



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



BUILDING A POOL OF CONFIDENCE

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).

SUMMER 2012

**YMCA of Southern Indiana
Floyd County Branch
33 State Street
New Albany, IN 47150
(812) 283-YMCA**

**Wendy Winter
Aquatics Director
wwinter@ymcasi.org
www.ymcasi.org**

Parent/Child & Preschool

Ages 6 mo. - 3 yr.

SHRIIMP/KIPPER (Parent/Child)

A Parent/Child class designed for children ages 6-12 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 13-36 months. Learn skills and fun games to encourage safety and independence in the water.

Preschool Classes

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.

Private/Semi-Private

Classes Any Age

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

Youth Classes

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, sidestroke, 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.



SWIM LESSON SESSION DATES

Two Week Sessions

MONDAY-THURSDAY

- I: May 29 - June 7* (No class May 28)
- II: June 11 - 21
- III: June 25 - July 5* (No class July 4)
- IV: July 9 - 19
- V: July 23 - August 2

Four Week Sessions

MONDAY/WEDNESDAY or TUESDAY/THURSDAY

- Monday/Wednesday**
I: May 30 - June 20* (No class May 28)
II: June 25 - July 18* (No class July 4)
III: July 23 - August 15

Tuesday/Thursday

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

Six Week Sessions

SATURDAY or SUNDAY

Saturday

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

Sunday

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

Six Week Sessions

MONDAY or WEDNESDAY

- Parent/Child (Monday)
- Super Tots (Wednesday)

Monday

- I: June 4 - July 2* (No class May 28)
- II: July 9 - August 13

Wednesday

- I: May 30 - June 30* (No class July 4)
- II: July 11 - August 15

**Must register 48 hours
in advance**

Wendy Winter
Aquatics Director
Katy Goodman
Aquatics Coordinator

Monday-Thursday

- Member Fee: \$56 (*\$49)
- Non-Member Fee: \$72 (*\$63)

9:00 a.m. - 9:45 a.m.

- Preschool: Pike/Eel
- Youth: Polliwog/Guppy

10:00 a.m. - 10:45 a.m.

- Preschool: Pike/Eel/Ray
- Youth: Polliwog/Guppy/Minnow

11:00 a.m. - 11:45 a.m.

- Preschool: Eel/Ray/Starfish
- Youth: All levels

4:00 p.m. - 4:45 p.m.

- Preschool/Youth (All levels)

Monday/Wednesday

- Member Fee: \$56 (*\$49)
- Non-Member Fee: \$72 (*\$63)

5:00 p.m. - 5:45 p.m.

- Preschool: Pike/Eel
- Youth: Polliwog/Guppy

6:00 p.m. - 6:45 p.m.

- Preschool: Eel/Ray/Starfish
- Youth: Minnow and up

Tuesday/Thursday

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

5:00 p.m. - 5:45 p.m.

- Preschool: Pike/Eel
- Youth: Polliwog/Guppy

6:00 p.m. - 6:45 p.m.

- Preschool: Eel/Ray/Starfish
- Youth: Minnow and up

Monday

- Member Fee: \$36 (*\$30)
- Non-Member Fee: \$48 (*\$40)

5:30 p.m. - 6:00 p.m.

- Parent Child*

Wednesday

- Member Fee: \$36 (*\$30)
- Non-Member Fee: \$48 (*\$40)

5:30 p.m. - 6:00 p.m.

- Super Tots*

Saturday

- Member Fee: \$42 (*\$36)
- Non-Member Fee: \$54 (*\$48)

9:00 a.m. - 9:45 a.m.

- Preschool: (All levels)
- Youth: Polliwog/Guppy/Minnow

9:15 a.m. - 9:45 a.m.

- Super Tots*

10:00 a.m. - 10:30 a.m.

- Parent/Child*

10:00 a.m. - 10:45 a.m.

- Preschool: (All levels)
- Youth: Polliwog/Guppy/Minnow

10:45 a.m. - 11:15 a.m.

- Super Tots*

11:00 a.m. - 11:45 a.m.

- Preschool: (All levels)
- Youth: Minnow and up

11:30 a.m. - 12:00 p.m.

- Parent/Child*

12:00 p.m. - 12:30 p.m.

- Adaptive

Sunday

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

1:00 p.m. - 1:45 p.m.

- Preschool/Youth
(All levels)

*Prorated for holidays
May 28 Memorial Day
July 4 Independence Day

