

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, \$60; Non-Member, \$80

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	2022
Mon & Wed	Tue & Thur	Saturday	
Jan 17 - Feb 9	Jan 18 - Feb 10	Jan 22 - March 12	
Feb 21 - March 16	Feb 22 - March 17	March 26 - May 14	
March 28 - April 20	March 29 - April 21		
May 2 - May 25	May 3 - May 26		



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

YMCA OF VINCENNES

Aquatics Information

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

2022 Dates TBA

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 2022 TBA

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 to learn more.



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