

PARENT/CHILD SWIM LESSONS

Shrimp/Kipper: Age 6-12 months with parent. An introduction to water, including safe exploration. Utilizes increased motor development of child to add basic water skills using songs and games.

Inia/Perch: Age 13-36 months with parent. Children add more exploration and begin using arms and legs in class upon cue from parents.

PRESCHOOL SWIM LESSONS

Pre-Pike: Age 2 1/2-5 Beginner. An easy approach to first lessons without mom or dad. *Ratio: four students to one instructor.*

Pike: Age 3-5 Beginner. This class is an introduction to water. The student will learn movement through the water with the aid of floatation devices. They will learn basic water and boating safety. *Ratio: five students to one instructor.*

Eel: Age 3-5 Intermediate. This class will concentrate on basic buoyancy skills and building endurance. Students will learn floating, gliding, the paddle stroke and breath control. *Ratio: five students to one instructor.*

Ray: Age 3-5 Intermediate/Advanced. The students will increase their endurance on front and back and begin to concentrate on front crawl with rotary breathing, treading water, and underwater swimming will be introduced. *Ratio: five students to one instructor.*

Starfish: Age 3-5 Advanced. At this level, students will increase their endurance by swimming longer distances. They will learn the back crawl and elementary backstroke. Boating safety and basic synchronized swimming skills will also be a component. *Ratio: five students to one instructor.*

Continue to back for youth lessons

YOUTH SWIM LESSONS

Polliwog: Age 6-12 Beginner. Swimmers will be introduced to the water, and be taught floating, gliding, kicking, rhythmic breathing, and learn new games. Victim/danger recognition and beginner synchronized swimming skills will be taught. *Ratio: six students to one instructor.*

Guppy: Age 6-12 Beginner. At this level, the swimmers will increase their endurance levels, learn the front and back somersault, and be taught the front crawl with rotary breathing. *Ratio: six students to one instructor.*

Minnow: Age 6-12 Intermediate. Swimmers will learn to dive, be introduced to the scissors kick and back crawl, extend the amount of time they can float, and enhance their synchronized swimming and First Aid skills. Students should be able to swim the front crawl 25 yards to enroll in this class. *Ratio: six students to one instructor.*

Fish: Age 6-14 Intermediate. Students will increase their distance swimming the front and back crawls. They will learn the dolphin kick, breaststroke kick, and the elementary backstroke. More First Aid and synchronized swimming skills will be taught. Students should be able to swim 25 yards of the front and back crawl to register for this class. *Ratio: eight students to one instructor.*

Flying Fish/Shark: Age 6-14 Advanced. Students will work on refining their strokes and increasing their endurance with starts and turns. Students should be able to swim 200 yards of front crawl and 50 yards of each other stroke to register for this class. *Ratio: eight students to one instructor.*

Private and Semi-private lesson are also available for youth and adults. Please see the Service Center for more details.

Youth Swim Lessons

Spring I: Feb. 22–April 11
Monroe County YMCA

YMCAs have been teaching people to swim for more than a century. In the Monroe County YMCA Aquatics Program, children learn to be safe around the water and feel the sense of accomplishment that comes from learning something new! During swim lessons, kids can develop lifelong skills that can help them stay healthy.

- **Ages 6 months-14 years**
- **Program stresses fun & safety**
- **Members:**
 \$34 (30 min. class) \$39 (45 min.)
- **Non-members:**
 \$64 (30 min. class) \$69 (45 min.)

Member Registration Begins Feb. 1
Non Member Registration Begins Feb. 8

For more information contact Jennifer Eggleston at 618.281.9622 or at jeggleston@ymcaswil.org

Register Online at www.ymcaswil.org



We build strong kids, strong families, strong communities.

Spring I Swim Lessons Schedule

Monday

9-9:30 a.m.	
Pre-Pike	37015
Inia/Perch	36845
9:30-10 a.m.	
Pre-Pike	36920
Shrimp/Kipper	37011
10-10:45 a.m.	
Pike	37044
Eel	37045
4:30-5:15 p.m.	
Pike	36929
Eel	36930
Ray	36931
Starfish	36932
Polliwog	36872
Guppy	36907
Minnow	36908
Fish	36909
5:15-6 p.m.	
Pike	36933
Eel	36934
Ray	36935
Starfish	36936
Polliwog	36910
Guppy	36911
Minnow	36912
Fish	36913
6-6:30 p.m.	
Pre-Pike	36937
Inia/Perch	36960
6:30-7:15 p.m.	
Pike	36938
Eel	36939
Polliwog	36914
Guppy	36915
7:15-8 p.m.	
Starfish	36940
Polliwog	36917
Guppy	36918
Minnow	36919
Fish	36892
Fly Fish/Shark	36893

