

Lake View YMCA Aquatic Classes

Spring I 2010

(Session runs 2/21/10 – 4/17/10; Registration 2/1/10 for Members, 2/8/10 for Program Members)

Parent & Child Aquatics

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

Shrimp & Kippers (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: \$75 Program: \$150 4-29-01(01)
	Tuesday	11:00 - 11:30 AM	Sunday	10:15 - 10:45 AM	
	Thursday	11:00 - 11:30 AM	Sunday	11:15 - 11:45 AM	
	Thursday	6:45 - 7:15 PM			
Gym & Swim (12 - 36 months) 1/2 hour Gym time 1/2 hour of Inia & Perch class (see below)	Wednesday	11:00 - 12:15 PM	Thursday	9:45 - 11:00 PM	Member \$80 Program: \$160 4-29-01 (03)
Inia & Perch (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	Member: \$75 Program: \$150 4-29-01(02)
	Tuesday	11:00 - 11:30 AM	Saturday	8:30 - 9:00 AM	
	Thursday	11:00 - 11:30 AM	Sunday	10:15 - 10:45 AM	
	Thursday	6:45 - 7:15 PM	Sunday	11:15 - 10:45 AM	
Seahorse (2.5 - 5 years old) Bridge between parent/child and pike classes. 20 Pairs to 2 Instructor Ratio	Monday	5:20 - 5:50 PM	Sunday	10:45 - 11:15 AM	Member: \$75 Program: \$150 4-05-01(01)
	Thursday	6:15 - 6:45 PM	Sunday	11:45 - 12:15 PM	

Pre-School Aquatics

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

Pike (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	10:30 - 11:45 PM	Thursday	3:40 - 4:25 PM	Member: \$82 Program: \$164 4-05-01(02)
	Monday	2:50 - 3:35 PM	Thursday	7:20 - 8:05 PM	
	Monday	3:40 - 4:25 PM	Friday	3:40 - 4:25 PM	
	Monday	4:30 - 5:15 PM	Friday	4:30 - 5:15 PM	
	Monday	5:20 - 6:05 PM	Friday	5:20 - 6:05 PM	
	Tuesday	3:40 - 4:25 PM	Saturday	9:05 - 9:50 AM	
	Tuesday	5:20 - 6:05 PM	Saturday	9:55 - 10:40 AM	
	Tuesday	7:15 - 8:00 PM	Saturday	11:00 - 11:45 AM	
	Wednesday	2:50 - 3:35 PM	Saturday	12:40 - 1:25 PM	
	Wednesday	3:40 - 4:25 PM	Sunday	12:30 - 1:15 PM	
	Wednesday	4:30 - 5:15 PM			
Eel (6:1) Child is comfortable in water without parent; can place face in water and swim 10 ft. paddle stroke on front and back without belt; jumps into water without assistance.	Monday	2:50 - 3:35 PM	Thursday	7:20 - 8:05 PM	Member: \$82 Program: \$164 4-06-01(01)
	Monday	4:30 - 5:15 PM	Friday	4:30 - 5:15 PM	
	Tuesday	3:40 - 4:25 PM	Saturday	9:05 - 9:50 AM	
	Tuesday	7:15 - 8:00 PM	Saturday	9:55 - 10:40 AM	
	Wednesday	3:40 - 4:25 PM	Saturday	11:00 - 11:45 AM	
	Wednesday	4:30 - 5:15 PM	Saturday	12:40 - 1:25 PM	
	Thursday	3:40 - 4:25 PM			
Ray (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	4:30 - 5:15 PM	Member: \$82 Program: \$164 4-07-01(01)
	Monday	3:40 - 4:25 PM	Thursday	3:40 - 4:25 PM	
	Monday	4:30 - 5:15 PM	Friday	4:30 - 5:15 PM	
	Tuesday	3:40 - 4:25 PM	Saturday	9:05 - 9:50 PM	
	Tuesday	7:15 - 8:00 PM	Saturday	12:40 - 1:25 PM	
	Wednesday	3:40 - 4:25 PM			
Starfish (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	Friday	4:30 - 5:15 PM	Member: \$82 Program: \$164 4-08-01(01)
	Tuesday	3:40 - 4:25 PM	Saturday	9:05 - 9:50 PM	
	Thursday	3:40 - 4:25 PM			

