

Flying Fish Aquatics Schedule

Fall 2018 - Spring 2019



- Child centered program
- Experienced instructors
- Warm, shallow depth pool
- Cool, deep water pool
- Family friendly environment
- Community-focused social justice organization

REGISTER ONLINE
for swim lessons at

bit.ly/FFSWIM

**eliminating racism
empowering women**
YWCA
Evanston/North Shore
1215 Church Street
Evanston, Illinois 60201

Nonprofit Org.
U.S. Postage
PAID
Permit #34
Evanston, IL

Annual Administration Fee

All Flying Fish Aquatics participants pay an annual \$48 administration fee (\$77 for swim team members). The administration fee is renewed on an annual basis.

Aqua Aerobics 8:30-9:30 am Monday thru Friday (ongoing)

Aqua Aerobics is designed to improve cardio-vascular fitness, muscular strength, endurance, and flexibility while minimizing stress and impact on muscles and joints.

Lap Swimming

Our 5-lane, 25 yard pool is available for lap swimming during the following hours (additional hours may become available starting this fall):

Mornings: 7:30-8:30 am Monday thru Friday
Lunchtime: 11:30 am-1 pm Monday thru Friday

Adult Lap Swim	
Daily	Senior (60+) \$7.00 Adult (15-59) \$8.00
10-dip	Senior \$55.00 Adult \$65.00
3-month	Senior \$105.00 Adult \$115.00
Aqua Aerobics Senior/Adult	
Daily	\$8.00
10 dip	\$70.00
20 dip	\$130.00
30 dip	\$165.00

Flying Fish Swim Team

October 8, 2018 thru March 2, 2019

Swimmers of all ages are invited to try out for the 2018-2019 season of the Flying Fish Swim Team. To learn more, please visit the team website at ywca-ens.org/flyingfish or contact Aquatics Director Peter Caragher at 847-864-8445.

Flying Fish Masters

September 30, 2018 thru March 3, 2019

Whether you want to make your swimming easier and more efficient for a triathlon or simply want to better your swimming skills to increase endurance and strength for your overall health, masters swimming is great exercise. Join us!

Monday	Tuesday	Thursday	Friday	Saturday	Sunday
6-7:15 am			6-7:15 am		8:30-9:30 am
	1-2:15 pm	1-2:15 pm	1-2:15 pm	3-4:00 pm	

Fees: \$360 to YWCA and \$55 to Flying Fish for season
\$15 Drop-in Fee

50% discount off the YWCA fee for adult family participants (spouse, sibling, etc.)

Flying Fish Water Polo

We will offer developmental water polo for youth ages 11-14 throughout the year. For more information, contact Aquatics Director Peter Caragher at pcaragher@ywca-ens.org or 847-864-8445.

Red Cross Lifeguarding/First Aid/CPR Classes

We will offer these Red Cross classes throughout the year. For more information, contact Aquatics Director Peter Caragher at pcaragher@ywca-ens.org or 847-864-8445.

Private Lessons

Private lessons are available for swimmers five years and older. Lessons are scheduled directly with staff and take place outside of other program hours.

Fees: 30 min. private - \$45, semi-private (2 or 3 swimmers) - \$55

Pool Parties

Available 4-5 pm Saturday and 12:30-1:30 pm Sunday

Fees: 1 hour pool rental - \$140, 1 hour room rental - \$80

Family Swim

1:30-3 pm Saturday, 11:30 am-1 pm Sunday

Available to families with children in lessons or on the swim team for \$60/family for session enrolled.

Learn-to-Swim Session Dates and Registration Information

Fall I 2018: Monday, September 10 - Sunday, October 28

Open registration begins: Monday, August 13
Pre-registration for Summer 2018 participants begins: Monday, July 30

Fall II 2018: Thursday, November 1 - Sunday, December 23

Open registration begins: Monday, October 22
Pre-registration for Fall I 2018 participants begins: Saturday, October 6

Winter 2019: Saturday, January 5 - Friday, February 22

Open registration begins: Monday, December 10
Pre-registration for Fall II 2018 participants begins: Saturday, November 17

Spring I 2019: Thursday, February 28 - Sunday, April 21

Open registration begins: Monday, February 18
Pre-registration for Winter 2019 participants begins: Saturday, January 26

Spring II 2019: Thursday, April 25 - Wednesday, June 12

Open registration begins: Monday, April 15
Pre-registration for Spring I 2019 participants begins: Saturday, March 30

FREE 30 minute evaluation!
Weeks of Aug. 25 and Sept. 4, 2018

Contact Pete Caragher, Director of Flying Fish Aquatics to schedule.

