July 26th

Mondays & Wednesdays Times: 6:30-7:30pm

@ WAUKEGAN HIGH SCHOOL

PRACTICES**

May 16th - July 27th

Tuesday - Thursday Times: 6:00-7:30pm



SWIM WITH HORSEPOWER!