FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARENT/CHILD SWIM LESSONS — AGES: 6 – 36 MONTHS

This stage introduces infants & toddlers to the aquatic environment. Our instructors will encourage parents to set developmentally appropriate expectations for infant and toddlers enrolled in swim lessons, introduce & emphasizing basic water safety to parents and providing a positive family aquatic experience and building relationships among & between parents and children by providing opportunities for fun & interaction in the water.

Tuesday	4:30 - 5:00 p.m.
Thursday	4:30 - 5:00 p.m.

PRESCHOOL SWIM LESSONS
AGES: 3 – 5 YEARS

Stage 1 — Water Acclimation

Students will become comfortable independently going underwater and learn how to exit the water safely. Safety is reinforced when students learn about the importance of lifeguard/adult supervision, asking permission before going into any body of water, and life jackets. Goggles are not recommended for this stage.

Tuesday	5:05 - 5:35p
Thursday	5:05 - 5:35p
Saturday	9:00 - 9:30a

Stage 2 — Water Movement

Students will learn independent front and back glides, and swim sequences to reach safety. Safety will be reinforced when students learn about finding help, reach or throw, don't go, and backyard pool safety. Goggles are not recommended for this stage.

Tuesday	5:05 - 5:35p
Thursday	5:05 - 5:35p
Saturday	9:35 - 10:05a

Stage 3 — Water Stamina

Students will build endurance to perform the safety sequence of swim-float-swim up to a length of the pool. Treading water up to one minute and getting to safety in deep water will be reinforced through jump-push-turn-grab sequence. Safety will be reinforced when students learn about sun safety and calling 9-1- 1. Goggles are not recommended for this stage.

Tuesday	5:40 - 6:10p
Saturday	10:10 - 10:40a

Stage 4 — Stroke Introduction

Students will be introduced to basic front and back crawl, as well as butterfly and breaststroke kicks. Students will also work on treading water endurance and be introduced to elementary backstroke. Safety will be reinforced when students learn about beach and boating safety and basic first aid practices. Goggles are recommended for this stage.

Tuesday	5:40 - 6:10p
Saturday	10:40 - 11:15a

YOUTH SWIM LESSONS
AGES: 6 – 12 YEARS

Stage 1 — Water Acclimation

Students will become comfortable independently going underwater and learn how to exit the water safely. Safety is reinforced when students learn about the importance of lifeguard/adult supervision, asking permission before going into any body of water, and life jackets. Goggles are not recommended for this stage.

Tuesday	6:15 - 6:45p
Thursday	6:15 - 6:45p

Stage 2 — Water Movement

Students will learn independent front and back glides, and swim sequences to reach safety. Safety will be reinforced when students learn about finding help, reach or throw, don't go, and backyard pool safety. Goggles are not recommended for this stage.

Tuesday	6:15 - 6:45p
Thursday	6:15 - 6:45p

Stage 3 — Water Stamina

Students will build endurance to perform the safety sequence of swim-float-swim up to a length of the pool. Treading water up to one minute and getting to safety in deep water will be reinforced through jump-push-turn-grab sequence. Safety will be reinforced when students learn about sun safety and calling 9-1- 1. Goggles are not recommended for this stage.

Thursday	5:40 - 6:10p

Stage 4 — Stroke Introduction

Students will be introduced to basic front and back crawl, as well as butterfly and breaststroke kicks. Students will also work on treading water endurance and be introduced to elementary backstroke. Safety will be reinforced when students learn about beach and boating safety and basic first aid practices. Goggles are recommended for this stage.

Thursday	5:40 - 6:10p

Online registration available

www.ivymca.org

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STRONG SWIMMERS SAFE KIDS

Swim Lessons
Illinois Valley YMCA

Use Promo Code **Fall12026** to receive 25% off the total fees

At the Y, we offer a wide selection of infant and parent/child classes to school-age and adult swim lessons. Our swim program teaches participants to become confident swimmers, developing strong techniques, water safety knowledge, and experience.

Fall 1 (7-Weeks)
Member Registration Begins
Non Member Registration Begins

September 14 – October 31, 2026
Monday, August 31, 2026
Monday, September 7, 2026

PROGRAM DAY / TIME
See reverse side for program schedule

25% PROMO FEES	**1X/Week**
Sept.7 – 9 ONLY!	***Promo Code: Fall12026***
Members	$39
Non-Members	$59

REGULAR FEES	**1X/Week**
Members	$52
Non-Members	$78

Financial assistance is available.



Illinois Valley YMCA
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ivymca.com

For further information, contact Doug Miller, YMCA Aquatics Director by email at dougm@ivymca.org