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.

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### CLASS LEVELS

**STRONG SWIMMERS START HERE**

**Winter and Spring 2019**
**OLDHAM COUNTY FAMILY YMCA**

<table>
<thead>
<tr>
<th>Class Levels</th>
<th>Age Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWIM STARTERS</strong></td>
<td>Ages 6-12</td>
<td>Parents accompany their infant or toddler in the water, exploring fundamentals like blowing bubbles, back floats and essential safety around water skills.</td>
</tr>
<tr>
<td><strong>Water Discovery</strong></td>
<td>(6-12 months)</td>
<td>The first introduction to the water.</td>
</tr>
<tr>
<td><strong>Water Exploration</strong></td>
<td>(13 mos-3 years)</td>
<td>Starts to build more aquatic skills.</td>
</tr>
<tr>
<td><strong>SWIM BASICS</strong></td>
<td>Ages 3-5</td>
<td>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.</td>
</tr>
<tr>
<td><strong>SWIM STROKES</strong></td>
<td>Ages 6-12</td>
<td>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.</td>
</tr>
<tr>
<td><strong>STROKE &amp; TURN</strong></td>
<td>Ages 6-12</td>
<td>This program will act as a bridge for those participants who have surpassed the most advanced level of swim lessons and are striving to swim on a competitive swim team. Participants must be able to swim 50 meters continuously without a flotation device and must be able to demonstrate all 4 competitive strokes. Swimmers will learn competitive swimming skills with emphasis on stroke development and developing a healthy lifestyle.</td>
</tr>
</tbody>
</table>
REGISTER TODAY!
Register online at ymcalouisville.org or ask our front desk for help with registration.
Question? Email bkempf@ymcalouisville.org or call 502.222.9358.

PICK YOUR SESSION

TEEN/ADULT LESSONS
AGES 13+
Teen/Adult swim lessons are available for everyone, from beginner to advanced stroke and skill development. Though schedules vary for each season and additional options may be added as needed, we currently have the following class available for registration:
4 weeks, 2x a week
Tuesday & Thursday:
5:00 - 5:40 p.m.
5:50 - 6:30 p.m.
8 weeks, 1x a week
Tuesday:
6:40 - 7:20 p.m.
8 weeks, 1x a week
4 weeks, 1x a week
Thursday:
6:40 - 7:20 p.m.
6 weeks, 1x a week
Saturday:
9:00 - 9:40 a.m.

STROKE & TURN
AGES 6–12
This class is similar to a swim team workout, with coaching to build skills and endurance. Participants should have at least one year of experience on a swim team.
4 weeks, 2x a week
Tuesday & Thursday:
5 - 5:40 p.m.
5:50 - 6:30 p.m.
6 weeks, 1x a week
Saturday:
11:40 - 12:20 p.m.

SESSION FEES

Swim Starters
(4-weeks, 1x a week):
$0 Facility Members
$62 Program Members
4-weeks, 1x a week:
$32 Facility Members
$62 Program Members
4-weeks, 2x a week:
$62 Facility Members
$122 Program Members
6-weeks, 1x a week:
$47 Facility Members
$92 Program Members
8-weeks, 1x a week:
$62 Facility Members
$122 Program Members

PRIVATE LESSONS
To learn about private swim lesson options, email reshelman@ymcalouisville.org or call 502.645.2115.

FIND THE CLASS FOR YOU

PRESCHOOL
AGES 3–5
SWIM BASICS
4 weeks, 2x a week
Tuesday & Thursday:
10:00 - 10:40 a.m.
5:00 - 5:40 p.m.
5:50 - 6:30 p.m.
8 weeks, 1x a week
4 weeks, 1x a week
Tuesday:
6:40 - 7:20 p.m.
8 weeks, 1x a week
4 weeks, 1x a week
Thursday:
6:40 - 7:20 p.m.
6 weeks, 1x a week
Saturday:
10:00 - 10:40 a.m.
10:50 - 11:30 a.m.
11:40 - 12:20 p.m.

YOUTH
AGES 6–12
SWIM BASICS & SWIM STROKES
4 weeks, 2x a week
Tuesday & Thursday:
5:00 - 5:40 p.m.
5:50 - 6:30 p.m.
8 weeks, 1x a week
4 weeks, 1x a week
Tuesday:
6:40 - 7:20 p.m.
8 weeks, 1x a week
4 weeks, 1x a week
Thursday:
6:40 - 7:20 p.m.
6 weeks, 1x a week
Saturday:
10:00 - 10:40 a.m.
10:50 - 11:30 a.m.
11:40 a.m. - 12:20 p.m.

SWIM STARTERS
6 MOS–3 YEARS
4 weeks, 1x a week
Saturday:
9:00 - 9:30 a.m.