

AQUATICS EXERCISE CLASS DESCRIPTIONS

Please see the monthly Pool Schedules for class days, times, and pool locations.
Ages 12 and older, unless otherwise noted, may partake in group exercise classes.

DEEP WATER AQUA JOGGING

This aqua jogging class is for individuals who want to build their running endurance without the strain of gravity. Float belts and related equipment are provided. Joggers must be comfortable in deep water.

DEEP WATER EXERCISE

This is a high intensity, low impact class using the deep water of the Lap Pool for a great workout. Participants' will use float belts, noodles, water weights, and other equipment during class and should be comfortable with the deep water.

FUN AND FIT AQUATIC CLASS

Join the fun of a high energy class using both the shallow and deep portions of the Lap Pool. This class will combine strength, aerobic, and flexibility exercises for a total body workout. Equipment used varies to keep the class fresh.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective:
April - June 2022
Subject to change

AQUATICS PROGRAMS AND CLASSES

YMCA OF HARRISON COUNTY

Harrison County PARKS

WANT TO BE a lifeguard?

Guarding Swimming Pool parties

Three sessions available!

Session 1:	
Wednesday March 30th	5pm-7pm
Thursday March 31st	4pm-9pm
Friday April 1st	4pm-9pm
Saturday April 2nd	7am-5pm
Sunday April 3rd	12pm-5pm
Session 2:	
Wednesday April 27th	5pm-7pm
Thursday April 28th	4pm-9pm
Friday April 29th	4pm-9pm
Saturday April 30th	7am-5pm
Sunday May 1st	12pm-5pm
Session 3:	
Wednesday May 11th	5pm-7pm
Thursday May 12th	4pm-9pm
Friday May 13th	4pm-9pm
Saturday May 14th	7am-5pm
Sunday May 15th	12pm-5pm

Must be 16 years or older

Sign up today!

Two year Red Cross certification for lifeguard, cpr and first aid
Also available for re-certification

\$60 class fee
\$20 refundable book deposit

For more information call 812-738-8236 or email cliebert@harrisoncountyparks.com



In Loving memory



Matt Hamblen 1965 - 2022

YMCA OF HARRISON COUNTY
198 Jenkins Ct. NE, Corydon, IN 47112
P 812.734.0770 F 812.738.0721
www.ymcaharrison.org
contactus@ymcaharrison.org

TEXT ALERTS
To receive Text Alerts from the Y regarding aquatic classes, swim lessons and/or pool closures, text **YHCAQUATICS** to **84483**.
To opt-out: text **STOP** to 84483. For more information: text **HELP** to 84483.
Expect approximately 4 messages per month. Message and data rates may apply.

SWIM LESSONS

PARENT/TOT SWIM LESSONS

Both parent and child, ages 6 months - 3 years, jump into these lessons. The purpose of this course is to familiarize children with the water and teach swimming readiness skills. Children must wear swim diapers. Takes place in the Therapy Pool.

SAT, 9:15 a.m. - 9:45 a.m.

PRESCHOOL SWIM LESSONS

The purpose of this course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills. For ages 3-6. Takes place in the Therapy Pool.

Level 1 - Familiarizes children to the aquatic environment and helps them acquire rudimentary basic aquatic skills; helps participants begin to develop positive attitudes and safe practices in and around water.

Level 2 - Increases knowledge of water safety topics introduced in Level 1.

Level 3 - Reinforces water safety concepts and skills introduced in earlier levels and introduces additional water safety topics.

SAT, 10 a.m. - 10:45 a.m.

SWIM LESSONS Ages 6+

Level 1 - Introduces basic aquatic skills, which participants continue to build on as they progress. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water.

Level 2- Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

Level 3- Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. We introduce the scissors and dolphin kicks and extend the time duration for treading water. They also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside.

Level 4 - Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in level 3 for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

Level 5 - Participants refine their performance of all six strokes and increase the distances that they swim. They also learn to perform flip turns on the front and back.

