



Aquatics Fall 1 Programming 2024

Private Swim Lessons

- Prices Vary
- Private swim lesson packages are available in 30- or 45-minute increments for members ONLY. Registration begins the process for instructor matching, you will be emailed once registration is complete.
- For questions contact Riley Bergman at rbergman@springfieldymca.org or at 217-679-1625 ext. 194

Aquatic Academy

- Aquatic Academy participants assist in our swim lesson program as a volunteer and provide an extra set of hands and eyes for our most basic swimmers.

Parent/ Child Class (Ages 6 months- 3 years old)

- Member: FREE Public: \$224
- Swim lessons at the YMCA are progressive lessons designed to make children and adults safe in and around water. It also assists participants in furthering their goals in fitness, competition, leadership, or recreation.
- Parents are in the water learning how to aid their children in being comfortable in an aquatic environment. Using repetition and progressions, basic skills such as kicking, reaching/ padding, back floats, dolphin dips, and surface safety skills be taught.
- Offered at the Downtown YMCA Tuesdays and Thursdays at 5:20 p.m. and Saturdays at 9:00 and 9:35 a.m.
- Offered at the Kerasotes YMCA Mondays at 4:00 & 4:40 p.m., Wednesdays at 4:00 & 4:40 p.m., and Saturdays at 9:00 a.m. & 9:40 a.m.

Swim Basics (Ages 2-5 years old)

- Water Acclimation
 - Members: \$98 Public: \$196
 - Learn basic self-rescue and swim strokes. This class is for beginners and those who are nervous about water.
 - Offered at the Downtown YMCA on Mondays at 4:40 p.m. and 5:20 p.m., on Tuesdays at 4:40 p.m. and 6:00 p.m., on Wednesdays at 4:40 p.m. and 5:20 p.m., on Thursdays at 4:40 p.m. and 6:00 p.m., and on Saturdays at 10:20 a.m.
 - Offered at the Kerasotes YMCA on Mondays at 9:30 a.m., 4:45 p.m., 5:25 p.m., and 6:05 p.m., on Wednesdays at 4:45 p.m., 5:25 p.m., and 6:05 p.m., and on

Saturdays at 9:00 a.m., 9:40 a.m., and 10:20 a.m.

- Water Movement
 - Members: \$98 Public: \$196
 - Encouraging independent swimming. Freestyle and backstroke skills were introduced.
 - Offered at the Downtown YMCA on Mondays at 5:20 p.m., on Tuesdays at 4:40 p.m., and 6:00 p.m., on Wednesdays at 5:20 p.m., on Thursdays at 4:40 p.m., and 6:00 p.m., and on Saturdays at 11:00 a.m.
 - Offered at the Kerasotes YMCA on Mondays at 4:45 p.m., 5:25 p.m., and 6:05 p.m., on Wednesdays at 4:45 p.m., 5:25 p.m., and 6:05 p.m., and on Saturdays at 9:00 AM, 9:40 a.m., and 10:20 a.m.

Swim Basics (Ages 5-10 years old)

- Water Acclimation
 - Members: \$98 Public: \$196
 - Learn basic self-rescue and swim strokes. This class is for beginners and those who are nervous about water.
 - Offered at the Downtown YMCA on Mondays at 4:40 p.m. and 5:20 p.m., on Wednesdays at 4:40 p.m., 5:20 p.m., and 6:00 p.m., and on Saturdays at 9:00 and 9:40 a.m.
 - Offered at the Kerasotes YMCA on Mondays at 4:45 p.m., 5:25 p.m., 6:05 p.m., on Wednesdays at 4:45 p.m., and 5:25 p.m., 6:05 p.m., and on Saturdays at 9:00 a.m., 9:40 a.m., and 10:20 a.m.
- Water Movement
 - Members: \$98 Public: \$196
 - Encouraging independent swimming. Freestyle and backstroke skills were introduced.
 - Offered at the Downtown YMCA on Mondays at 6:00 p.m., Tuesdays at 5:20 p.m., Wednesdays at 6:00 p.m., Thursdays at 5:20 p.m., and on Saturdays at 9:40 a.m. and 10:20 a.m.
 - Offered at the Kerasotes YMCA on Mondays at 4:45 p.m., 5:25 p.m., and at 6:05 p.m., on Wednesdays at 4:45 p.m., and 5:25 p.m., and 6:05 p.m., and on Saturdays at 9:00 AM, 9:40 a.m., and 10:20 a.m.
- Water Stamina
 - Members: \$98 Public: \$196
 - For those who can swim half the length of the pool. Perfecting freestyle and backstroke.
 - Offered at the Downtown YMCA on Mondays at 6:00 p.m., Tuesdays at 5:20 p.m., Wednesdays at 6:00 p.m., Thursdays at 5:20 p.m., and on Saturdays at 9:00 a.m., and 10:20 a.m.
 - Offered at the Kerasotes YMCA on Tuesdays/Thursdays at 4:20 p.m., 5:10 p.m., 6:00 p.m., and 6:50 p.m.

Jr. High (Ages 11-14 years old)

- Member: \$98 Public: \$196
- Jr High program will be focusing on teaching our students about water safety and how to keep themselves safe in and around the aquatic environment while building confidence and everlasting relationships with friends.
- Offered at the Downtown YMCA Mondays at 6 p.m., and Saturdays at 11 a.m.

Jr. SPY (Ages 6-13 years old)

- Member: \$322 Public: \$644
- Jr. SPY is designed to help swimmers transition to the swim team. This class will give participants an idea of what it would be like to swim for SPY! Jr. SPY is for swimmers who are becoming or are proficient in all four competitive strokes and are interested in eventually swimming competitively but not quite ready for the full commitment of a year-round team experience. Jr. SPY swimmers who are also members can participate in home meets.
- Offered at the Kerasotes YMCA on Tuesdays/Thursdays at 6:00 p.m., and 7:00 p.m., and on Saturdays at 12:00 p.m.

Adult Swim Lessons (Ages 13-99 years old)

- Member: \$98 Public: \$196
- Offered at the Kerasotes YMCA Mondays, Wednesdays, and Fridays at 10:00 a.m. and Monday and Wednesday evenings at 7:00 p.m.