

(Session runs 6/13/10 – 7/17/10; Registration 5/24/10 for Members, 6/1/10 for Program Members)

**Parent & Child Aquatics**

6 Months - 5 Years • One Parent Per Child Only • One Scheduled Make Up May Be Available

<b>Shrimp &amp; Kippers</b> (6 - 12 months) Your child's first experience at the pool. Parent and child acclimate to the water, whilst singing and playing.	Tuesday	10:30 - 11:00 AM	Saturday	8:00 - 8:30 AM	Member: \$42 Program: \$104 4-29-01(01)
		11:00 - 11:30 AM	Sunday	10:15 - 10:45 AM	
	Thursday	11:15 - 11:45 AM		11:15 - 11:45 AM	
		6:45 - 7:15 PM			
<b>Gym &amp; Swim</b> (12 - 36 months) 1/2 hour Gym time 1/2 hour of Inia & Perch class (see below)	Wednesday	11:00 - 12:15 PM	Thursday	10:00 - 11:15 AM	Member \$50 Program: \$100 4-29-01 (03)
	<b>Inia &amp; Perch</b> (12 - 36 months) Parent and Child water acclimation course. Your child will learn the basics and begin to use new "tools" to help further his/her aquatic experience.	Tuesday	10:30 - 11:00 AM	Saturday	8:00 - 8:30 AM
11:00 - 11:30 AM			8:30 - 9:00 AM		
Thursday		11:15 - 11:45 AM	Sunday	10:15 - 10:45 AM	
		6:45 - 7:15 PM		11:15 - 10:45 AM	
<b>Seahorse</b> (2.5 - 5 years old) Bridge between parent/ child and Pike classes. 20 Pairs:2 Instructor	Monday	5:20 - 5:50 PM	Sunday	10:45 - 11:15 AM	Member: \$42 Program: \$104 4-05-01(01)
	Thursday	6:15 - 6:45 PM		11:45 - 12:15 PM	

**Pre-School Aquatics**

3 - 5 Years • No Make Up Classes • New Times in Bold

<b>Pike</b> (5 Students : 1 Instructor) Beginner Level. Designed for children with little or no water experience. Ideal for first time swimmers at our pool. Child's first class experience without a parent in the water. Parents also vacant from pool deck after first week.	Monday	10:35 - 11:20 AM	Thursday	3:40 - 4:25 PM	Member: \$52 Program: \$104 4-05-01(02)
		2:50 - 3:35 PM		7:20 - 8:05 PM	
		3:40 - 4:25 PM	Friday	3:40 - 4:25 PM	
		4:30 - 5:15 PM		4:30 - 5:15 PM	
	Tuesday	3:40 - 4:25 PM	Saturday	5:20 - 6:05 PM	
		5:20 - 6:05 PM		9:05 - 9:50 AM	
	Wednesday	7:15 - 8:00 PM	9:55 - 10:40 AM		
		2:50 - 3:35 PM	11:00 - 11:45 AM		
		3:40 - 4:25 PM	12:40 - 1:25 PM		
		4:30 - 5:15 PM	Sunday	12:30 - 1:15 PM	
<b>Pike Mini Sessions</b> (3-5 years old) (5:1) Two-week mini sessions. Eight Classes, Monday through Thursday. Dates for classes are to the right. (See above for level description)	6/14 - 6/24 Mon - Thur	3:40 - 4:25 PM 4-05-01 (05)	7/26 - 8/5 Mon - Thur	3:40 - 4:25 PM 4-05-01 (08)	Member: \$82 Program: \$164
	6/28 - 7/08 Mon - Thur	3:40 - 4:25 PM 4-05-01 (06)	8/09 - 8/19 Mon - Thur	3:40 - 4:25 PM 4-05-01 (09)	
	7/12 - 7/22 Mon - Thur	3:40 - 4:25 PM 4-05-01 (07)			
<b>Eel</b> (6:1) Second level for age group. Child is comfortable in water without parent AND can place face in water and swim 10 ft. without flotation (paddle stroke on front and back); jumps into water without assistance. Sometimes combined with Ray.	Monday	2:50 - 3:35 PM	Thursday	7:20 - 8:05 PM	Member: \$52 Program: \$104 4-06-01(01)
		4:30 - 5:15 PM	Friday	4:30 - 5:15 PM	
	Tuesday	3:40 - 4:25 PM	Saturday	9:05 - 9:50 AM	
		7:15 - 8:00 PM		9:55 - 10:40 AM	
	Wednesday	3:40 - 4:25 PM	11:00 - 11:45 AM		
		4:30 - 5:15 PM	12:40 - 1:25 PM		
Thursday	3:40 - 4:25 PM				
<b>Ray</b> Combined with Eel or Starfish. (6:1) Child can swim 20 yards paddle stroke on front and back; perform front and back float for 20 seconds; jumps in water without assistance.	Monday	2:50 - 3:35 PM	Wednesday	3:40 - 4:25 PM	Member: \$52 Program: \$104 4-07-01(01)
		3:40 - 4:25 PM		4:30 - 5:15 PM	
		4:30 - 5:15 PM	Thursday	3:40 - 4:25 PM	
	Tuesday	3:40 - 4:25 PM	Friday	4:30 - 5:15 PM	
		7:15 - 8:00 PM	Saturday	9:05 - 9:50 PM	
	Wednesday	2:50 - 3:35 PM		12:40 - 1:25 PM	
<b>Starfish</b> Combined with Ray. (6:1) Child can swim 20 yards of paddle on front with rudimentary rhythmic breathing and backstroke without float belt.	Monday	3:40 - 4:25 PM	Thursday	3:40 - 4:25 PM	Member: \$52 Program: \$104 4-08-01(01)
	Tuesday	3:40 - 4:25 PM	Friday	4:30 - 5:15 PM	
	Wednesday	2:50 - 3:35 PM	Saturday	9:05 - 9:50 PM	

