



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake View YMCA 2023

Swim Lessons

Easy Enrollment

- Register one time; online, in-person, or by phone
- Worry-free auto-drafting every 1st of the month (initial payment is for first 2 months)
- Cancel by the 15th of any month to avoid further charges*
- *this may lead to losing your preferred day and time

At Your Own Pace

- New continuous format allows curriculum and schedule to evolve with participants
- Instructors and caregivers can request swimmers be tested and moved up at any time
- Start and stop lessons whenever works best for you

Time	MONDAYS	TUESDAYS	THURSDAYS
4:30 p.m.- 5:10 p.m.	1 Water Acclimation	2 Water Movement	3 Water Stamina
5:15 p.m.- 5:55 p.m.	2 Water Movement	4 Stroke Introduction	2 Water Movement
6 p.m.- 6:40 p.m.	3 Water Stamina	1 Water Acclimation	5&6 Stroke Mechanics
7 p.m.- 7:40 p.m.		Adult Group	

Time	SATURDAYS	SUNDAYS
9:15 a.m.- 9:55 a.m.	1 Water Acclimation	Adult Group
9:15 a.m.- 9:55 a.m.	4 Stroke Introduction	
10 a.m.- 10:40 a.m.	2 Water Movement	A&B Parent Child Class
10 a.m.- 10:40 a.m.	3 Water Stamina	1 Water Acclimation
10:45 a.m.- 11:25 a.m.	1 Water Acclimation	2 Water Movement
10:45 a.m.- 11:25 a.m.	2 Water Movement	5&6 Stroke Mechanics
11:30 a.m.- 12:10 p.m.	A&B Parent Child Class	3 Water Stamina
11:30 a.m.- 12:10 p.m.	5&6 Stroke Mechanics	4 Stroke Introduction

Group Lesson Pricing

Member rate: \$55/month
Non-Member rate: \$110/month

Private Lessons

Please fill out the Google Form on our Socials
or scan the QR Code at the Front Desk!

Swim Level Readiness Chart

Is this the child's first experience in the pool?	Can the child respond to verbal cues and jump on land?	Is the child comfortable working with an instructor without a parent in the water?	Will the child go underwater voluntarily?	Can the child do a front & back float on his or her own? Is the child starting to kick and scoop?	Can the child swim 10-15 yards on his or her front and back?	Can the child swim front crawl, back crawl, breaststroke and dolphin kick across the pool?	Can the child swim 25 yards of front crawl, back crawl, breaststroke and 15 yards of butterfly?
IF YES	IF YES	IF YES	IF YES	IF YES	IF YES	IF YES	IF YES
A WATER DISCOVERY	B WATER EXPLORATION	1 WATER ACCLIMATION	2 WATER MOVEMENT	3 WATER STAMINA	4 STROKE INTRODUCTION	5 STROKE DEVELOPMENT	6 STROKE MECHANICS
SWIM STARTERS		SWIM BASICS			SWIM STROKES		

Questions? Please email lakeviewaquatics@ymcachicago.org