



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Preschool Swimming Lessons Ages 3-5 Years

Parent & Child (ages 6 months – 3 years)

The YMCA Parent & Child Water Enrichment Program helps children explore and adjust to a water environment with their parents. It's a great way to spend quality time together! Songs, games and activities help parents promote a love and respect of the water.

Monday-6:30-7:00 p.m.



Pike (Beginner)

Class teaches children how to paddle on their front and back with a float belt, as well as other basic skills appropriate for this age level. Children will build their confidence and become more comfortable in the water.

Tuesday or Thursday-6:00-6:30 p.m.



Combined Eel/Ray/Star (Advanced Beginner)

Class teaches children to swim further distances and helps children master swimming without a float belt. Children will begin to develop coordinated strokes on front and back. Children will become more independent in the water and prepared for youth classes. Successful completion of Pike is required.

Tuesday or Thursday-6:00-6:30 p.m.



Combined Pike/Eel/Ray/Star

Class teaches all levels of preschool swimmers. Children work with peers of all levels from each other. This class practices and reviews all skills learned in Pike and when ready, helps children learn the more advanced skills in Eel/Ray/Star

Saturday-11:00-11:30 a.m.



Warren County YMCA

Winter II session

February 18-April 6, 2019

Registration begins

February 11, 2019

309-734-3183

www.warrencountymca.org





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Youth Swimming Lessons Ages 6-12 Years

Polliwog (Beginner)

Class is designed for older children. Focuses on gaining confidence in the water, floating and gliding on the front and back, as well as the beginning of stroke development. No experience is necessary.

Tuesday or Thursday 6:35-7:20 p.m.



Guppy (Advanced Beginner)

Children start to perfect the front crawl with rhythmic breathing and backstroke. They also start to build endurance and coordination in the water.

Tuesday or Thursday 6:35-7:20 p.m.



Minnow

Class is designed to help intermediate and advanced children work together. Class practices and review skills learned in Minnow and helps students achieve the more advanced skills.

Tuesday 6:35-7:20 p.m.



Fish

Class is designed to help advanced children work together. Class practices and reviews skills learned in Minnow and helps students achieve the more advanced skills to prepare them for swim team.

Thursday 6:35-7:20 p.m.



Combined Polliwog/Guppy

Class is designed to help children work together. Class practices and reviews skills learned in Polliwog and helps students achieve the more advanced skills learned in Guppy.

Saturday 10:15-11:00 a.m.



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