Lessons

Specialty Swim lessons for staying healthy. They need to make swimming a lifelong pursuit for staying healthy.

Y swim instructors are Nationally certified. Their training includes CPR, AED and First Aid. Swim Lessons provide important life skills that could save a life and will benefit students for a lifetime.

Specialty Swim Lessons

We offer private, semi-private and adaptive swim lessons. For information & to register for specialty swim lessons please visit our website.

Swim Team

The Porpoise YMCA swim Team is run out of the Kroehler YMCA. We offer a swim team experience for swimmers 5–18 years of age. Please visit our website at swimnpy.com for more information.

To register visit
register.ymcachicago.org

KROEHLER FAMILY YMCA
34 s. Washington Street
Naperville, IL 60540
630.420.6270

SWIM LESSONS

For more than 160 years, The YMCA has been teaching 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.

The Porpoise YMCA swim Team is run out of the Kroehler YMCA. We offer a swim team experience for swimmers 5–18 years of age. Please visit our website at swimnpy.com for more information.

Session 1: May 26-July 5, 2020
Session 2: July 6- Aug 16, 2020

*Classes pro-rated for 5/25 & 7/4

<table>
<thead>
<tr>
<th>CLASS</th>
<th>TU</th>
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<th>SA</th>
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<th>M &amp; W</th>
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<th>Fee per Session</th>
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<tr>
<td>▼ A: Water Discovery</td>
<td>5:25-5:55p</td>
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<td>▼ B: Water Exploration</td>
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<td>9:00-9:40a</td>
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<td>▼ 2: Water Movement</td>
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<td>9:00-9:40a</td>
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<td>▼ 3: Water Stamina</td>
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<td>9:00-9:40a</td>
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<td>9:00-9:40a</td>
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<td>▼ 6: Stroke Mechanics</td>
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Fee Member / Non-member

Stage Descriptions for Group Swim Lessons

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.

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.

4 / Stroke Introduction Introduces basic stroke technique in front crawl 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.

Teen / Adult Beginner Water Movement and Stamina: YMCA teen and adult beginner swim lessons are designed for those with little or no swimming experience. Skills will include water acclimation and comfort, proper floating, breathing techniques, and basic swim strokes.

Teen / Adult Intermediate Stroke Introduction: YMCA teen and adult intermediate swim lessons are designed to build stroke introduction and endurance. Participants should be able to swim 25 yards continuously and be comfortable in deep water. Skills will include proper lap swimming etiquette, endurance, stroke refinement.