



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS START HERE

Summer 2019

CLARK COUNTY FAMILY YMCA



The Y has been teaching swimming for over 100 years, with nationally certified and highly trained instructors. Our lessons focus on essential, life-saving skills and techniques, while helping encourage swimming as an excellent tool for life-long wellness.

YMCA swim lessons are available year-round at multiple locations and are designed to ensure safety, success and fun for all participants. Lessons are available for all ages, starting as early as 6 months old. Whether you are a beginner or just want to improve your skills in the water, we have a class that is right for you.

With a wide variety of schedules available and affordable program rates for all, the Y is always here for you. We build confidence and skills in and out of the water.

Remember, the Y is for everyone and financial assistance is available to ensure access for all.

CLASS LEVELS

SWIM STARTERS

Parents accompany their infant or toddler in the water, exploring fundamentals like blowing bubbles, back floats and essential safety around water skills.

Water Discovery (6-12 months)

The first introduction to the water.

Water Exploration (13 mos-3 years)

Starts to build more aquatic skills.

SWIM BASICS

Swimmers will progress through classes that help teach safety around the water, increase comfort with underwater exploration, introduce self rescue skills, encourage forward movement and momentum. Classes will also introduce rhythmic breathing with integrated movements.

SWIM STROKES

Swimmers that have advanced beyond Swim Basics will progress through learning techniques for front crawl, back crawl, breaststroke kick, butterfly kick and elementary backstroke. Safety skills are reinforced through continued work on treading water and sidestroke. More advanced swimmers will refine technique for all major competitive strokes.

FIND THE CLASS FOR YOU

PICK YOUR SESSION

SWIM STARTERS 6 MOS-3 YEARS

6 weeks, 1x a week

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

PRESCHOOL AGES 3-5

SWIM BASICS

6 weeks, 1x a week

Tuesday:
5:20 - 6:05 p.m.
6:10 - 6:55 p.m.

Thursday:
5:20 - 6:05 p.m.
6:10 - 6:55 p.m.

Saturday:
9:00 - 9:45 a.m.
9:50 - 10:35 a.m.

3 weeks, 2x a week

Tuesday & Thursday:
5:20 - 6:05 p.m.
6:10 - 6:55 p.m.

YOUTH AGES 6-12

SWIM BASICS & SWIM STROKES

6 weeks, 1x a week

Tuesday:
5:20 - 6:05 p.m.
6:10 - 6:55 p.m.

Thursday:
5:20 - 6:05 p.m.
6:10 - 6:55 p.m.

Saturday:
9:00 - 9:45 a.m.
9:50 - 10:35 a.m.

3 weeks, 2x a week

Tuesday & Thursday:
5:20 - 6:05 p.m.
6:10 - 6:55 p.m.

TEEN/ADULT LESSONS AGES 13+

6 weeks, 1x a week

Tuesday:
6:10 - 6:55 p.m.

Thursday:
6:10 - 6:55 p.m.

PRIVATE LESSONS

To learn about private and semi-private swim lessons options, email kgoodman@ymcalouisville.org or call 502.242.3108.

Tuesdays:

1. June 25 - July 30
2. Aug 20 - Sep 17
(Pro-rated 5 classes)

Thursdays:

1. June 27 - Aug 1
(Pro-rated 5 classes, no class July 4)
2. Aug 22 - Sep 19

Tuesdays & Thursdays:

1. June 25 - July 11
(Pro-rated 5 classes, no class July 4)
2. July 23 - Aug 8

Saturdays:

1. June 29 - Aug 3
2. Aug 17 - Sep 21

SESSION FEES

Standard 3-week & 6-week:

- \$41 Facility Members
- \$80 Program Members

Pro-rated 5 classes:

- \$34 Facility Members
- \$66 Program Members



REGISTER TODAY!

Register online at ymcalouisville.org or ask our front desk for help with registration.

Question? Email gvillarreal@ymcalouisville.org or call 812.283.9622.