

**The South Side YMCA teaches the YMCA of the USA's National Swim Lesson Program, which includes the fundamentals of swimming and pool safety skills.**

*The South Side YMCA reserves the right to place your child in the class that is consistent with his/her ability, regardless of which class he/she is registered.*

### Parent/Child Swim Lessons

#### Age 6 months–3 years

This class is a water enrichment and adjustment class for children six months to three years of age with a parent/guardian in the water. Basic fundamental skills will be taught.

**Fee: \$60 Member/\$120 Program Member**

### Shrimp/Kipper

#### Age 6–24 months

For children 6–24 months and their parents. In this class, the emphasis is on FUN and water adaptation.

**Tuesday 6:00- 6:35pm**

**Saturday 8:00- 8:35am**

**Sunday 11:00-11:35am**

### Inia/Perch

#### Age 2–3.5

For children age two to three-and-one-half years and their parents. Must have completed at least two sessions of Shrimp/Kipper and exceed the age limit. More advanced motor skills needed.

**Saturday 8:40–9:15am**

**Sunday 11:40am-12:15pm**

### Preschool Swim Lessons

#### Age 3–5

**Fee: \$60 Member/\$120 Program Member**

### Yikes

First time swimmers who are terrified of water. This class will focus mainly on water adjustment through fun and games.

**Saturday 9:20- 9:55am**

### Pike

First time swimmers or swimmers that can swim with a flotation device. This class teaches water adjustment, getting face wet, learning to front and back float all while building confidence and having fun. Minimum participants 3, maximum participants 6.

**Monday 6:00- 6:35pm**

**Friday 6:00- 6:35pm**

**Saturday 9:20- 9:55am, 10:00- 10:35am**

### Pike II

For children who can swim a minimum of 5ft on their front and back w/o a flotation device. Student will learn deep water adjustment and side paddle. Minimum participants 3, maximum participants 6.

**Monday 6:40- 7:15pm**

**Friday 6:40- 7:15pm**

**Saturday 10:40- 11:15am**

### Eel

For children who can swim five feet on front, back and side without flotation. Teaches advanced beginning skills including improving floating, gliding, paddle stroke with face in and kicking on back. Minimum participants 3, maximum participants 6.

**Tuesday 6:00- 6:35pm**

**Saturday 11:20–11:55am**

### Ray & Starfish

Swimmers develop over-arm front crawl and basic rhythmic breathing without using flotation devices. Students learn underwater skills. Breast stroke is introduced. Minimum participants 3, maximum participants 6.

**Wednesday 6:00- 6:35pm**

**Saturday 12:00- 12:35pm**



### Youth Swim Lessons

#### Age 6–12

**Fee: \$55 Member/\$110 Program Member**

### Poliwog (Beginner)

For children who are first-time swimmers or swimmers that can swim with a flotation device. This class teaches water adjustment, getting face wet, learning to front and back float all while building confidence and having fun. Minimum participants 3, maximum participants 6.

**Monday 6:00-6:45pm**

**Friday 6:00-6:45pm**

**Saturday 8:00–8:45am, 9:00–9:45am**

### Poliwog II

For children who can swim at least ½ the pool on front and back w/o a flotation device. Participants will learn to swim the length of pool front and back along with side paddle. Minimum participants 3, maximum participants 6.

**Monday 7:00- 7:45pm**

**Friday 7:00- 7:45pm**

**Saturday 10:00- 10:45am**

### Guppy (Intermediate Beginner)

For children who can swim five feet on front, back and side without flotation and 20ft w/ flotation device. Teaches advanced beginning skills including improving floating, gliding, paddle stroke with face in and kicking on back. Minimum participants 3, maximum participants 8.

**Wednesday 6:00- 6:45pm**

**Saturday 8:50–9:35am**

### Minnow (Advanced Beginner)

Improve front and back stroke development and endurance. While introducing treading, side paddle rudimentary breast stroke, water sports, games and basic rescue. Minimum participants 3, maximum participants 8.

**Wednesday 6:40- 7:25pm**

**Saturday 9:40- 10:25am**

### Fish (Swim Club)

Children in this club must be able to swim at least two lengths of front crawl, backstroke and breast stroke. This club will teach butterfly and enhance your child's ability to swim competitively. Minimum participants 3, maximum participants 10.

**Tuesday 6:40- 7:25pm**

**Saturday 10:30-11:30am**

### Shark (Swim Club)

Children in this club must be able to swim at least four lengths of front crawl, backstroke and breast stroke. This club will teach butterfly and enhance your child's ability to swim competitively. Minimum participants 3, maximum participants 10.

**Tuesday 6:40- 7:25pm**

**Saturday 11:40-12:40pm**

### Teen and Adult Swim Lessons

#### Age 13+

We at the South Side YMCA encourage teens and adults to learn how to swim. Swimming is a life long skill that can be enjoyed by all. Classes meet once a week.

**Fee: \$55 Member/\$110 Program Member**

### T.O.W.

If you are afraid of the water then T.O.W. "Terrified of the Water" is the class for you.

**Monday 7:20- 8:05pm**

### Beginners

If you have never had swim class before, you will learn confidence, patience, rotary breathing and front crawl—and have fun!

**Tuesday 7:00–7:45pm**

**Saturday 8:00- 8:45am**

### Intermediate

For swimmers who can swim one length of the pool and have already mastered rotary breathing, front and back crawl. This class will focus on endurance.

**Thursday 7:00–7:45pm**

### Senior Learn to Swim

#### Age 55+

This is a beginner class for participants 55 and older.

**Wednesday 9:00- 9:45am**



Feel free to stop in or call to inquire about our session starting January 1, 2012. Hurry classes fill up fast!

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