AGE BREAKDOWN

Ages 6,7 and 8	11 am - 11:45 am
Ages 9,10 and 11	11:45 am - 12:30pm
Ages 12 and up	12:30pm - 1:15 pm

PRIVATE LESSONS*

For ages 6 months and older and special needs. Ask about our available private swim lesson packages and prices. Lessons will be scheduled to accommodate the participant and the swim instructor

SWIM LESSON

SESSION DATES

Saturdays only

Apr 9 - May 28

June 4 - July 30 (No class on July 2)

Aug 6 - Sept 24

Oct 1 - Nov 19



**Swim Lesson Prices
(8 classes per session)**

**Member: \$75 per session
Participant: \$90 per session**

Private Lessons

Members: 5 lessons/ \$125

Participants: 5 lessons/ \$150

CPR/AED/FIRST AID TRAINING

Classes, instructed by American Red Cross volunteer, Bob Streepey, are held at the Y in the Administrative Office. Be sure to sign up as early as possible to ensure the class will run. Certification and recertification classes alternate every month. If you have previously been certified in CPR for the Lay Responder and your certification has not been expired for more than a month, the recertification class will bring you back up to speed. For ages 15 and older.

Certification
M, 4:30 p.m. - 8:30 p.m.
April 11
May 9
July 11
September 12
November 14

**Member: \$45
Participant: \$60**

Recertification
M, 4:30 - 8:30p.m.
March 14
June 13
August 8
October 3
December 12

**Member: \$45
Participant: \$60**

AGE REQUIREMENTS AND POLICIES

Pools

- Under 12 years old must accompanied by someone 16 or older in the pool or on the pool deck
- Under 8 accompanied by someone 16 or older, either in the pool with them or on the pool deck.
- 12 and under will need to complete a swim test as identified by the attending guard (Swimmers may be asked to wear a life jacket and/or be within reach of someone 16 or older in the shallow end of the pool).

- Exercise instruction allowed only by YMCA of Harrison County staff. Personal training and swim instruction allowed only by YMCA of Harrison County approved staff.

Locker Rooms

- Over 2, need to use proper gender locker room or family/special needs locker room.
- Cell phone, camera and video camera usage is prohibited in locker rooms and restrooms.
- Use of lockers with locks is strongly encouraged. The YMCA of Harrison County is not responsible for lost/stolen items. Locks should be removed daily, unless renting a locker, or will be removed by staff each night. See the Member Service Desk for locker rental information.

CAPITAL AQUATICS SUMMER PROGRAM



A new competitive swim team, for ages 11 and older, running from May 3rd to July 31st. that will be dully registered with both USA Swimming and the YMCA league (KIYSA). Swimmers will have the option of competing in either or both swimming associations. An assessment will be completed on each swimmer to determine group level. Capital Aquatics Swim Evaluations will be held:

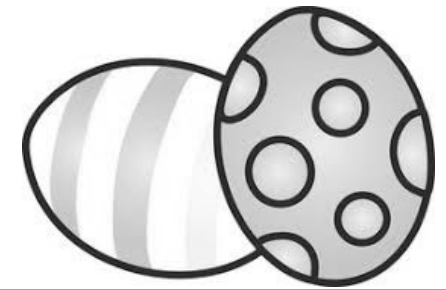
Members: \$70/month

Non-Members: \$85/month

For more information, contact Mike Woertz at mwoertz@rwbaird.com

Wet & Wild Easter Egg Hunt

A wacky idea of hunting Easter eggs in the pool. Takes place in the Lap Pool starting at 10:30 am. Prizes available are age appropriate. No late participants and must be present to participate, no one can participate on their behalf. **This event will take place on Saturday, April 9th. Registration ends on April 6th**



FINANCIAL ASSISTANCE

***Asterisk indicates program is NOT eligible for financial assistance. Financial Assistance is available for a variety of programs and YMCA membership.**

VOLUNTEER AT THE Y

Y volunteers are always needed for programs, special events and general facility needs. Contact the Y or see our Member Service Desk for an application.