We will only honor refunds before the first day of a session. If the program has begun, a doctor's note is required for a refund. There is a \$10 processing fee applied to all refunds. There are no credits or refunds for missed days in a program or weather related cancellations. If the YMCA cancels a program, a full refund or credit will be given.

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<b>Youth Aquatics</b>					
<b>6 -15 Years • No Make Up Classes • New Times in Bold</b>					
<b>Polliwog</b> (6:1) Beginner Level; includes everyone from the first-time swimmer to the child who does not yet meet Guppy standards.	Monday	4:30 – 5:15 PM	Thursday	7:20 - 8:05 PM	Member: \$52 Program: \$104 4-09-10(01)
	Tuesday	4:30 – 5:15 PM	Friday	3:40 - 4:25 PM	
	Wednesday	3:40 - 4:25 PM	Saturday	9:55 - 10:40 AM	
	Thursday	4:30 – 5:15 PM			
<b>Guppy</b> (6:1) Child can place face in water; can swim 15 yards of paddle stroke on front and back; perform a standing jump without assistance. Thursday evening class combined w/Minnow.	Monday	3:40 – 4:25 PM	Thursday	7:20 - 8:05 PM	Member: \$52 Program: \$104 4-10-10(01)
	Tuesday	4:30 -5:15 PM	Friday	3:40 – 4:25 PM	
		7:15 - 8:00 PM		Saturday	
	Wednesday	4:30 - 5:15 PM		11:00 - 11:45 AM	
Thursday	4:30 - 5:15 PM				
<b>Minnow</b> (8:1) Swim 20 yards of front crawl with rhythmic breathing; 20 yards of back stroke & elementary stroke; tread water 30 seconds. Sometimes combined w/Guppy or Fish.	Tuesday	4:30 -5:15 PM	Friday	3:40 - 4:25 PM	Member: \$52 Program: \$104 4-11-10(01)
		5:20 – 6:05 PM		5:20 - 6:05 PM	
	Wednesday	5:20 - 6:05 PM	Saturday	11:00 - 11:45 AM	
	Thursday	4:30 - 5:15 PM		11:50 - 12:40 AM	
		7:20 - 8:05 PM			
<b>Fish</b> (8:1) Swim 40 yards front crawl with rhythmic breathing, breast, sidestroke, backstroke & elementary stroke; tread; dive. Sometimes combined with Flying Fish or Minnow.	Tuesday	5:20 – 6:05 PM	4-12-10(01)	Member: \$52	Program: \$104
	Wednesday	5:20 - 6:05 PM			
	Friday	5:20 - 6:05 PM			
	Saturday	11:50 - 12:35 PM			
<b>Flying Fish</b> (8:1) Swim 80 yards front crawl, breaststroke, elementary backstroke & side- stroke; butterfly; tread water. Combined w/Shark or Fish.	Tuesday	5:20 – 6:05 PM	4-13-10(01)	Member: \$52	Program: \$104
	Wednesday	5:20 - 6:05 PM			
	Friday	5:20 - 6:05 PM			
	Saturday	11:50 - 12:35 PM			
<b>Shark</b> (8:1) Swim 120 yds front crawl, breast- stroke, elementary backstroke, sidestroke; butterfly; tread water. Combined w/Flying Fish.	Tuesday	5:20 – 6:05 PM	4-14-10(01)	Member: \$52	Program: \$104
	Wednesday	5:20 - 6:05 PM			
	Friday	5:20 - 6:05 PM			
	Saturday	11:50 - 12:35 PM			
<b>Marlin Intramural Swim Club</b> (8:1) For Fish level or above with weekly practice(s) culminating in a mini-meet on 8/22. Please register for Marlin Meet as well. <b>Ten Week Program</b>	Wednesday	5:20 – 6:05 PM	4-65-10(01)	Member: \$104	Program Member: \$208
	Saturday	11:50 – 12:35 PM		Both Days:\$164	Both Days:\$332
<b>Water Polo: Youth Beginner I &amp; II</b> Water Polo will not be run over the Summer Sessions. It will resume Fall I. Contact the Aquatic Department for Water Polo Programs in the area. The Fall Session will run 9/05/10 - 10/23/10.					
<b>Adult Aquatics</b>					
<b>Adult Swim Instruction</b>	Monday	8:05 – 9:05 PM	Beginner - Intermediate	Member: \$55	Program \$110
	Wednesday	8:05 – 9:05 PM			
<b>Adult Stroke Development</b> Must be able to swim numerous lengths	Tuesday	8:05 – 9:05 PM	Intermediate - Advanced	Member: \$55	Program \$110
<i>The YMCA of Metropolitan Chicago provides financial assistance to members, for both individuals and families, that qualify based on need. See the Customer Service Desk for more information and to apply.</i>					