



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOMINGTON-NORMAL YMCA HOME SCHOOL GYM & SWIM

PROGRAM OVERVIEW

- Classes begin the week of September 6, 2010.
- Program is for youth ages 5-18.
- Participants will be divided based on age and will follow the following schedule:
 - 5-8 years
 - Gym 1:30—2:15 p.m.
 - Swim 2:30—3:15 p.m.
 - 9 years and up
 - Swim 1:30—2:15 p.m.
 - Gym 2:30—3:15 p.m.

- Fees are based on a 7 week session per child. Fees are listed below:

	1X/Week	2X/Week
Member	\$14.00	\$28.00
Prospective Member	\$28.00	\$56.00

Financial assistance is available. No one is turned away due to an inability to pay.

- Children must be registered before the start of first class of each session.
- Parents are welcome to stay and observe.
- The YMCA will host three family events during the school year. Those are:
 - Welcome back picnic on Friday, September 10.
 - Christmas Potluck on Friday, December 17.
 - End of the year celebration on Friday, May 6, 2011.
- Willingness to adapt and expand on based on parent feedback

POOL ACTIVITIES

- Youth swim lessons following YMCA swim lesson curriculum
- Stroke Development
- Water safety and basic life saving skills
- Water fitness
- Water sports and games

GYM ACTIVITIES

- Sports specific units with instruction and actual game time
- Introduction to the YMCA Wellness Center with health education
- Age appropriate games that elevate heart rate and encourage social interaction and teamwork

Questions or comments on the program? Contact the co-directors of the program:.

- Gym activities—John Anderson, Sports Coordinator, johna@bnymca.org
- Pool activities—Doug Miller, Aquatics Director, doug@bnymca.org

YMCA Phone: (309) 827-6233

www.bnymca.org