aquatics summer 2009 june-august

eliminating racism
empowering women
ywca
evanston/north shore

1215 Church St. Evanston, IL 60201 847/864-8445 Fax 847/864-8498 ywca.org/evanston

general information

hours of operation

Monday - Friday	7:00 a.m. – 9:00 p.m.
Saturday	9:00 a.m. – 4:30 p.m.
Sunday	12:00 p.m. – 2:30 p.m.

class and membership cards

You must present your class and membership cards at the reception desk when you enter the activity building. Lost cards will be replaced for a fee of $1.00. Membership and class cards are non-transferable. Loaned cards will be confiscated without a refund.

refunds

YWCA Evanston/North Shore membership fees are valid for one year from date of purchase and are non-refundable. No money will be refunded for incomplete classes.

All refunds must be approved by the Department Director and will only be given for the following reasons:

1) the YWCA Evanston/North Shore cancels a class and cannot reschedule it, or
2) an illness or medical condition certified *in writing* by a physician. Requests for refunds must be received in writing *before* the third week of the class. The refunded amount will be only for those sessions remaining after the Department Director has been notified, minus a $10 processing fee. A credit will be given in case of illness or accident *after* the third week of the class if requested (in writing). The credit amount will be only for the remaining classes, valid for one year, and it may be used toward any class.

registration

Full payment for your class is due at time of registration. You may use cash, check, Visa, or Mastercard. There is a $15 fee for all returned checks.

locker rental

Lockers are available for daily use at no cost provided locks are removed at the end of your visit. Please consider renting a locker if you wish to leave your belongings overnight. Locks left on overnight without paid rental may be cut. The YWCA Evanston/North Shore will not be responsible for lost or stolen items from unsecured lockers/gym bags or unauthorized cut locks. Annual Fee: $60.00

equipment sale

The YWCA Evanston/North Shore stocks swim caps, goggles, and flotation devices for children. These items, and occasionally others, are reasonably priced and available for sale at our reception desk.

pools

We now have two pools! Both are handicapped-accessible; the deep-water pool is also fitted with a hydraulic chair lift. The YWCA Evanston/North Shore pools are multi-use and follow the recommended water temperatures of 82 to 84 degrees for the deep-water pool and 86-88 degrees for the shallow-water pool.

lost and found

The YWCA Evanston/North Shore is not responsible for lost or stolen articles. Please secure your belongings and all valuables under lock and key while swimming/exercising. Occasionally lost items are turned in. Please check with the receptionist periodically for your item.

pool schedule summer 2009

activity	m	t	w	th	f	s	s
lap swim	11:30-1 pm	11:30-1 pm	7:30-8:30 am 11:30-1 pm	11:30-1 pm	11:30-1 pm	3:00-4:00 pm	12-1 pm
aqua aerobics	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am		
flying fish lessons	9:30-11:30 am 2:00-4 pm	9:30-11:30 am 2:30-5 pm	9:30-11:30 am 2:00-4 pm	9:30-11:30 am 2:30-5 pm		9:30-12:00 pm	
flying fish swim team	6:45-8:30 am 4-8:30 pm	6:45-8:30 am 4-8:15 pm	4-8:30 pm	6:45-8:30 am 4-8:15 pm	6:45-8:30 am 4-7:15 pm	8:30 -1:15 pm	
flying fish masters	6:15-7:30 am 8:00-9:15 pm	1-2:15 pm 8:00-9:15 pm		1-2:15 pm 8:00-9:15 pm	6:15-7:30 am 1-2:15 pm		
program participant/ family swim*						1:30-3:00 pm	1-2:30 pm
party rentals						4:00-6:00 pm	2:30-4:30 pm

*Only open to families with children in lessons or on the swim team/must purchase pass (good for whole family per session enrolled)
*Adults must accompany swimmers in the water who are under 12 years old.
*Boys 6 years and older must use men's locker room.
*Girls 6 years and older must use women's locker room.

Are you new to the program? Pick up a copy of "What you need to know about YWCA Flying Fish Learn-to-Swim" at the front desk or download it from our website, www.ywca.org/evanston.

flying fish learn-to-swim

The YWCA Evanston/North Shore Flying Fish Learn-to-Swim program offers quality swim classes for every level of swimmer from toddler to advanced. Parent/Tot Swim Lessons are available for children ages 6 months through 2 years. These classes are designed to help parents teach their children basic skills while discovering the joys of water together. Our beginning levels are designed to provide individualized instruction, thus classes are limited to 5 students. Beginning levels are taught in our new warm water pool!

learn-to-swim schedule summer 2009

level	2x /week Mon, Wed	2x /week Tues, Thurs	4x /week M, T, W. Th	1x /week Mon	1x /week Tues	1x /week Wed	1x/week Thurs	1x/week Sat
parent/tot								9:30 am
tadpole	9:30 am 10 am 2 pm	9:30 am 10 am 3 pm	11 am	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	9:30 am 10 am 10:30 am
bullfrog	9:30 am 10 am 2 pm 2:30 pm	9:30 am 10 am 2:30 pm 3 pm	10:30 am 11 am	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	9:30 am 10 am 10:30 am 11, 11:30 am
penguin	9:30 am 10 am 2 pm 2:30 pm	9:30 am 10 am 2:30 pm 3 pm	10:30 am 11 am	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	9:30 am 10 am 10:30 am 11, 11:30 am
sea lion	9:30 am 10 am 2 pm 2:30 pm	9:30 am 10 am 2:30 pm 3 pm	10:30 am 11 am	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	3 pm 3:30 pm	3:30 pm 4 pm 4:30 pm	9:30 am 10 am 10:30 am 11, 11:30 am
swordfish	2:30 pm	2:30 pm	11 am	3 pm 3:30 pm	4 pm 4:30 pm	3 pm 3:30 pm	3:30 pm 4:30 pm	10, 10:30 am 11, 11:30 am
dolphin			10:30 pm	3:30 pm	4:30 pm	3:30 pm	4:30 pm	11, 11:30 am

