WHAT AGE GROUP DOES THE STUDENT FALL INTO?

PARENT* & CHILD
6 months–5 years
STAGES A–B

PRESCHOOL
3 years–5 years
STAGES 1–4

YOUTH
5 years–14 years
STAGES 1–7

TEEN & ADULT
13+ years
SWIM BASICS
15+ years
SWIM STROKES

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

STAGES A–B

Please note: Parent participation is required in all Stage A & B lessons.

1. Is your child between 6 months and 2 years?

YES — **A • Water Discovery** maximum 10 students

NO = next question

2. Is your child between 2 years and 3 years?

YES — **B • Water Exploration** maximum 10 students

NO = next question

3. Is your child between 3 years and 5 years, and comfortable in the water without a parent?

YES = See questions for stages 1-5

NO — **B • Water Exploration** maximum 10 students

STAGES 1–7

Please note: For Stages 1-4, separate times are offered for pre-school ages 3-5.

1. Will your child go underwater voluntarily?

NO — **1 • Water Acclimation** ages 3-12 • maximum 4 students

YES = next question

2. Can your child do a front and back float on their own?

NO — **2 • Water Movement** ages 3-12 • maximum 4 students

YES = next question

3. Can your child swim 10-15 yards on their front and back?

NO — **3 • Water Stamina** ages 3-14 • maximum 5 students

YES = next question

4. Can your child swim 15 yds. on front and back using a crawl stroke in good form?

NO — **4 • Stroke Introduction** ages 3-14 • maximum 6 students

YES = next question

5. Can your child swim a full length of the pool using front crawl, back crawl, and breaststroke?

NO — **5 • Stroke Development** ages 5-14 • maximum 6 students

YES = next question

6. Can your child swim front crawl, back crawl and breaststroke across the pool and back without stopping?

NO — **6 • Stroke Mechanics** ages 6-14 • maximum 8 students

YES = see questions for Stage 7 Swim Lesson Graduate Tracks (see page 29)

TEEN & ADULT CLASSES

Please note: 13- & 14-year-olds are also eligible for youth Stages 3-7, and if eligible based on skill, can choose the lessons where they would feel most comfortable.

1. Do you feel comfortable in shallow water where you can stand?

NO — **TEEN & ADULT SWIM BASICS** ages 13-up

YES = next question

2. Can you swim 10-15 yards on your front and back?

NO — **TEEN & ADULT SWIM BASICS** ages 13-up

NO — **3 • Water Stamina** ages 13-14

YES — **TEEN & ADULT SWIM STROKES** ages 15-up

YES = see questions for Stages 4-7, recommended ages 13-14

Swim Basics

Swimming is not only life skill that everyone should learn, but it's a great way to exercise and improve your health. This basic swim course will help new swimmers feel comfortable in and moving through the water, with a focus on water safety.

Teen/Adult Swim Strokes

Improve your swimming technique and endurance with a trained YMCA swim instructor.

See pages 40-41 for session dates and fees.

STAGE 7 — SWIM LESSON GRADUATE TRACKS

THREE TRACKS TO CONTINUE THE FUN

Once swim basics and stroke techniques have been mastered, swimming is a skill that can be used in many different ways. We offer three different tracks catering to children's varying interests. Please select one or more paths based on the goals of your child.

Please see schedules and pricing on page 31.

AQUATIC CONDITIONING

Is your child interested in building endurance and improving stroke technique with an emphasis on teamwork? Does your child have the goal of joining the swim team? Or do they prefer camaraderie and conditioning in a non-competitive atmosphere? If you answered yes to any of these questions, then your child may enjoy our Aquatic Conditioning track.

Can your child complete a 200 yard individual medley without stopping?

NO — **PRE-CONDITIONING**
ages 6-14 • maximum 10 students

YES — **CONDITIONING***
ages 6-14 • maximum 20 students

*Must have a coach or Aquatics Director/ Manager approve before registering.

