

Aquatics: Adult Swim Lessons & more, ages 13+

Adult Lessons ages 13+ Classes are 45 minutes.

M/W: 7:30 pm • TU/TH: 7:30 pm

Adult Swim Beginner: No skills required. In class: Become comfortable in water, learn breath control, floating, basic stroke techniques.

CPR/AED Classes

CPR/AED Classes ages 13+ This course provides training in adult, child and infant CPR. To receive certification, participants must score 80% or better on the written exam and be able to correctly perform all of the skills. Participants will be certified to use an Automatic External Defibrillator, which is used to restart a stopped or abnormal heart rhythm.

Saturdays 10:45 a.m. – 2:00 p.m.

Jan 16, Feb 20, March 20, April 17, May 15

MEM: \$50 PRO: \$65



Lifeguard Training

Lifeguard Training ages 16+: The YMCA Lifeguard Training course prepares individuals to act as professional rescuers. Prerequisites:(these items will be evaluated on the first day of class.)

- 16 years of age by the last scheduled day of class.
- Able to swim continuously for 500 yards (20 lengths of the pool) using a 100 yards: front crawl (freestyle), breast stroke, sidestroke kick with one arm forward, and inverted breaststroke kick.
- Tread water for two minutes, legs only.
- Surface dive in six feet of water and swim underwater for 15 feet.

April 17 - 24 or May 23 - 29

MEM: \$195 PRO: \$235



Session Dates

Weekday Lessons: 6-wk sessions • 2-days a wk
Saturday Lessons: 6-wk sessions • 1-day a wk

Session 1: Jan. 9 - Feb. 18

No class on Jan. 18. Make-up, Jan. 22
Registration begins December 14

Session 2: Feb. 20 - April 1

Registration begins January 25

Session 3: April 12 - May 22

Registration begins March 15

Note: No refunds for unattended lessons. Weekday classes canceled by the Y will be made up on the following Friday.

Swim Lesson Fees

Weekdays: MEM: \$90 PRO: \$135

Saturdays: MEM: \$60 PRO: \$95



Swim Clinic ages 13+

Adult Stroke Clinic: Review and refine all four competitive strokes while building endurance.

Session 1: January 11 - February 4

Session 2: February 8 - March 4

Session 3: March 8 - April 1

M & or TH at 6:45 pm

MEM: \$30 PRO: \$45

Private Swim Lessons

Private/Semi-Private Swim Lesson:
members only ages 3+:

Private MEM: \$120 (3 hours)

Semi-Private MEM: \$80 (per person-3 hours)

*must register as a pair