

# 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.

### Youth Swim Lessons

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.

**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.

### 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

6:00 pm - 6:30 pm	6:00 pm - 6:30 pm	10:00 am - 10:30 am	10:00 am - 10:30 am
Mon & Wed	Tue & Thur	Saturday	Mon-Thursday
Aug 16 - Sept 13	Aug 17 - Sept 9	Aug 14 - Oct 2	
Sept 27 - Oct 20	Sept 28 - Oct 21	Oct 2 - Nov 20	
Nov 1 - Nov 29	Nov 2 - Nov 30		No Lessons on Labor Day
No lessons on Nov 24	No lessons on Nov 25		



YMCA OF VINCENNES  
2010 College Ave., Vincennes  
vincennesymca.org  
P 812 895 9622

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### 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

**2021 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 Class times are: Thursday 6pm - 10pm, Friday 5pm-10pm, Saturday 9am-5pm

May 13 - May 16 2021

May 27 - May 30 2021

June 3 - June 6, 2021

Ages 15 and Older

Fee \$180 (\$50 non-refundable deposit for cancellations within 1 week of class)

### 2021 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.

Days/Times May 7 & May 8, 2021

Ages 15 and Older

Fee \$105 (\$50 non-refundable deposit for cancellations within 1 week of class)

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



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