

Flying Fish Aquatics Schedule

Fall 2019 - Spring 2020



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 (\$79 for swim team members). The administrative 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.

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 7, 2019 thru March 1, 2020

Swimmers of all ages are invited to try out for the 2019-2020 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

October 7, 2019 thru March 1, 2020

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
\$135 10-Dip

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

2-3 pm Saturday, 11:30 am-12:30 pm Sunday

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

Drop-in fee: \$5.00/person, \$10.00/family

Flying Fish Swim School Session Dates and Registration Information

Fall I 2019: Saturday, September 7 - Friday, October 25

Open registration begins: Monday, August 5
Pre-registration for returning swimmers begins: Monday, July 29

Fall II 2019: Friday, November 1 - Sunday, December 22

Open registration begins: Saturday, October 12
Pre-registration for returning swimmers begins: Saturday, October 5

Winter 2020: Saturday, January 4 - Friday, February 21

Open registration begins: Saturday, November 23
Pre-registration for returning swimmers begins: Saturday, November 16

Spring I 2020: Thursday, February 27 - Sunday, April 19

Open registration begins: Saturday, February 1
Pre-registration for returning swimmers begins: Saturday, January 25

Spring II 2020: Saturday, April 25 - Monday, June 15

Open registration begins: Saturday, April 4
Pre-registration for returning swimmers begins: Saturday, March 28

FOR OUR FISH FRIENDS

Swim with us all year and watch your savings grow!

\$5 off second session

\$10 off third session

\$15 off fourth session

\$20 off fifth session

- Sessions must be consecutive
- Discounts must be applied before registration closes
- Email praffel@ywca-ens.org to receive coupon codes

Swim School Class Schedule *All levels are available at all times. Schedule and fees subject to change.*

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PARENT/TOT		10 am			9:30 am	9 am, 12 pm	9:30 am
MORNING GROUP LESSONS		10, 10:30 am	10, 10:30 am		9:30, 10 am	9, 9:30, 10, 10:30, 11, 11:30 am 12 pm	9:30, 10, 10:30, 11 am
AFTERNOON GROUP LESSONS	1:20* , 3, 3:30 4, 4:30 pm	3, 3:30, 4, 4:30, 5 pm	3, 3:30, 4, 4:30 pm	1:20* , 3, 3:30, 4, 4:30, 5 pm	3, 3:30, 4, 4:30 pm		

*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

\$123 per session

*\$147 per session

\$48 annual aquatics administrative fee (first time swimmers may choose to waive the administrative fee until their second session)

Please note: All scholarship applicants must apply in person at the front desk.

Automatic Registration

Plan on sticking around? Sign up for Automatic Registration! You'll be instantly signed-up for the next session, and automatically receive our discounts. Email praffel@ywca-ens.org for more information on how to register through Spring II 2020!

Make-Ups

Consistency is one of the most important aspects of a swimmer's development. Because of this, we ask that you make your child's lessons a priority, even when it may not be convenient. We do, however, offer **two make-ups per session at a cost of \$5 per lesson**. These make-ups must be scheduled at least **24 hours in advance, by email, and must be within the session for which your child is currently enrolled**. Make-ups are by no means guaranteed. We do our best to accommodate, but they are subject to availability as to not disrupt another child's progress. Email praffel@ywca-ens.org to schedule.

Refunds/Credits

In the case of a serious illness/injury, **we may extend a credit for a future session**. This offer will only be good for four months. Please request these credits via email, and provide that email as confirmation upon usage. Email praffel@ywca-ens.org to receive a credit.