Tuesday

1-1:45 p.m.	
Pike/Eel	37016
Ray/Starfish	37021
1:45-2:30 p.m.	
Pike/Eel	37023
Ray/Starfish	37022
4:00-4:30pm.	
Pre-Pike	36843
4:30-5:15 p.m.	
Pike	36868
Eel	36916
Polliwog	36896
5:15-6 p.m.	
Pike	36844
Polliwog	36883
Guppy	36895
6-6:30 p.m.	
Pre-Pike	37031
6:30-7:15 p.m.	
Pike	36854
Eel	36855
Fish	36885
Fly Fish/Shark	37026
7:15-8 p.m.	
Polliwog	36884
Guppy	36886
Minnow	36887
Fish	36888
Fly Fish/Shark	36889



Wednesday

9-9:45 a.m.	
Pike/Eel	37024
Ray/Starfish	37025
9:45-10:30 a.m.	
Pike/Eel	37032
Ray/Starfish	36943
4:30-5:15 p.m.	
Ray	36856
Starfish	36846
Polliwog	36894
5:15-6 p.m.	
Pike	36921
Eel	36925
Polliwog	36867
6-6:30 p.m.	
Pre-Pike	36858
Shrimp/Kipper	37012
6:30-7:15 p.m.	
Minnow	37007
Fish	37008
Fly Fish/Shark	37013
7:15-8 p.m.	
Polliwog	37039
Guppy	37040
Minnow	37038
Fish	37009
Fly Fish/Shark	37014

To register for
**Private
 Swim
 Lessons**
 please pick up a
 request form at the
 Service Center!

Thursday

1-1:45 p.m.	
Pike/Eel	37017
Ray/Starfish	37020
1:45-2:30 p.m.	
Pike/Eel	37018
Ray/Starfish	37019
4:30-5:15 p.m.	
Pike	36860
Eel	36875
Ray	36876
Starfish	36877
Polliwog	36890
Guppy	36891
Minnow	36861
Fish	36862
Fly Fish/Shark	36863
5:15-6 p.m.	
Pike	36878
Eel	36879
Ray	36880
Starfish	36881
Polliwog	36864
Guppy	36865
Minnow	36866
6-6:30 p.m.	
Pre-Pike	36882
Inia/Perch	36961
6:30-7:15 p.m.	
Starfish	36922
Minnow	36869
Fish	36941
Fly Fish/Shark	36942
7:15-8 p.m.	
Pike	36923
Eel	36924
Guppy	36944
Minnow	36945
Fish	36946
Fly Fish/Shark	36947



Friday

9-9:30 a.m.	
Pre-Pike	36859
9:30-10 a.m.	
Inia/Perch	37027

Saturday

8:30-9 a.m.	
Shrimp/Kipper	36962
Pre-Pike	36927
9-9:45 a.m.	
Pike	36928
Eel	36898
Ray	36897
Starfish	36899
Polliwog	36948
Guppy	36949
Minnow	36950
Fish	36951
9:45-10:30 a.m.	
Pike	36900
Eel	36901
Ray	36902
Starfish	36903
Polliwog	36952
Guppy	36953
Minnow	36954
Fish	36955
10:30-11:15 a.m.	
Pike	36904
Eel	36905
Ray	36870
Starfish	36871
Polliwog	36956
Guppy	36957
Minnow	36958
Fish	36959
11:15-11:45 a.m.	
Pre-Pike	36848
Inia/Perch	36849

Sunday

12:30-1:15 p.m.	
Pike/Eel	37034
Ray/Starfish	37037
Polliwog/Guppy	37042
1:15-2:00 p.m.	
Pike/Eel	37033
Minnow/Fish	37043
Fly Fish/Shark	37041

NOTE:

*Classes with
 low enrollment
 may be
 combined with
 another class.*

*Classes with
 zero enrollment
 may be
 cancelled up to
 a week prior to
 the session to
 accommodate
 other large
 classes and
 private lessons.*

***Please register
 early to ensure
 a spot for your
 child!***