JUNIOR LIFEGUARDING

Has your child ever wondered what it's like to be a lifeguard or swim instructor? Would your child be interested in learning lifesaving skills, including CPR and First Aid? Would they enjoy helping teach younger kids how to swim? If yes, your child may enjoy our Aquatic Leadership track.

Has your child participated in this program before? Can your child retrieve a 10 pound object from the bottom of the deep end? Can your child also tread water for two minutes without using their hands?

NO — **AQUATIC LEADERSHIP INTRO***
ages 10-14 • maximum 10 students

YES — **AQUATIC LEADERSHIP VARSITY**
ages 10-14 • maximum 20 students

AQUATIC SPORTS & GAMES

In this Aquatic Sports & Games track, your child will learn basic water polo skills, such as shooting, passing and goalkeeping in a fun team environment. They will learn how to paddle and steer a canoe, as well as about boating and waterfront safety. Other water sports and games included will vary, possibly including an in-water version of quidditch!

Does your child simply love being in the water? Do they dream of someday using their swimming ability to enjoy outdoor aquatic recreation like snorkeling or canoeing? Are they a competitive spirit who enjoys all sports?

YES — **WATER SPORTS & GAMES**
ages 6-14 • maximum 20 students

FOCUS ON SWIM SKILLS

Private, Semi-Private and Adaptive Swim lessons can be scheduled online at www.jolietymca.org. For more information, please contact Aquatics Manager Chris Breed at (815) 267-8600, ext. 228 or by email at cbreed@jolietymca.org.

Private Swim Lessons

One-on-one lessons with our expert instructors are available. Instructors can be requested, however, availability may vary.

Ages 3 and Up

30 minutes each	As arranged
1 lesson	$30/$50
4 lesson Package	$89/$178

Semi-Private Swim Lessons

Two or more students of the same swimming ability may request semi-private lessons with our expert instructors. Instructors may be requested, however availability may vary.

Ages 3 and Up

30 minutes each	As arranged
1 lesson	$20/$40
4 lesson Package	$59/$118

Adaptive Swim Lessons

Our adaptive swim lesson program is designed for children with special needs. The goal of this program is to provide basic water instruction and water safety skills in a therapeutic manner with the needs of each individual participant in mind.

Ages 3 and Up

30 minutes each	As arranged
1 lesson	$23/$46
4 lesson Package	$69/$138

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

NEW

You asked and we listened!

New this fall! 45 minute lessons now available for Stages 3-6 on Tuesday evenings.

	Parent-Child		Pre-School				Youth						Teen/Adult	
Swim Lesson Stage Age Range	**A** 6 mo-2	**B** 2-5	**1** 3-5	**2** 3-5	**3** 3-5	**4** 3-5	**1** 6-12	**2** 6-12	**3** 6-14	**4** 6-14	**5** 5-14	**6** 6-14	**Basics** 13 & up	**Strokes** 15 & up
Monday														
9:30-10 a.m.			X	X	X		X							
10:10-10:40 a.m.		X		X	X			X						
10:50-11:20 a.m.	X		X	X					X					
11:30 a.m.-12 p.m.				X	X	X				X				
4:30-5 p.m.			X	X	X			X		X	X	X		
★ 5:10-5:40 p.m.				X	X		X		X	X	X			
5:50-6:20 p.m.			X	X	X			X	X	X	X	X		
6:30-7 p.m.	X			X		X			X	X			X	
Tuesday														
9:30-10 a.m.	X			X	X			X						
10:10-10:40 a.m.			X	X	X		X							
10:50-11:20 a.m.				X	X	X				X				
11:30 a.m.-12 p.m.		X	X	X					X					
4:30-5 p.m.		X	X	X			X	X		X				
★ 5:10-5:40 p.m.			X	X	X				X	X	X	X		
5:50-6:20 p.m.				X	X		X	X	X	X	X			
6:30-7:15 p.m.					X	X			X	X	X	X		
Wednesday														
9:30-10 a.m.					X	X				X				
10:10-10:40 a.m.	X			X	X				X					
10:50-11:20 a.m.		X	X	X				X						
11:30 a.m.-12 p.m.			X	X	X		X							
4:30-5 p.m.				X		X		X	X	X	X	X		
★ 5:10-5:40 p.m.				X	X		X	X	X	X	X			
5:50-6:20 p.m.			X	X	X				X	X	X	X		
6:30-7 p.m.		X			X		X	X		X				X
Thursday														
9:30-10 a.m.		X		X		X				X				
10:10-10:40 a.m.			X	X	X		X							
10:50-11:20 a.m.			X	X	X			X						
11:30 a.m.-12 p.m.	X			X	X				X					
4:30-5 p.m.	X			X	X	X		X	X	X				
★ 5:10-5:40 p.m.			X	X	X				X	X	X	X		
5:50-6:20 p.m.				X	X		X	X	X	X	X			
6:30-7 p.m.			X	X				X		X	X	X		
Friday														
10:10-10:40 a.m.				X	X	X							X	
10:50-11:20 a.m.		X	X	X										X
Saturday														
8:40-9:10 a.m.		X	X	X	X			X						X
★ 9:20-9:50 a.m.	X			X	X		X	X	X	X	X			
10-10:30 a.m.		X	X	X	X				X	X	X	X		
10:40-11:10 a.m.	X			X	X			X	X			X	X	
11:20-11:50 a.m.		X	X			X		X		X	X			

