

Bloomington/Normal YMCA Home School Gym & Swim Program

**YMCA Contact: Doug Miller, Aquatics Director
John Anderson, Youth Sports Coordinator**

Days Offered

Wednesday 1:30 – 3:15pm
Friday 1:30 – 3:15pm

Program Overview

- Offered to children ages 5 – 18.
- Children will be divided into 2 groups based on age and abilities.
- 9 month program running September – May.
- Participants register and pay monthly.
- Participants must be registered by the last day of each month for the following month.
- Parents are welcome to stay and observe.
- Minimum of 8 children must be registered for each day offered.
- Curriculum will be distributed during the third week of the prior month.
- YMCA will host “Home School Special Events” in addition to class times.
 - Free for those registered during the month of the event.
 - Minimal fee for those not registered during the month of the event.

Pool activities will include but are not limited to: (age appropriate for each group)

- Regular swim evaluations to determine current level.
- Youth Swim Lessons following YMCA curriculum.
- Stroke development.
- Water safety and basic life saving skills.
- Open swim with water toys and inflatable rock climbing wall/slide.
- Willing to adapt and expand based on parent feedback.

Gym/Fitness activities will include but are not limited to: (Age appropriate for each group)

- Sports specific units with 30% instructional and 70% playing the game.

Basketball	T-Ball/Whiffle Ball	Volleyball
Kickball	Floor Hockey	Racquetball
- Introduction to Fitness Center with Health Education.

Cardio Equipment	Resistance Equipment
Fitness Center Etiquette	Exercise Safety Guidelines
- Age appropriate games that elevate heart rate and encourage social interaction and teamwork.
- Willing to adapt and expand based on parent feedback.



YMCA

We build strong kids,
strong families, strong communities.