

course descriptions

Visit the North Suburban YMCA any Saturday between 2:00 p.m. and 3:45 p.m. for a swim level evaluation prior to start of your class.

SKIP Babies (6 - 36 months with parent)

An introduction for children to explore the aquatic environment and become more independent with the help of their parents.

*Children must wear swim diapers and rubber pants (snug fitting elastic around the legs) under a swimsuit.

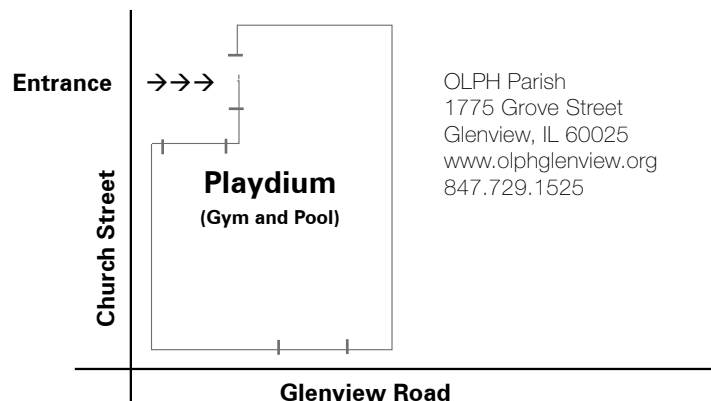
Preschool Block (3 years – Kindergarten Must be 3 before session starts)

Children will be taught the basic skills that are the building blocks of swimming. They will also learn about personal safety, pool safety, boating safety and the use of personal floatation devices. We will perform a skill test on the first day of class. Your child will then be placed in a class with other students near the same skill level.

Youth Block (Kindergarten—8th Grade)

Children will be taught skills from the five components of the YMCA Swim Lesson program: personal safety, personal growth, stroke development, rescue skills, water sports and games. We will perform a skill test on the first day of class. Your child will then be placed in a class with other students near the same skill level.

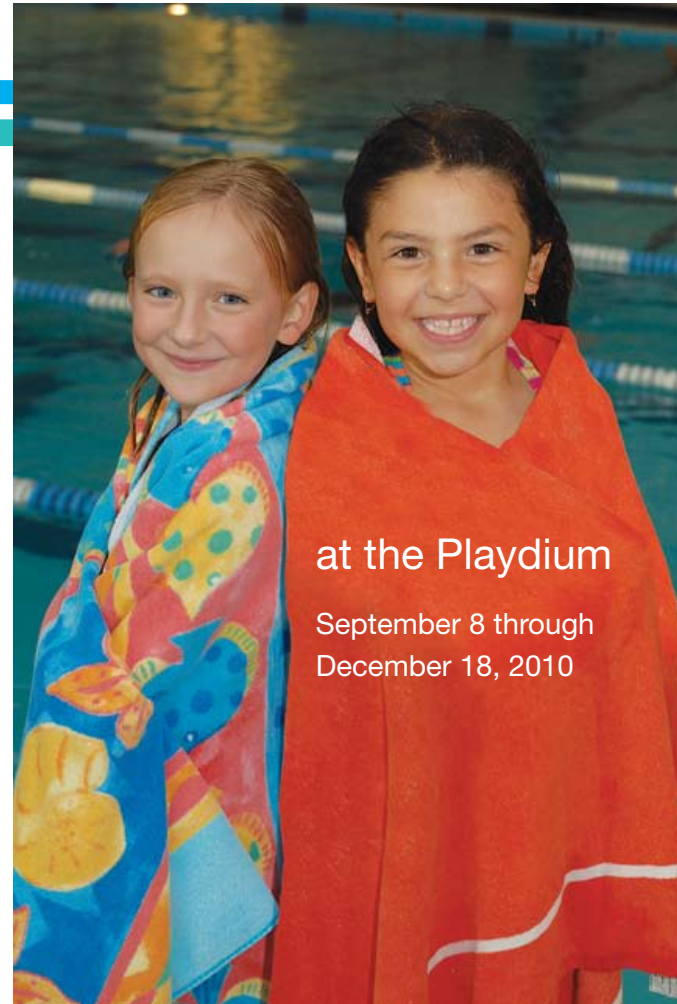
Please mail or fax registration forms to the North Suburban YMCA in Northbrook. All classes will be held at Our Lady of Perpetual Help Parish in Glenview. Our pool is inside the Playdium building. Please enter by the door that faces west, toward Church Street.



Updated 5/10 NC

OUR LADY OF PERPETUAL HELP

fall swim classes 2010



at the Playdium

September 8 through
December 18, 2010



North Suburban YMCA

847.272.7250 · www.nsymca.org ·
2705 Techny Road Northbrook, IL 60062