registration and swim dates

pre-registration for ALL summer lessons
begins May 16, 2009
(for those enrolled in spring II session)

open registration for ALL summer lessons
begins June 8, 2009

registration fees
$96 per session
$45 annual administration fee*
*Please see explanation of fees on next page.

Which level is best for my child?
Please ask the Pool Staff or call 847/864-8445.

sessions (check schedule for levels and times)

summer I and II
twice a week for 4 weeks

Mon, Wed:	I. 6/22-7/15	II. 7/20-8/12
Tues, Thurs:	I. 6/23-7/16	II. 7/21-8/13

summer a, b, c, d
four times a week for two weeks

M, T, W, TH	a. 6/22-7/2	b. 7/6-7/16
	c. 7/20-7/30	d. 8/3-8/13

summer s
once a week for 8 weeks
Sat, 6/20-Sat, 8/15 (no lessons July 4th)

health & fitness programs

aqua aerobics

Aqua Aerobics exercises are designed to improve cardio-vascular fitness, muscular strength, endurance, and flexibility. All exercises are performed to music in our pool, which minimizes stress and impact on muscles, joints, and ligaments. Classes meet Monday through Friday from 8:30-9:30 a.m.

program participant family swim

The pool is open for family swim on Saturdays from 1:30 to 3 pm and on Sundays from 1 until 2:30 pm. Family swim is open to families with children in lessons or on the swim team. Family swim pass is $25 per session enrolled, and includes the whole family.

adult lap swimming

Lap swimming is available seven days a week. Check schedule for times.

it's a pool party!

Throw a party that everyone will remember. It's a great idea for a child's birthday, a family reunion, or other special event. The pool is available for parties on Saturdays from 4:00-5:00 p.m. and Sundays from 2:30-3:30 p.m. An additional fee will apply for use of the party area.

fees

1 hour pool	$120
1 hour room	$60

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flying fish swim team summer 2009

June 15 - August 7, 2009

The Flying Fish swim team focuses on the development of stroke mechanics while striving to provide a competitive atmosphere for experienced swimmers and a fun atmosphere for all swimmers. Team practice groups are divided so that swimmers feel comfortable with team members of like age, ability, and commitment level. Swim meets are optional, but they are encouraged.

Swimmers are invited to join the team through participation in the Flying Fish Learn to Swim program at the YWCA. They are then placed into one of the practice groups.

The YWCA does not hold tryouts for the team. If you are interested in the Flying Fish swim team, please call Pete at 847-864-8445, ext. 14 to discuss placement in a lesson group.

To learn more about the Flying Fish Swim Team, please visit the team website at http://flyingfish.usswim.net.

flying fish water polo

Ages 10-14 (may require tryout if not on FF swim team)

summer options:

- one-week long summer camps (June & August)
- 8-week 1x/week session (mid-June - early August)

Schedule/fees to be determined by the end of May. Please contact Pete at 847-864-8445 for more information.

flying fish masters summer 2009 season

June 15 - August 7, 2009

This program is designed to help adults improve their swimming skills. Whether you want to make your swimming easier and more efficient for a triathlon, or simply want to better your skills to increase endurance and strength for your personal goals and overall health, this program will help you get there. Get in "swimming" shape and learn how to make the most of your training time.

practice times

early mornings
M, F 6:15-7:30 am

afternoons
T, F 1:00-2:15 pm

evenings
T, Th 8:15-9:30 pm

fees
$120* payable to ywca; ***$30*** payable to flying fish

* $40 off the YWCA fee if you paid for the spring masters season.

There is a 50% discount off the YWCA fee for adult family participants (husbands, wives, brothers, sisters etc.)

registration information

Come in to the YWCA Evanston/North Shore and register at the front desk.

membership, activity and administration fees

annual membership fee

Membership is available to women ages 15 years and older and includes voting privileges with the YWCA.*

adult 15-59	$70
senior 60+	$50

**Men may pay an annual fee equal to that of a membership to receive member rates for aquatics programming.*

program participant family swim

Family swim is open only to current learn-to-swim program participants and their families and is intended to allow additional pool time for swim exposure and skill development.
fee: $25/summer

adult lap swim

		member	non-member
daily	senior	$4.00	$6.00
	adult	$5.00	$7.00
10-dip	senior	$40.00	$60.00
	adult	$50.00	$70.00
3-month	senior	$75.00	$95.00
	adult	$85.00	$110.00

aqua aerobics senior/adult

daily	$6.00	$8.00
10 dip	$55.00	$70.00
20 dip	$105.00	$140.00
30 dip	$135.00	$175.00

learn-to-swim lesson participant annual administration fee

All learn-to-swim program participants pay an annual $45 administration fee. Like the former membership fee, the administration fee is renewed on an annual basis.

If this is your first learn-to-swim session in a calendar year, you have the opportunity of postponing payment of the administration fee until you register for a second session within that year.

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