★ Our auto-renewal registration program is available at these times! For more information see, page 29 or call (815) 267-8600 and sign up today.

REGISTER BEFORE THE EARLY BIRD DEADLINE TO SAVE!
Registration is available in person or online at www.jolietymca.org.

STAGE 7	Pre-Conditioning	Conditioning	AQ Sports & Games	Junior Lifeguarding	Junior Lifeguarding
				Introduction	Varsity
Mondays		7-8 p.m.			
Tuesdays	5-6 p.m.		6:30-7:30 p.m.		
Wednesdays	7-8 p.m.	7-8 p.m.			
Thursdays		5-6 p.m.		6:30-8 p.m.	6:30-8 p.m.
Saturdays	10-11 a.m.		11 a.m.-Noon	8:30-10 a.m.	8:30-10 a.m.

5-WEEK PROGRAMS

Stages A & B • Stages 1-6 • Basics • Strokes
Stage 7 Pre-Conditioning • Stage 7 Aquatic Sports & Games

Session	Session Dates	Early Bird Deadline
Session 1	September 2-October 6	Monday, August 26
Session 2	October 7-November 10	Monday, September 30
Session 3	November 11-December 22	Monday, November 4
	Early Bird Price • $45/$90	**Price After Deadline • $50/$95**
45 minute lessons on Tuesdays		
	Early Bird Price • $65/$130	**Price After Deadline • $70/$135**

10-WEEK PROGRAMS*

Stages 7 Conditioning • Stage 7 Junior Lifeguarding

Session	Session Dates	Early Bird Deadline
Sessions 1 & 2	September 2-November 10	Monday, August 26
Conditioning	**Early Bird Price • $90/$180**	**Price After Deadline • $95/$185**
AQ Leadership	**Early Bird Price • $110/$220**	**Price After Deadline • $115/$225**

***A 5-week session of Conditioning will be offered before the holiday break from November 11 – December 22**

DID YOU KNOW?

All active JETS swimmers and Stage 7 swim lesson participants qualify as blue wristband swimmers, allowing them to swim in the deep end and go down the big slides without swim testing. Be sure to pick up your blue wristband by visiting the Membership Desk during your next visit.

4-DAY SPECIALTY CAMP • STROKE & TURN CLINIC BY COACH BRITT

Ages 6-14 • $100/$200 • Dates TBD (during Christmas break)

This fun specialty clinic is designed for experienced swimmers who want to improve each of the competitive strokes: butterfly, backstroke, breaststroke, and freestyle. Each class will focus on a different stroke, but participants will also work on front flip turns, back flip turns and open turns.

Please note: This clinic is recommended for swimmers who have passed Stage 6 swimming or an equivalent program. In addition to suit, goggles and towel, participants should also bring sneakers and workout clothes for dry land exercises.