



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



JUMP IN WITHOUT YOUR FLOATIES

Why Swim Lessons?

- The YMCA has been teaching swimming for over 100 years, providing individuals the opportunity to safely enjoy the water.
- Each year, over 2,000 people learn to swim at YMCA of Southern Indiana!
- Swimming develops all muscle groups evenly.
- Drowning is the leading cause of death in children age 1 - 5 yrs.
- It may take 30-80 swim lessons to learn to swim independently.
- Skills will dwindle if swimmers practice only in the summer! Kids need year-round swim lessons to progress.
- 6:1 Class Ratios: To ensure quality instruction. Student/instructor ratios in YMCA swim classes will not exceed 6:1 (does not apply to team, adult or parent/child classes).

Group Swim Lessons

Ages 6 months and up

The YMCA of Southern Indiana offers a progressive swim lesson program that focuses on the five components of YMCA Swim Lessons. Personal Safety, Personal Growth, Stroke Development, Water Sports and Games, and Rescue. Please see the other side of this flyer for more information.

Adult/Teen Lessons

Ages 13 and up

These lessons are designed for adults in a small class size. Instruction varies to class needs—beginner, triathlete, and technique refinement.

Saturday sessions from 9:00-9:45 a.m.

Member Fee: \$56 Non-Member: \$72

Adaptive Lessons

Ages 3 and up

These lessons are designed for those who have special needs and are more suited for a smaller class size. Classes are designed around the needs of each student.

Saturday sessions from 9:00-9:30 a.m.

Member Fee: \$56 Non-Member: \$72

See Back for Days and
Times of Classes

Please register for all lessons
one week in advance

Private/Semi-Private Lessons

Ages 4 and up

Six 30 minute lessons are for those who wish to learn to swim at their own pace or want to build their technique.

Private

Member Fee: \$95 Non-Member: \$125

Semi-Private (price per person)

Member Fee: \$80 Non-Member: \$110

Water Fitness Classes

Ages 14 - up (price per person)

We offer a variety of water fitness classes for anyone from beginners to advanced. Look for more information on the Water Fitness Schedule.

YMCA of Southern Indiana
Clark County Branch
4812 Hamburg Pike
Jeffersonville, IN 47130
(812) 283-YMCA

Gwen Bloom
Aquatics Director
gbloom@ymcasi.org

www.ymcasi.org



Group Swim Lessons

Infant/Toddler Lessons

Ages 6 months – 3 yrs SHRIMP/KIPPER (Parent/Child)

A Parent/Child class designed for children ages 6-18 months. Learn safety, skills, and fun games to help children adjust and explore in the water.

INIA/PERCH (Super Tots)

A Parent/Child class designed for children ages 18-36 months. Learn skills and fun games to encourage safety and independence in the water.

Member Fee: \$42 Non-Member: \$54

Saturday

11:00 a.m. – 11:30 a.m. Shrimp/Kipper

11:00 a.m. – 11:30 a.m. Inia/Perch

Swim Lessons Session Dates

Monday-Thursday

I: June 4-14
II: June 18-28
III: July 2-12*
IV: July 16-26

Monday/Wednesday

I: May 30-June 20*
II: June 25-July 18*
III: July 23-Aug 15

Tuesday/Thursday

I: May 29-June 21
II: June 26-July 19
III: June 24-Aug 16

Saturday

I: June 2-July 7
II: July 14-Aug 18

Sunday

I: June 3-July 8
II: July 15-Aug 19

Notice: Price prorated 1 lesson for either Memorial Day or 4th of July.

Preschool Lessons

Ages 3 – 5 yrs PIKE

Beginning children learn to be comfortable in the water and develop independent movement of the basic strokes. Learn kicking, floating, pool safety, and basic breathing skills.

EEL

For intermediate children who are comfortable in the water and are able to swim 5 feet unassisted.

RAY/STARFISH

For advanced children who are able to perform front and back floats and swim 15 feet unassisted.

Member Fee: \$56 Non-Member: \$72

Monday-Thursday

10:00 a.m. – 10:45 a.m. All Levels

Monday/Wednesday

6:00 p.m. – 6:45 p.m. All Levels

Tuesday/Thursday

6:00 p.m. – 6:45 p.m. All Levels

Saturday

9:00 a.m. – 9:45 a.m. All Levels

10:00 a.m. – 10:45 a.m. All Levels

Sunday

1:00 p.m. – 1:45 p.m. All Levels



Youth Lessons

Ages 6 – 12 yrs POLLIWOG

Teaches basic water skills including basic swimming strokes, gliding with face in the water, floating, and kicking.

GUPPY

For children able to swim 15 feet without assistance. Teaches swimming on front, back, and side and taking a breath while swimming.

MINNOW

For children able to swim 25 meters unassisted. Teaches front crawl with rotary breathing, backstroke, side-stroke, and beginning breaststroke.

FISH

For children able to swim 50 meters unassisted of front and backstroke. Refines breaststroke, teaches butterfly, open turns and improves other strokes.

FLYING FISH

For children able to swim 50 meters of front and backstroke. Improves and refines stroke technique and working on speed improvement. for anyone from beginners to advanced. Look for more information on the Water Fitness Schedule.

Member Fee: \$56 Non-Member: \$72

Monday-Thursday

9:00 a.m. – 9:45 a.m. All Levels

Monday/Wednesday

6:00 p.m. – 6:45 p.m. All Levels

Saturday

10:00 a.m. – 10:45 a.m. All Levels

11:00 a.m. – 11:45 a.m. All Levels

Sunday

1:00 p.m. – 1:45 p.m. All Levels