

Summer 2017 Swim Lessons

Summer Days & Times Available at the YMCA					
CLASS/DAYS	Monday	Tuesday	Wednesday	Thursday	Saturday
Parent/Child			5:15-5:45 p.m.		11:00-11:30 a.m.
All Preschool Levels: Pike/Eel, Ray, Starfish (Unless noted otherwise)	4:15-5:00 p.m.	11:00-11:45 a.m. 5:45-6:30 p.m.	5:00-5:45 p.m.	11:00-11:45 a.m. 5:45-6:30 p.m.	10:15-11:00 a.m. 11:00-11:45 a.m. (Pike/Eel Only)
All Youth Levels: Polliwog, Guppy, Minnow, Fish	5:00-5:45 p.m.	11:00-11:45 a.m. 6:30-7:15 p.m.	4:15-5:00 p.m.	11:00-11:45 a.m. 6:30-7:15 p.m.	11:00-11:45 a.m.
FEE: member/ non-member	\$28/\$56	\$28/\$56	\$28/\$56	\$28/\$56	\$28/\$56

****Session length is 8 weeks.** All classes are set-up for 1 day a week. If you would like to attend more than 1 day a week you may sign up for additional swimming sessions. Same instructor is not guaranteed when choosing multiple days a week.

Session	Session Dates	Registration Dates	Session Dates Notes
Spring 2	May 1 - June 24	April 3 - April 23	No Classes: Mon May 29; Memorial Day
YMCA Y1	June 26 - August 19	May 29 - June 18	No Classes: Tues. July 4; Independence Day
Lytle L1	June 12 - June 30	April 17 - June 4	-
Lytle L2	July 10 - July 28	June 26 - July 6	-

At Lytle Park

Session length is 3 weeks long. All classes are set-up for 4 days a week, Monday through Thursday. Friday is scheduled as a make-up day for any cancelled classes due to weather. One session at Lytle is equivalent to 2 six week sessions at the YMCA.

Summer at LYTLE PARK		
CLASS/DAYS	Mon-Thurs	Mon-Thurs
All Pre-school Levels	9:00-9:45 a.m.	9:50-10:35 a.m.
All Youth Swim Levels	9:00-9:45 a.m.	9:50-10:35 a.m.
FEE: member/non-member	\$42 / \$84	\$42 / \$84

Disclaimer:

Classes with less than 3 participants will be cancelled or combined with a level either above or below their current level. There are no refunds for missed classes and classes can not be made up on another day. If the Y cancels class due to weather or other circumstances, a credit will be applied to your account which can be applied to a future program. All weather cancellations will be posted on our Facebook page.

Like us on Facebook and download our app to get cancellations, program dates, as well as easy registration.

**Scan below or search for Mattoon Area Family YMCA!
Visit mattoonyymca.org for more information or to register.**



S w i m L e s s o n L e v e l s

In choosing the right level for your child, please make sure they fit all criteria listed in each section. If your child has never attended swim lessons before, they need to start at the pike/eel or polliwog level depending on their age. If your child is placed in the wrong class for their skill level, we will make adjustments within the first or second class. If you have any questions, where your child should be placed, please contact the Aquatics Director, Austin Birch.

Parent Child: 6 months to 3 years old

Must be accompanied by a parent. Children must wear water proof swim diapers. Class is designed to get children comfortable in the pool and beginning to do basic kicks and paddles.

Pre-School Classes 3 - 6 years old

Pike/Eel: Won't put head completely underwater, no formal swim lessons, may or may not be afraid of the water, little or no stroke development, uses float belt for the class.

Ray: Bobs head completely underwater, previous swim lessons, some stroke development, can do floats with little assistance, has basics of front crawl stroke, jumps in water w/out assistance, float belt use varies. (Must have successfully completed Pike/Eel)

Starfish: Swims 1/2 length of pool with assistance, familiarity with all strokes, no float belt used. (Must have successfully completed Ray)

Youth Classes 7 - 14 years old

Polliwog: Won't put head completely underwater, no formal swim lessons, may or may not be afraid of the water, little or no stroke development, due to height, generally no float belt used.

Guppy: Bobs head completely underwater, previous swim lessons, some stroke development, can do floats with little assistance, has basics of front crawl stroke, jumps in deep water w/out assistance. (Must have successfully completed Polliwog)

Minnow: Able to swim in deep water without any fear, can tread water, can swim length of pool w/out assistance in front crawl, familiarity of other strokes. (Must have successfully completed Guppy)

Fish: Able to swim in deep water, can swim length of pool w/out assistance in all strokes, able to dive. (Must have successfully completed Minnow)

Swim Lesson Information:

Session length is 8 weeks at the Y. Same instructor is not guaranteed if choosing multiple days a week. Classes with less than 3 participants will be cancelled or combined with a level either above or below their current level. There are no refunds for missed classes and classes can not be made up on another day. If the Y cancels class due to weather or other circumstances, a credit will be applied to your account which can be applied to a future program. All weather cancellations will be posted on our Facebook page.

Private / Semi-Private Lessons: All Ages:

For anyone who wants to learn to swim (potentially scared of the water), to develop skills on a competitive level, and everything in between. Class is one on one instruction. (Must contact Austin to schedule).

Like us on Facebook and download our app to get cancelations, program dates, as well as easy registration.

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