

Lake View YMCA Aquatic Classes

Summer I 2008

(Session runs 6/15/08 – 7/19/08; Registration deadline: 6/09/08)

Adult Aquatics		<i>See website for details and updates</i>			
Adult Swim Instruction	Monday Wednesday	8:00 – 9:00 PM 8:00 – 9:00 PM	Beg-Inter Beg-Inter	Member: \$100 Member: \$100	Program Member: \$200 Program Member: \$200
Adult Stroke Development (Must be able to swim numerous lengths without stopping)	Tuesday	8:00 – 9:00 PM	Inter - Adv	Member: \$100	Program Member: \$200
Scuba Session	Begins June 15, 2008 and will run for 10 weeks. Classes meet Sunday's from 4pm to 8pm. See webpage for details. Or contact the Aquatic Department @ 773.248.3333.				
Youth Aquatics		2 X 5 Week		<i>See website for details and updates</i>	
Shrimp & Kippers Swim Only (6 – 12 months) Parent and child acclimate to the water, whilst singing and playing.	Tuesday	10:30 – 11:00 AM	4-29-01(01)	Member: \$42	Program Member: \$84
	Tuesday	11:00 – 11:30 AM			
	Thursday	11:15 – 11:45 AM			
	Thursday	6:45 – 7:15 PM			
	Saturday	8:00 – 8:30 AM			
Inia & Perch – Gym and Swim (12 – 36 months) (w/parent)	Wednesday	11:00 – 12:15 AM	4-29-01(03)	Member: \$50	Program Member: \$100
	Thursday	10:00 – 11:15 AM			
Inia & Perch – Swim Only (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	10:35 – 11:05 AM	4-29-01(02)	Member: \$42	Program Member: \$84
	Tuesday	11:05 – 11:35 AM			
	Thursday	11:15 – 11:45 AM			
	Thursday	6:45 – 7:15 PM			
	Saturday	8:30 – 9:00 AM			
	Sunday	10:30 – 11:00 AM			
Sunday	11:00 – 11:30 AM				
Seahorse – with Parent (2.5 – 5 years old) A bridge between parent/child and pike class.	Monday	4:30 – 5:00 PM	4-05-01(01)	Member: \$42	Program Member: \$84
	Thursday	6:15 – 6:45 PM			
	Sunday	11:30 – 12:00 AM			
Pike (3 – 5 years old) Beginner Level. Designed for children with little or no water experience. Ideal for first time swimmers at our pool. Child's first experience without a parent in the water.	Monday	3:40 – 4:25 PM	4-05-01(02)	Member: \$52	Program Member: \$104
	Monday	5:05 – 5:50 PM			
	Tuesday	3:40 – 4:25 PM			
	Tuesday	7:15 – 8:00 PM			
	Wednesday	3:40 – 4:25 PM			
	Wednesday	4:30 – 5:15 PM			
	Thursday	3:40 – 4:25 PM			
	Thursday	7:20 – 8:05 PM			
	Friday	3:40 – 4:25 PM			
	Friday	4:30 – 5:15 PM			
	Saturday	9:05 – 9:50 AM			
	Saturday	9:55 – 10:40 AM			
	Saturday	11:00 – 11:45 AM			
	Saturday	12:40 – 1:25 PM			
Sunday	12:15 – 1:00 PM				
Pike (3-5 years) Two week mini sessions (Beginner level, Monday thru Thursday)	6/16- 6/26	3:40 – 4:25 PM	4-05-01(05)	Member: \$83	Program Member: \$166
	6/30-7/10	3:40 – 4:25 PM	4-05-0 (06)		
	7/14-7/24	3:40 – 4:25 PM	4-05-01(07)		
	7/28-8/7	3:40 – 4:25 PM	4-05-01(08)		
	8/11- 8/21	3:40 – 4:25 PM	4-05-01(09)		
Eel (3 – 5 years old) Child is comfortable in water; can place face in water and swim 10 ft. paddle stroke on front and back without belt; jumps into water without assistance.	Monday	3:40 – 4:25 PM	4-06-01(01)	Member: \$52	Program Member: \$104
	Monday	5:05 – 5:50 PM			
	Tuesday	3:40 – 4:25 PM			
	Tuesday	7:15 – 8:00 PM			
	Wednesday	3:40 – 4:25 PM			
	Wednesday	4:30 – 5:15 PM			
	Thursday	3:40 – 4:25 PM			
	Thursday	7:20 – 8:05 PM			
	Friday	4:30 – 5:15 PM			
	Saturday	9:05 – 9:50 AM			
	Saturday	9:55 – 10:40 AM			
	Saturday	11:00 – 11:45 AM			
	Saturday	12:40 – 1:30 PM			



