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.
REGISTER TODAY!
Register online at ymcalouisville.org or ask our front desk for help with registration.
Question? Email jdumstorf@ymcalouisville.org or call 502.933.9622.

PRESCHOOL
AGES 3-5
SWIM BASICS
6 weeks, 1x a week
Tuesday or Thursday: 5:15 - 5:55 p.m.
Saturday: 10:00 - 10:40 a.m.
Sunday: 10:00 - 10:40 a.m.

SWIM STARTERS
6 MOS-3 YEARS
WATER DISCOVERY
6 weeks, 1x a week
Tuesday or Thursday: 5:15 - 6:45 p.m.
Saturday: 10:00 - 10:30 a.m.
WATER EXPLORATION
6 weeks, 1x a week
Tuesday or Thursday: 6:15 - 6:45 p.m.
Saturday: 11:00 - 11:30 a.m.

YOUTH
AGES 6-12
SWIM BASICS & SWIM STROKES
6 weeks, 1x a week
Tuesday or Thursday: 5:15 - 5:55 p.m.
Saturday: 10:00 - 10:40 a.m.
Sunday: 11:00 - 11:40 a.m.

PRIVATE & SEMI-PRIVATE LESSONS
ALL AGES
Private classes offer the opportunity to have one-on-one instruction at any level.
6 weeks, 1x a week
Monday: 4:00 - 4:30 p.m.
4:45 - 5:15 p.m.
Wednesday: 7:15 - 7:45 p.m.
Saturday: 1:00 - 1:30 p.m.
1:45 - 2:15 p.m.
Sunday: 12:00 - 12:30 p.m.

SUPER SWIMMER CLUB
Keep swimming and save! Swimmers who participate in four consecutive sessions of swim lessons will get $10 off the fifth session.

ADAPTIVE AQUATICS
AGES 3-12
Designed for children with neurological, developmental and cognitive challenges to learn independent swimming and water safety in the hopes of integration. These classes will have a maximum of 4 students per instructor and may require parental involvement.
6 weeks, 1x a week
Saturday: 11:45 a.m. - 12:25 p.m.

SWIM STARTERS
6 MOS-3 YEARS
WATER DISCOVERY
6 weeks, 1x a week
Tuesday or Thursday: 5:15 - 6:45 p.m.
Saturday: 10:00 - 10:30 a.m.
WATER EXPLORATION
6 weeks, 1x a week
Tuesday or Thursday: 6:15 - 6:45 p.m.
Saturday: 11:00 - 11:30 a.m.

PRIVATE LESSONS
AGES 3-5
SWIM BASICS
6 weeks, 1x a week
Tuesday or Thursday: 5:15 - 5:55 p.m.
Saturday: 10:00 - 10:40 a.m.
Sunday: 11:00 - 11:40 a.m.

PRIVATE & SEMI-PRIVATE LESSONS
ALL AGES
Private classes offer the opportunity to have one-on-one instruction at any level.
6 weeks, 1x a week
Monday: 4:00 - 4:30 p.m.
4:45 - 5:15 p.m.
Wednesday: 7:15 - 7:45 p.m.
Saturday: 1:00 - 1:30 p.m.
1:45 - 2:15 p.m.
Sunday: 12:00 - 12:30 p.m.

TEEN/ADULT LESSONS
AGES 13+
6 weeks, 1x a week
Tuesday or Thursday: 6:15 - 6:55 p.m.
Saturday: 10:00 - 10:40 a.m.

SESSION FEES

6 weeks, 1x a week:
$41 Facility Members
$80 Program Members
Prorated 5 weeks:
$34 Facility Members
$66 Program Members
Private Lessons:
$106 Facility Members
$156 Program Members
Prorated 5 weeks:
$88 Facility Members
$130 Program Members
Semi-private Lessons:
$76 Facility Members
$106 Program Members
Prorated 5 weeks:
$63 Facility Members
$98 Program Members