



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)**

**(no Thursday class on Thanksgiving Day)**

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)**

**(no Thursday class on Thanksgiving Day)**

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**

**(no class on December 7 due to swim team invite)**

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  
Fall II Session  
October 29 – December 12, 2019  
Registration begins October 14, 2019  
309-734-3183



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## **Youth Swimming Lessons Ages 6-12 Years**

### **Polliwog (Beginner) (no Thursday class on Thanksgiving Day)**

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) (no Thursday class on Thanksgiving Day)**

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.**



### **Combined Minnow/Fish**

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.**



### **Combined Polliwog/Guppy**

**(no class on December 7 due to swim team invite)**

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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