

# Did you know there is a NATIONAL SHORTAGE of lifeguards?

## Be part of the solution!

Register now for our 30-hour class that gives you a certification of Lifeguard, CPR/AED and Professional Rescuer.

Course materials will be provided. Blended learning classes mean that you will complete 1/3 of the class online, while the class itself is comprised of lecture, video and skill segments.

Age restrictions apply and candidates must be 15 years old by the last day of class.

Attendance is mandatory and there will be no make-up days for missed classes.

### Class Dates and Times:

**October 17 - 21; 4:00 P.M. - 9:00 P.M.**

**November 7 - 11; 4:00 P.M. - 9:00 P.M.**

**December 5 - 9; 4:00 P.M. - 9:00 P.M.**

**Member: \$175**

**Participant: \$200**

Registration is limited to ten participants.

**FINANCIAL ASSISTANCE AVAILABLE!**

**Work 80 hours as a lifeguard and get reimbursed for your full payment.**



### FIRST DAY OF CLASS, PARTICIPANTS WILL BE REQUIRED TO PASS THE PREREQUISITES TEST:

1. 300 yard swim test using Freestyle and Breaststroke nonstop
2. Tread water for two minutes with arms across the chest
3. Perform a timed event that requires a 20 yard swim, surface dive to 8 - 9 feet of water, bring up a 10 lb. brick, and kick back to the starting point with the brick on chest and no use of hands.

Please bring proof of age to the prerequisite training (driver's license, state ID card, birth certificate).

At all class meetings please bring:  
- Swim suit and towel  
- water  
- snacks



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Effective:**  
October - December 2022  
Subject to change

# AQUATICS PROGRAMS AND CLASSES

## YMCA OF HARRISON COUNTY



**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

# 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, 9:15a — 9:45a**

## 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, 10a — 10:45a or WED 6p — 6:45p**

## 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 6-10	11 am- 11:45 am
Ages 11 and up	12 pm- 12:45 pm

Group Time scheduled dependent on enrollment and skill level.

## 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

## NEW SESSIONS STARTING IN JANUARY

Wednesdays only:

January 4 - February 22

Saturdays only

January 7 - February 25



**Swim Lesson Prices**  
**8 classes per session**  
**8 consecutive Saturdays**  
**Member: \$75 per session**  
**Participant: \$90 per session**

**\*NEW\***

## FAMILY/GROUP Swim Lessons

Perfect for families with multiple children, or parents and/or grandparents who would like to learn alongside their kids. Must have a minimum of 3 participants. Lessons are semi-private, and will be scheduled to accommodate the participant and the swim instructor.

- 8 lessons per session -

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

## Private Lessons\*

**Members: 5 lessons/ \$125**  
**Participants: 5 lessons/ \$150**

## AGE REQUIREMENTS AND POLICIES

### Pools

- Under 12 years old must be accompanied by someone 16 or older in the pool or on the pool deck
- Under 8 years must be accompanied by someone 16 or older in the pool with them.
- 16 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.

## FINANCIAL ASSISTANCE

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

## TEXT ALERTS

To receive Text Alerts from the Y regarding aquatic classes, and pool closures, text **YHCAQUATICS** to **84483**.

To opt-out: text **STOP** to 84483. For more information: text **HELP** to 84483.

# AQUATICS EXERCISE CLASS DESCRIPTIONS

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

### 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.

### FUN AND FIT

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.

### TOTAL BODY 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.

## 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.

**Recertification**  
M, 4:30 - 8:30p.m.

October 10th  
December 12th

November 14th

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

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



**American Red Cross**

Join us in helping save a life by donating blood at one of our Mobile Blood Drives:

October 20, 2 - 6 p.m.

December 29, 2 - 6 p.m.