AQUATIC PROGRAMS
Ages 6 months & up

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.

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 Purpouse 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 swimnapy.com for more information.

To register visit register.ymcachicago.org

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

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<td>A: Water Discovery</td>
<td>5:25-5:55pm</td>
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<td>B: Water Exploration</td>
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<td>1: Water Acclimation</td>
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<td>2: Water Movement</td>
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<td>4: Stroke Introduction</td>
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<td>5: Stroke Development</td>
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<td>6: Stroke Mechanics</td>
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<td>Teen / Adult Intermediate</td>
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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 breast- stroke 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.
KROEHLER FAMILY YMCA
LEARN TO SWIM
CONTINUOUS SWIM LESSONS

EASY ENROLLMENT
- Register one time online, in person, or by phone
- Start lessons at your convenience
- Worry-free monthly drafting
- Cancel when swim lessons no longer fit your schedule*

*Must cancel by the 15th of month to avoid charges for the following month

PROGRESS AT YOUR OWN PACE
- Classes will focus on what is needed to progress to the next stage
- No longer have to wait for the next session to move up

MAKE-UP ONE MISSED LESSON
- One swim lesson will be allowed to be made up the month that the lesson was missed**

**Make-up swim lessons cannot be used to extend swim lessons into following month. Make-up lesson will be based upon availability. Please see FAQs for further details.

LEARN MORE:
Contact Tracy 630.420.6270 or kroehleraquatics@ymcachicago.org