

the **Y** **SPRING PROGRAMS** REGISTRATION GOING ON NOW!

SWIM LESSONS



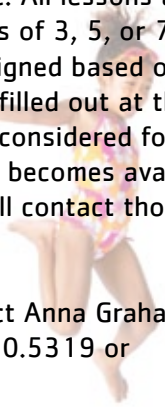
The YMCA Aquatics programs promote children's health and safety. The programs support parents and encourage their participation in teaching kids valuable life skills. YMCA Aquatics promotes positive values and gives kids an opportunity to practice them, promoting growth in self esteem and self-worth, all while having a great time!

Programs offered for 6 months - 15 years old. Our progressive program offers lessons 6 days per week days, evenings, and Saturdays. Adult lessons are also available.

Private/Semi-Private Lessons -

Private/Semi-Private lessons are available for those looking for more 1-on-1 attention. Private lessons are just 1 participant, whereas semis are for 2 or 3. We will work with beginning swimmers, or those looking to improve form and endurance. All lessons are 30 minutes, and are sold in sets of 3, 5, or 7 lessons. Instructors are assigned based on availability. A form must be filled out at the Member Service Desk to be considered for lessons. When an instructor becomes available, the Aquatics Department will contact those who are interested.

For more info, please contact Anna Graham, Program Director @ 847.410.5319 or ggraham@ymcachicago.org

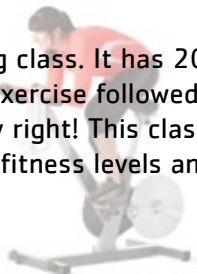


TABATA



NEW! Try this fun exciting class. It has 20 second bursts of cardio exercise followed by rest periods. Sounds easy right! This class promises to challenge all fitness levels and never be boring!

Fee: M \$32/NM \$72



BOOT CAMP CLASSES



Junior Boot Camp (2x a week)

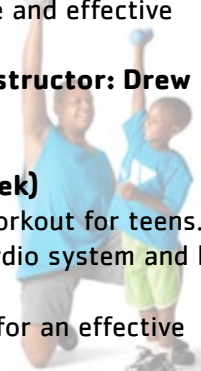
This program will get your kids working out! It will offer various forms of exercise from weights, running, sports help and just getting fit. This class will offer safe and effective workouts for kids.

Fee: M \$96/NM \$192 | Instructor: Drew

Teen Boot Camp (2x a week)

This class will be a great workout for teens. Teens will work on their cardio system and learn how to use strength equipment with good form for an effective workout.

Fee: M \$96/NM \$192 | Instructor: Drew



KARATE CLASSES



Beginner/Intermediate/Advanced/Adult (age 8+) (2x/week)

These classes go deeper into the forms and techniques of Shotokan karate. These classes meet twice a week. Students will belt advance within the class.

Fee: M \$84/NM \$168

Parent/Child (age 5+)

This class is an opportunity to take a class with your child and learn the basics of karate... great family time!

Fee: M \$64/NM \$128



PADI SCUBA DIVING

(ages depend on the class)

Supply own mask, fins, and snorkel

We recommend not purchasing equipment until after the first class.

Bubblemaker (age 8+)

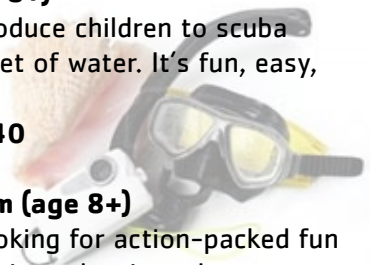
A great way to introduce children to scuba diving in under 6 feet of water. It's fun, easy, and safe.

Fee: M \$20/NM \$40

Seal Team Program (age 8+)

For young divers looking for action-packed fun in a pool. Aqua Missions that introduce you to wreck, navigation, and buoyancy.

Fee: M \$20/NM \$40



NEW SPORTS PROGRAMS COMING THIS SUMMER