



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP SWIM LESSONS!

## INDIAN BOUNDARY YMCA Aquatics Information

- Swim lessons are monthly on-going. Cancellation requests must be received in writing a minimum of 10 days prior to the end of the existing month to stop the draft.
- Please show up 15 minutes prior to your first class to complete paperwork.
- Swim lesson ratios vary by age groups.
- There are no make-up classes for missed group lessons. Classes are pre scheduled monthly and instructors will be teaching even if there is a predetermined vacation/sickness/absence of participants.
- Check ins must be done at the front desk and at the pool deck prior to class.
- Sign ups are based on class availability. DG Park District Residents may be put on a waitlist until slots open.
- Swim lessons are based on skills level and age.
- Instructors evaluate swimmers based on a swim test.
- Instructors will give bi-weekly reports on progress and swim stage levels.
- Please wear proper Swimming Attire, Towel, and Goggles. (If Desired)
- DG Park District residents are only allowed access to the pool deck and pool viewing area. Showers can only be used by individuals enrolled in group swim lessons.

### Price:

**\$60/month Downers Grove Park District residents!**

### Skills you will learn from our instructors:

- Stroke Mechanics
- Water Safety
- Breathing Techniques

### Times:

***Mondays, Tuesdays, and Wednesdays 5:00pm-5:30pm, 5:40pm - 6:10pm, 6:10pm - 6:40pm!***