YMCA OF VINCENNES

Aquatics Information

For over a century, our Y has been teaching people to swim. Stay healthy and active with our 25-yard lap swim pool and warm-water therapy pool.

**YOUTH SWIM SESSION DATES**
Each youth swim session runs 4 weeks with 8 classes. Your choice of Monday and Wednesday, Tuesday and Thursday or Saturday. Minimum enrollment of four required to run classes.

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<th>Youth Swim Lessons</th>
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<td>Children become comfortable in the water and progress through swimming movements according to the child’s abilities so that they can swim independently. Children learn floating, kicking, water safety, back stroke, breast stroke and rotary breathing while building self-confidence.</td>
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| Day/Time | Mon. & Wed., 6-6:30 p.m.,
|          | Tues. & Thurs., 6-6:30 p.m.,
|          | Sat., 10-10:30 a.m. |
| Ages     | 3 years and older |
| Fee      | Member, $55; Non-Member, $75 |

**Parent & Child Swim**
Helps children become comfortable in the water and teaches swimming readiness activities. Parents bond with their child through songs and fun activities with their child through songs and fun activities.

**Beginning in May**
**Dates and Times Coming Soon**

**Private Swim Lessons**
For children and adults who want one-on-one lessons to perfect a particular stroke or for the beginner who would feel more comfortable in a private lesson. Contact Tiffany Petts to schedule. Five sessions must be purchased when registering.

**Fee**
Member, $15 per ½ hr; 2 Members, $21 per ½ hr
Non-Member, $21 per ½ hr; 2 Non-Members, $27 per ½ hr

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<th>Monday &amp; Wednesday</th>
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<th>Saturday</th>
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<tr>
<td>Feb 3 - Feb 26</td>
<td>Feb 4 - Feb 27</td>
<td>Feb 29 - April 18</td>
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<td>March 2 - March 25</td>
<td>March 3 - March 26</td>
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<td>April 6 - April 29</td>
<td>April 7 - April 30</td>
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<td>May 5 - June 1</td>
<td>May 6 - May 29</td>
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No Class Memorial Day

STRONG SWIMMERS
CONFIDENT KIDS!

MORE AQUATICS PROGRAMS ON BACK
WATER FITNESS CLASSES

FREE FOR MEMBERS!!
Non-Members must purchase a day pass for $7

Our shallow water aerobic fitness classes promote cardiovascular health, muscle tone, endurance and flexibility without stress on the joints. Swimming skills are not necessary. Classes run year-round.

Cardio Aquacise
Day/Time: Mon., Wed., Fri., 10-10:50 a.m.
             Tues., Thurs., 5-5:50 p.m.

Arthritis Aquacise
Day/Time: Tues., Thurs. 10-10:50 a.m.

AMERICAN RED CROSS LIFEGUARDING

2019 American Red Cross Lifeguarding: Certification – MUST BE ABLE TO PASS REQUIRED SWIM TEST
Water safety is an important part of our YMCA. The ARC Certification at the will give you everything you need to know to become a certified instructor.

Dates/Times: Coming Soon for 2020
Ages: 15 and Older
Fee: $180

2020 American Red Cross Lifeguarding: Recertification
Review of lifeguarding skills and core knowledge for lifeguard re-certification. Certification cannot be more than 1 month expired. Proof of certification required.

Dates/Times: Coming Soon for 2020
Ages: 15 and Older
Fee: $105

Contact Tiffany Petts at the YMCA at (812) 895-9622 or tpetts@vincennesymca.org to learn more.