Youth Aquaticscontinued		See website for details and updates		
<p>Ray (3 – 5 years old) Child can swim 20 yards paddle stroke on front and back; perform front and back float for 20 seconds; jumps in water without assistance.</p>	<p>Monday Monday Tuesday Tuesday Wednesday Wednesday Thursday Friday Saturday</p>	<p>3:40 – 4:25 PM 5:05 – 5:50 PM 3:40 – 4:25 PM 7:15 – 8:00 PM 3:40 – 4:25 PM 4:30 – 5:15 PM 3:40 – 4:25 PM 4:30 – 5:15 PM 9:05 – 9:50 AM</p>	<p>4-07-01(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Starfish (3 – 5 years old) Child can swim 20 yards of paddle on front with rudimentary rhythmic breathing and backstroke without float belt.</p>	<p>Monday Monday Tuesday Tuesday Wednesday Thursday Friday Saturday</p>	<p>3:40 – 4:25 PM 3:40 – 4:25 PM 3:40 – 4:25 PM 7:15 – 8:00 PM 3:40 – 4:25 PM 3:40 – 4:25 PM 4:30 – 5:15 PM 9:05 – 9:50 AM</p>	<p>4-08-01(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Polliwog (6 – 15 years old) Beginner Level</p>	<p>Tuesday Thursday Thursday Friday Saturday</p>	<p>4:30 – 5:15 PM 4:30 – 5:15 PM 7:20 – 8:05 PM 3:40 – 4:25 PM 9:55 – 10:40 AM</p>	<p>4-09-10(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Guppy (6 – 15 years old) Child can place face in water; can swim 1 length of paddle stroke on front and back; perform a standing jump without assistance.</p>	<p>Tuesday Wednesday Thursday Thursday Friday Saturday Saturday</p>	<p>4:30 – 5:15 PM 4:30 – 5:15PM 4:30 – 5:15 PM 7:20 – 8:05 PM 3:40 – 4:25 PM 9:55 – 10:40 AM 11:00 – 11:45 AM</p>	<p>4-10-10(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Minnow (6 – 15 years old) Swim 20 yards of paddle stroke with rudimentary rhythmic breathing; 20 yards of backstroke & elementary stroke; front & back float for 1 min; jump into water without assistance; sit dive; tread water 20-30 seconds.</p>	<p>Tuesday Wednesday Thursday Friday Saturday Saturday</p>	<p>4:30 – 5:15 PM 5:20 – 6:05 PM 4:30 – 5:15 PM 3:40 – 4:25 PM 11:00 – 11:45 AM 11:50 – 12:35 PM</p>	<p>4-11-10(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Fish (6 – 15 years old) 20 yards front crawl with rudimentary rhythmic breathing, breast stroke, sidestroke, backstroke & elementary stroke; tread 1 min; perform a standing dive.</p>	<p>Tuesday Wednesday Friday Saturday</p>	<p>5:20 – 6:05 PM 5:20 – 6:05 PM 5:20 – 6:05 PM 11:50 – 12:35 PM</p>	<p>4-12-10(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Flying Fish (6 – 15 years old) 40 yards front crawl w/ rudimentary rhythmic breathing, breaststroke, elementary backstroke & side- stroke; 20 yards of butterfly; tread water 3 min.; float for 6 min.</p>	<p>Tuesday Wednesday Friday Saturday</p>	<p>5:20 – 6:05 PM 5:20 – 6:05 PM 5:20 – 6:05 PM 11:50 – 12:35PM</p>	<p>4-13-10(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Shark (6 – 15 years old) Swim 100 yards front crawl, breast- stroke, elementary backstroke, back crawl & sidestroke; 20 yards of butterfly; tread water 6 min.</p>	<p>Tuesday Wednesday Friday Saturday</p>	<p>5:20 – 6:05 PM 5:20 – 6:05 PM 5:20 – 6:05 PM 11:50 – 12:35PM</p>	<p>4-14-10(01)</p>	<p>Member: \$52</p>	<p>Program Member: \$104</p>
<p>Porpoise Club (6 – 15 years old) The club focuses on stroke technique, endurance, and water sports and games.</p>	<p>Monday</p>	<p>5:55 – 6:55 PM</p>	<p>4-14-10(02)</p>	<p>Member: \$55</p>	<p>Program Member: \$110</p>