

Questions?

Q: What type of swim lessons are you offering at the Vigo County YMCA?

A: We offer American Red Cross Learn-to-Swim lessons. The ARC offers a comprehensive and developmentally appropriate swim program that teaches your child how to swim skillfully and safely.

Q: What is the instructor to child ratio?

A: Our ratio for group lessons is 1:5. In a class size of 6-8 children, there will be 2 instructors. All primary instructors are Water Safety Certified.

Q: What level do I place my child?

A: When registering for a swim lesson session, sign your child up based on his or her skill. On the first day of class, instructors will evaluate your child's swimming ability and make sure that he or she should stay in that level or be placed in a different level.

Q: Does every child advance to the next level after completion of their session?

A: No, we expect each child to learn and progress at his or her own rate. Progress reports are given at the end of each session. Your child must pass all requirements to move to the next level. It is up to the instructor to decide the proficiency of the students.

Q: Where do I find session dates, registration dates, class times, and prices?

A: The Winter 2017 session dates, times, and prices are in this brochure and also on our website: <http://vigocountyyymca.org/>

Q: How do I ensure my expectations are being met during the lesson program?

A: Feel free to speak with the Aquatics Director or Swim Lesson Coordinator if you have a concern. We appreciate your feedback.

Q: Does the YMCA offer make up lessons?

A: Due to the large number of participants we are unable to offer make up lessons for our group lessons.

Q: Does the YMCA give refunds?

A: Refunds or credits requested after the 2nd class will not be processed.

The Vigo County YMCA

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA SPLASH! SWIMMING & SAFETY



For more information contact

**Hector Contreras, Aquatics Director
hcontreras@ymcaswv.org
812.232.8446**



JUST ADD WATER



❄️ **Winter 2017** ❄️

**American Red Cross
Learn-to-Swim Program**

Vigo County YMCA

951 Dresser Drive

Terre Haute IN 47807

812.232.8446

www.vigocountyyymca.org

TO REGISTER: Call or visit the Vigo County YMCA
Learn-to-Swim Levels

Parent/Child : This class is for children ages 6 months to 3 years. This level helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in instructed sessions that help kids learn swimming skills such as water entry, bubble blowing, kicking, back floating, and underwater exploration. This is a fun class for both parent and child! Note***This is the **only** class that parents can participate in.

Preschool: This class is for children ages 3 to 5 years old. In this class students will learn to become comfortable with water, learn basic swimming skills, and will learn water safety. The students will work on kicking, arm movements, coordinating arm and leg movements, bubble blowing, opening their eyes underwater, retrieving submerged objects, and more! This is a great beginners class for children.

Level 1 : This class is for children at least 5 years old. This level helps children feel more comfortable in the water. The students will learn how to blow bubbles, bob, glide, float on front and back, tread water using arm and hand actions, roll front to back and back to front, and learn alternating and combined arm and leg actions on back and front.

Level 2: This level guides participants success with fundamental skills such as front, jellyfish, and tuck floats, treading water with arms and legs, changes in direction while swimming and, combined arm and leg actions on front and back.

Level 3: This level builds on the skills in Level 2 through guided practice in deeper water. Children will learn rotary breathing, the survival float, front crawl, elementary backstroke, along with flutter, scissor, dolphin, and breaststroke kicks on the front.

Level 4: This level develops confidence in the skills previously learned and improves other aquatic skills. Children will learn the feet first surface dive, survival swimming, freestyle and backstroke open turns. Also treading water using 2 different kicks, elementary backstroke, breaststroke, sidestroke, and butterfly, and flutter and dolphin kicks on back.

- There are no pre-requisites for Parent/Child, Preschool, and Level 1 classes. For Levels 2-4, you must have successfully completed the previous level to move to the next one or be evaluated by the instructor.

WEEKDAY SWIM SESSIONS

Classes meet 2 x week for 4 weeks
 Member \$48
 Non-Member \$72

Monday/Wednesday Sessions:

Winter 1: Jan 9 - Feb 2

Winter 2: Feb 13 - Mar 8

Monday/ Wednesday

4:30-5:00 pm
 4:30-5:00 pm
 4:30-5:00 pm
 5:00-5:30 pm
 5:00-5:30 pm
 5:00-5:30 pm

Class

Parent/Child
 Level 1
 Level 3
 Preschool
 Level 2
 Level 4

WEEKEND SWIM SESSION

Classes meet 1 x week for 8 weeks
 Member \$48
 Non-Member \$72

Saturday Session:

Winter 3: Jan 14 - Mar 4

Saturday

9:45-10:15 am
 9:45-10:15 am
 9:45-10:15 am
 10:15-10:45 am
 10:15-10:45 am
 10:15-10:45 am

Class

Parent/Child
 Level 1
 Level 3
 Preschool
 Level 2
 Level 4

Important Info about Group Lessons

- In order for the class to run, we need at least 3 participants in each time slot. If the class time you have signed up for does not meet the requirements, you will receive a call from the Aquatics Director before the start of lessons. We reserve the right to combine or cancel classes due to low numbers.
- The maximum enrollment for a class is 8 participants, if a class reaches 6 participants it will have two instructors.
- There will not be any make-up lessons beyond the scheduled classes.
- You must register prior to the 1st day of the swim session. You can not register the day of the session



Private Lessons (ages 3+)

Private lessons are great for participants who learn better with one-on-one attention. A private lesson instructor will contact you within 7 days of registration to set up your first session. Private lessons can take place during scheduled open swim times. The cost for 4, 30 minute sessions is \$52.00 for a member, and \$64.00 for a non-member. The cost for 8, 30 minute sessions is \$96.00 for a member, and \$120 for a non-member. Individuals older than 16 will be asked to purchase a private swim lesson package. There can be two individuals in a private lesson, but we ask that they be around the same age and skill level. Two individuals in a private lesson only require one fee.

