

## **?YMCA Swim Classes off variety for all ages**

Written by Administrator

Wednesday, 10 September 2008 00:00 - Last Updated Wednesday, 17 September 2008 10:39

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? ? The public is invited to register children ages six months through teens and adults now in swimming classes that are scheduled between now and the end of the year at the YMCA of Southern Indiana, 4812 Hamburg Pike in Jeffersonville.

Places in the classes are limited, so registration is on a first come-first served basis. To enroll, stop by the Y. Financial assistance is available for qualifying families.

All local swim staff members are certified in lifeguarding, CPR, and first aid. They also have received training through the YMCA National Swim Program, which is the largest of its kind in the country and has been endorsed by child development and medical experts.

For additional information about times of any of the sessions below, call the Y at 283-9622 or stop by and pick up a detailed brochure.

### **Parent/Child**

These lessons consists of water-enrichment and aquatics-readiness activities for children ages 6 months to 18 months while encouraging a bond of trust between the parent and child. The instructor will introduce beginning skills through play and games as parents learn to guide their children around the water.

### **Super Tots**

For ages 19 months to 36 months, these classes build on the skills in the parents/child class, and parents are required to be in the pool at all times. These classes meet for 30 minutes in three six-week series on Wednesdays, Thursdays, or Saturdays. The fee is \$40 for members and \$50 for non-members.

### **Preschool**

This series for ages 3 to 5 years is designed to help children progress and build basic swimming and safety skills while developing coordination, endurance, and self-confidence.

The 45-minute classes are scheduled in small groups at three levels. The cost is \$55 for Y members and \$65 for non-members on a combination of weekdays and \$40 for members and \$50 for non-members for the Saturday series.

### **Youth**

Ages 6 to 12 years are invited to participate in 45-minute classes at four different levels. The cost is \$55 for Y members and \$65 for non-members for the combination of weekdays and \$40 for members and \$50 for non-members for the Saturday series.

### **Adaptive Swim**

Designed around individual special needs of those ages 3 to 17 years, this series offers a low student-to-instructor ratio. The 30-minute lessons begin at 9:15 a.m. on Saturdays in six-week sessions October 18 to November 22 and December 6 to January 10. The cost is \$40 for Y members and \$50 for non-members.

### **Teen and Adult**

A low student-to-instructor ratio is offered for those 15 and older in this series for those wanting to learn to swim or improve their technique.

The 45-minute classes begin at 9 a.m. on Saturdays in six-week sessions between October 18 to November 22 and December 6 to January 10. The cost is \$40 for Y members and \$50 for non-members.

### **Private/Semi-Private Lessons**

All ages may enroll in 30-minute private lessons to swim at their own pace or build technique. The fee is \$95 for members and \$125 for non-members.

Semi-private lessons (one instructor to two participants) of 30 minutes each for six sessions are available at a cost of \$80 per person for members and \$110 for non-members.

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