



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

Swim Lessons



**SAVE ON
SWIM LESSONS**

Did you know that Y members receive the lowest rates for swim lessons?
Ask us about membership today!

GREATER JOLIET AREA YMCA



AMERICA'S MOST TRUSTED SWIM INSTRUCTOR



NEW Swim Lesson Curriculum— Designed to serve you EVEN better!

The YMCA's new Swim Lesson Curriculum is based on a continuum that focuses on a skill-based progression that builds confidence and supports skill development for swimmers of all ages. Created by the YMCA of the USA and tested extensively by Y's across the nation, this new curriculum accommodates varying abilities to help foster a sense of achievement as swimmers progress between clearly defined stages. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This approach results in more confident swimmers and a newfound admiration for swimming that can last a lifetime.



WE'RE HERE FOR YOU

With a wide range of swimming lesson options for the entire family and convenient class times, you'll be sure to find something that meets your family's needs and busy schedule.



Swim Starters Aquatic Program

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

STAGES

A: Water Discovery Introduces infants and toddlers to the aquatic environment.

B: Water Exploration Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.



GOGGLE UP

To help you know which level your child should register for in our Swim Lesson Program, our trained aquatics team will be happy to conduct a swim level assessment for your child.

As America's most trusted swim instructor, the Y is the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming—teaching more than one million kids a year swimming and water safety skills.



Swim Basics Aquatic Program

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **swim, float, swim**—sequencing front glide, roll, back float, roll, front glide, and exit—and **jump, push, turn, grab**.

Swimmers of all ages are taught safe water habits, enjoy underwater exploration, and learn how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

1: Water Acclimation Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2: Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.

3: Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.



Swim Strokes Aquatic Program

Having mastered the fundamentals, swimmers in these stages learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STAGES

4: Stroke Introduction Introduces basic stroke technique in front and back crawl, and reinforces water safety through treading water and elementary backstroke.

5: Stroke Development Introduces breaststroke and butterfly, and reinforces water safety through treading water and sidestroke.

6: Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

STAGES

7. Swim Lesson Graduate Tracks Designed for swimmers who love the water and want further instruction for future aquatics activities, these tracks feature Specialty Programs focused on aquatic conditioning, leadership, and recreation. To learn more about these programs, please contact your local branch.



OUR SWIM INSTRUCTORS

At the YMCA, our caring and professional role models are committed to helping you and your family feel safe in and around the water. All YMCA swim instructors have been trained or certified in the following:

- CPR
- AED
- First Aid
- Bloodborne Pathogens
- Prevention/Recognition of Child Abuse
- Sexual Harassment Prevention



NUTURING SKILLS BUILDING CONFIDENCE

For more than 100 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

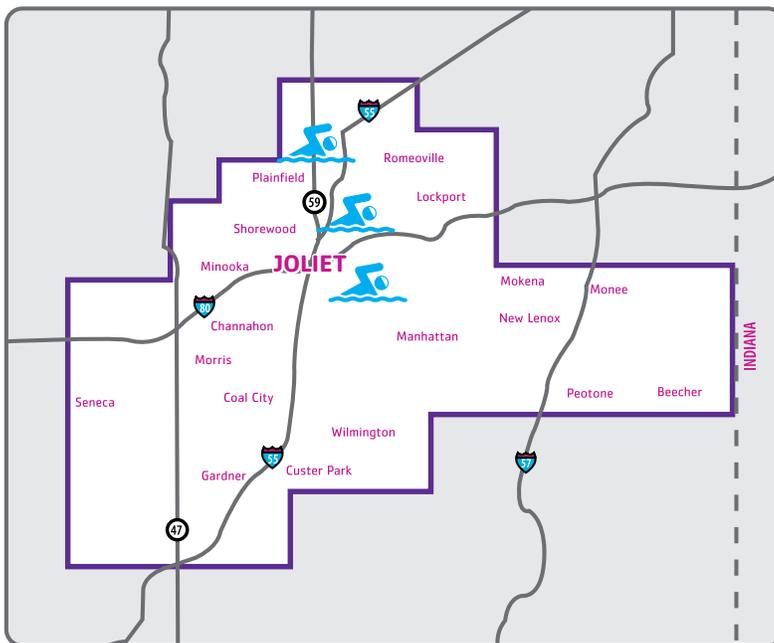
Visit one of our YMCA locations today:

C.W. AVERY FAMILY YMCA 
15120 Wallin Drive, Plainfield, Illinois 60544
(815) 267-8600

GALOWICH FAMILY YMCA 
749 Houbolt Road, Joliet, Illinois 60431
(815) 744-3939

MORRIS COMMUNITY YMCA
320 Wauponsee Street, Morris, Illinois 60450
(815) 513-8080

SMITH FAMILY YMCA 
1350 S. Briggs Street, Joliet, Illinois 60433
(815) 726-3939



Swim Lessons are currently available at the C.W. Avery, Galowich and Smith Family YMCAs. To learn more about Swim Lessons at the Y, please contact your local branch.

EVERYONE IS WELCOME AT THE Y

At the Y, no one is turned away due to the inability to pay. In keeping with our mission, the Greater Joliet Area YMCA provides financial assistance, as funds are available, to those who qualify, based on a sliding fee scale. DHS funds are also accepted. To learn more about the Y's Financial Assistance Program, please visit www.jolietymca.org or stop by your local branch today.

