



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# **STRONG SWIMMERS SAFE KIDS**

## **SWIM LESSONS ILLINOIS VALLEY YMCA**

At the Y, we offer a wide selection of infant and parent/child classes to school-age and adult swim lessons. Our swim program teaches participants to become confident swimmers, developing strong techniques, water safety knowledge, and experience.

### **Spring Session (7 – Weeks)**

Member Registration Begins  
Non Member Registration Begins

**April 17 – June 3, 2023**

Monday, April 3, 2023  
Monday, April 10, 2023

### **Benefits of YMCA Swim Lessons**

- Learn a life skill
- Build confidence and self-esteem
- Good exercise
- Lead to other adventures

### **PROGRAM FEE**

**Members**

**1 X/Week**

**\$49**

**Non-Members**

**\$73**

***Financial assistance is available.***



### **PROGRAM DAY / TIME**

***See reverse side for program schedule***

Illinois Valley YMCA  
300 Walnut Dr  
Peru, IL 61354  
(815) 223-7904  
ivymca.com

For further information, contact Doug Miller, YMCA Aquatics Director by email at [dougml@ivymca.org](mailto:dougml@ivymca.org)



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### **PARENT/CHILD SWIM LESSONS**

This stage introduces infants & toddlers to the aquatic environment. Our instructors will encourage parents to set developmentally appropriate expectations for infant and toddlers enrolled in swim lessons, introduce & emphasizing basic water safety to parents and providing a positive family aquatic experience and building relationships among & between parents and children by providing opportunities for fun & interaction in the water.

**Thursday**

4:30 - 5:00 p.m.

### **AGES: 6 - 36 MONTHS**

### **PRESCHOOL SWIM LESSONS** **AGES: 3 - 5 YEARS**

#### **Stage 1**

#### **Water Acclimation**

Students will become comfortable independently going underwater and learn how to exit the water safely. Safety is reinforced when students learn about the importance of lifeguard/adult supervision, asking permission before going into any body of water, and life jackets. Goggles are not recommended for this stage.

**Tuesday** 5:05 - 5:35p  
**Thursday** 5:05 - 5:35p  
**Saturday** 9:00 - 9:30a

#### **Stage 2**

#### **Water Movement**

Students will learn independent front and back glides, and swim sequences to reach safety. Safety will be reinforced when students learn about finding help, reach or throw, don't go, and backyard pool safety. Goggles are not recommended for this stage.

**Tuesday** 5:05 - 5:35p  
**Thursday** 5:05 - 5:35p  
**Saturday** 9:35 - 10:05a

#### **Stage 3**

#### **Water Stamina**

Students will build endurance to perform the safety sequence of swim-float-swim up to a length of the pool. Treading water up to one minute and getting to safety in deep water will be reinforced through jump-push-turn-grab sequence. Safety will be reinforced when students learn about sun safety and calling 9-1-1. Goggles are not recommended for this stage.

**Tuesday** 5:40 - 6:10p  
**Thursday** 5:40 - 6:10p

#### **Stage 4**

#### **Stroke Introduction**

Students will be introduced to basic front and back crawl, as well as butterfly and breaststroke kicks. Students will also work on treading water endurance and be introduced to elementary backstroke. Safety will be reinforced when students learn about beach and boating safety and basic first aid practices. Goggles are recommended for this stage.

**Tuesday** 5:40 - 6:10p  
**Thursday** 5:40 - 6:10p

### **YOUTH SWIM LESSONS** **AGES: 6 - 12 YEARS**

#### **Stage 1**

#### **Water Acclimation**

Students will become comfortable independently going underwater and learn how to exit the water safely. Safety is reinforced when students learn about the importance of lifeguard/adult supervision, asking permission before going into any body of water, and life jackets. Goggles are not recommended for this stage.

**Tuesday** 6:15 - 6:45p  
**Thursday** 6:15 - 6:45p

#### **Stage 2**

#### **Water Movement**

Students will learn independent front and back glides, and swim sequences to reach safety. Safety will be reinforced when students learn about finding help, reach or throw, don't go, and backyard pool safety. Goggles are not recommended for this stage.

**Tuesday** 6:15 - 6:45p  
**Thursday** 6:15 - 6:45p

#### **Stage 3**

#### **Water Stamina**

Students will build endurance to perform the safety sequence of swim-float-swim up to a length of the pool. Treading water up to one minute and getting to safety in deep water will be reinforced through jump-push-turn-grab sequence. Safety will be reinforced when students learn about sun safety and calling 9-1-1. Goggles are not recommended for this stage.

**Saturday** 10:10 - 10:40a

#### **Stage 4**

#### **Stroke Introduction**

Students will be introduced to basic front and back crawl, as well as butterfly and breaststroke kicks. Students will also work on treading water endurance and be introduced to elementary backstroke. Safety will be reinforced when students learn about beach and boating safety and basic first aid practices. Goggles are recommended for this stage.

**Saturday** 10:45 - 11:15a