*Class Schedule Subject to Change. Please Sign Up for Waitlist if Your Primary Choice is Full

3333 N. Marshfield • Chicago, IL 60657 • 773-248-3333 • www.lakeviewymca.org

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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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Youth Aquatics

6 -15 Years • No Make Up Classes • New Times in Bold

Polliwog (6:1) Beginner Level; includes everyone from the first-time swimmer to the child who does not yet meet Guppy standards.	Tuesday	4:30 – 5:15 PM	Thursday	7:20 - 8:05 PM	Member: \$82 Program: \$164 4-09-10(01)
	Wednesday	3:40 - 4:25 PM	Friday	3:40 - 4:25 PM	
	Thursday	4:30 – 5:15 PM	Saturday	9:55 - 10:40 AM	
Guppy (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.	Monday	3:40 – 4:25 PM	Thursday	7:20 - 8:05 PM	Member: \$82 Program: \$164 4-10-10(01)
	Tuesday	4:30 -5:15 PM	Friday	3:40 – 4:25 PM	
	Tuesday	7:15 - 8:00 PM	Saturday	9:55 - 10:40 AM	
	Wednesday	4:30 - 5:15 PM	Saturday	11:00 - 11:45 AM	
	Thursday	4:30 - 5:15 PM			
Minnow (8:1) Swim 20 yards of front crawl with rhythmic breathing; 20 yards of back stroke & elementary stroke; tread water 30 seconds.	Tuesday	4:30 -5:15 PM	Friday	3:40 - 4:25 PM	Member: \$82 Program: \$164 4-11-10(01)
	Tuesday	5:20 – 6:05 PM	Friday	5:20 - 6:05 PM	
	Wednesday	5:20 - 6:05 PM	Saturday	11:00 - 11:45 AM	
	Thursday	4:30 - 5:15 PM	Saturday	11:50 - 12:40 AM	
	Thursday	7:20 - 8:05 PM			
Fish (8:1) Swim 40 yards front crawl with rhythmic breathing, breast stroke, sidestroke, backstroke & elementary stroke; tread; dive.	Tuesday	5:20 – 6:05 PM	4-12-10(01)	Member: \$82	Program Member: \$164
	Wednesday	5:20 - 6:05 PM			
	Friday	5:20 - 6:05 PM			
	Saturday	11:50 - 12:35 PM			
Flying Fish (8:1) Swim 80 yards front crawl, breaststroke, elementary backstroke & side- stroke; butterfly; tread water.	Tuesday	5:20 – 6:05 PM	4-13-10(01)	Member: \$82	Program Member: \$164
	Wednesday	5:20 - 6:05 PM			
	Friday	5:20 - 6:05 PM			
	Saturday	11:50 - 12:35 PM			
Shark (8:1) Swim 120 yds front crawl, breast- stroke, elementary backstroke, sidestroke; butterfly; tread water.	Tuesday	5:20 – 6:05 PM	4-14-10(01)	Member: \$82	Program Member: \$164
	Wednesday	5:20 - 6:05 PM			
	Friday	5:20 - 6:05 PM			
	Saturday	11:50 - 12:35 PM			
Marlin Intramural Swim Club (8:1) For Fish level or above with weekly practice(s) culminating in a mini-meet on 2/21. 20% off if registered both days.	Wednesday	5:20 – 6:05 PM	4-65-10(01)	Member: \$82	Program Member: \$164
	Saturday	11:50 – 12:35 PM		Both Days:\$148	Both Days:\$295
Water Polo: Youth Beginner I (10:2) For Polliwog, - Minnow levels; use flotation devices to build skill foundations and have fun.	Monday	5:20 – 6:05 PM	4-29-10(00)	Member: \$82	Program Member: \$164
Water Polo: Youth Beginner II (10:2) For Fish levels and above; primary focus is fun, student works on building skills largely without flotation devices.	Monday	4:30 – 5:15 PM	4-29-10(01)	Member: \$82	Program Member: \$164

Adult Aquatics

Adult Swim Instruction	Monday	8:05 – 9:05 PM	Beginner - Intermediate	Member: \$88	Program \$166
	Wednesday	8:05 – 9:05 PM			
Adult Stroke Development Must be able to swim numerous lengths	Tuesday	8:05 – 9:05 PM	Intermediate - Advanced	Member: \$88	Program \$166

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.