

**Winter 1** - January 4th-February 21st (7 weeks)

**Winter 2** - February 22nd-April 18th (7 weeks)

(No classes March 22nd-26th, and Easter, April 4th)

**Fee: Winter 1 & 2**

\$40 Members    \$80 Program Members

### Polliwog

**Ages: 6 and up Introductory Level**

This class is designed for school-aged children who are first time swimmers or can swim with flotation.

### Polliwog Premium

**Ages: 6 and up Introductory Level**

Participants learn all the same skills as the Polliwog class, but the class size is limited to 3 swimmers. A smaller class allows more time in the water and more time with the instructor!

**Fee: Winter 1 & 2**

\$50 Members

\$100 Program Members

### Guppy

**Ages: 6 and up Advanced Beginner**

Guppy focuses on incorporating breathing into front, side, and backstroke through alternating and symmetrical paddling.

### Minnow

**Ages: 6 and up Intermediate**

Participants will learn the front crawl, backstroke, and sidestroke with proper breathing. The breaststroke is introduced.

### Fish

**Ages: 6 and up Intermediate**

This class focuses on breaststroke, teaches butterfly, open turns, and improves other strokes. Throwing assists, accident prevention, and first aid are also covered. For this level, the instructor may be either in the water or on deck.

### Swim Tests Required

To ensure your child is enrolled in the proper swim level, tests are administered throughout the day. Please see the lifeguard on duty for a swim test. Registration for swim lessons will not be taken at the Welcome Center unless a completed swim test evaluation form is presented.

### Flying Fish

**Ages: 6 and up Advanced**

Participants improve breast and butterfly strokes. This class introduces participants to water rescue and snorkeling. Rescue assists and rescue breathing are also taught. For this level, the instructor may be either in the water or on deck.

### Shark

**Ages: 6 and up Advanced**

Children begin to work on starts, turns, and the 200 Individual Medley. Endurance is also a focus. Participants will learn the symptoms of heat stroke, hypothermia, and frostbite and how to protect themselves. For this level, the instructor may be either in the water or on deck.

### Jr. Adaptive Water Recreation

**Ages: 10-15**

Adaptive Water Recreation provides the opportunity for our youth with physical disabilities to participate in a no impact class emphasizing flexibility and movement at the participant's pace. Availability is limited. Contact the Aquatics department at ext. 125 to discuss your child's needs.

**Fee: Winter 1 & 2**

\$50 Members

\$100 Program Members

### Stroke Clinic

**Ages: 10-15**

Stroke Clinic is ideal for students who have passed Shark Level. Students must be proficient in front and back crawl, breaststroke, and know the basics of butterfly. This advanced level class will focus on improvement of technique and introduce competitive techniques. For this level, the instructor may be either in the water or on deck.

### Swim Club

**Ages: 10-15**

Swim club practices run for 1 1/2 hours, beginning with a 40 minute circuit training and dry land workout, then 45 minutes of endurance training and stroke development in the water. You must be able to swim 200 yards. A Fun Swim Meet is held during the session.

**Fee: Winter 1 & 2**

\$47 Members

\$94 Program Members

### Jr. Lifeguard Training

**Ages: 13-17**

Participants must have either passed the Shark Level or passed a test from our lifeguard staff. The goals of JLT are to improve safety skills, understand the role of a leader, and promote volunteerism. Participants will work on lifesaving skills and may have the opportunity to move into a paid lifeguard position at the YMCA.

**Fee: Winter 1 & 2**

\$47 Members

\$94 Program Members

### Teen Swim Lessons

**Ages: 13-17**

Classes are structured in the same way as youth swim lessons. Each teen will be taught at their own skill level on an individual basis.

### Teen Combo Class

**Ages: 13-17**

Get totally fit on land AND in the water in this new-age class for today's teens! This unique cross training class will be a fantastic new experience as our instructors will devote a half hour to swimming and a half hour to exercise in the field house.

**Fee: Winter 1 & 2**

\$45 Members

\$90 Program Members

### Fun Swim Meets—FREE for ALL

**Ages: 6 and up**

Campanelli YMCA Fun Swim Meets are held on a Saturday or Sunday each session. Compete against swimmers in your age category, but without all of the pressure of a competitive swim meet. Events are organized by skill level – Youth Guppy Level through Advanced Adult. Registration forms are available at the Welcome Center.

### Home School Swim Lessons

Help your child stay in shape while having FUN! YMCA instructional swimming is a great way for students to improve their attention span, memory, and learning skills. Classes meet once per week on either Tuesday or Thursday afternoons. Swim testing will be done on the first day of class. Please contact the Aquatics Department at 847-891-9622 x 125 for scheduling.