Email: pcaragher@ywca-ens.org

Learn more at bit.ly/FFSWIM

**Try out for
Flying Fish Swim Team
August 2018**

Is your swimmer ready for the team?
Contact Aquatics Director and Head Coach
Pete Caragher at pcaragher@ywca-ens.org
or call 847-864-8445 for information about trying out.

Learn-to-Swim Class Schedule *(Schedule and fees subject to change)*

If you are new to the program and are uncertain about what level is appropriate for your child, please ask our Pool Staff or call 847-864-8445.

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent/Tot		9:30 am			9:30 am	9, 9:30 am	9:30
Tadpole	9:30, 10 am 1:20*, 3, 4, 4:30 pm	9:30, 10 am 3, 3:30, 4, 5 pm	9:30, 10 am 3, 4, 4:30 pm	9:30, 10 am 1:20*, 3, 3:30, 4, 5 pm	9:30, 10 am 3, 3:30, 4, 4:30 pm	9, 9:30, 10, 10:30, 11, 11:30 am 12 pm	9:30, 10, 10:30 am
Bullfrog	10, 10:30 am 1:20*, 3, 3:30 4, 4:30 pm	9:30, 10, 3, 3:30, 4, 4:30, 5 pm	10, 10:30 am 3, 3:30, 4, 4:30 pm	9:30, 10, 1:20*, 3, 3:30, 4, 4:30, 5 pm	10, 10:30 am 3, 3:30, 4, 4:30 pm	9, 9:30, 10, 10:30, 11, 11:30 am 12 pm	9:30, 10, 10:30 am
Penguin	10:30 am 1:20*, 3, 3:30, 4, 4:30 pm	3, 3:30, 4, 4:30, 5 pm	10, 10:30 am 3, 3:30 4, 4:30 pm	10 am 1:20*, 3, 3:30 4, 4:30, 5 pm	10, 10:30 am 3, 3:30, 4, 4:30 pm	9, 9:30, 10, 10:30, 11, 11:30 am 12 pm	9:30, 10, 10:30 am
Sea Lion	3, 3:30, 4, 4:30 pm	3, 3:30, 4, 4:30 pm	10:30 am 3, 3:30, 4, 4:30 pm	10:30 am 3, 3:30, 4, 4:30, 5 pm	10:30 am 3, 3:30, 4, 4:30 pm	9:30, 10, 10:30, 11, 11:30 am 12 pm	9:30, 10, 10:30 am
Swordfish	3:30, 4 pm	3:30, 4, 4:30 pm	3:30, 4, 4:30 pm	3:30, 4, 4:30 pm	3:30, 4, 4:30 pm	10, 10:30, 11, 11:30 am	9:30, 10, 10:30 am

*1:20 weekday class is a 40 minute class, and parents/guardians have the option of joining their child in the pool for play time for an additional 20 minutes following class -- extending total time to one hour.

Registration Fees

\$118 for each of first 2 sessions in school year, \$10 discount for 3rd session, \$15 off for 4th, \$20 off for 5th (through the spring)

\$142 for each of first 2 sessions in school year, \$10 discount for 3rd session, \$15 off for 4th, \$20 off for 5th (through the spring)

\$48 annual aquatics administration fee (If this is your first learn-to-swim session in a calendar year, you have the option to postpone payment of the administration fee until you register for a second session within the calendar year.)

Refunds/Credit/Make-Ups

Once accepted into a class, cancellations are non-refundable except for medical reasons. Our make-up policy allows for one free make-up lesson and one paid (\$5) make-up lesson per session. Make-ups will be during off-peak hours, normally between 3-4:00 pm Monday through Friday. If more lessons are missed because of illness or unforeseen circumstances, we will prorate or credit for future sessions when applicable. Make-ups must be scheduled 24 hours in advance, and paperwork/payment must be filed beforehand at the front desk.