

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.

AQUAJOINTS

This warm-water, low-impact exercise class is for those with physical limitations or arthritis. The program is a slow-paced aerobic workout with emphasis on controlled movement, improving strength, flexibility, and endurance.

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 and weights 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.

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.

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.

AGE REQUIREMENTS AND POLICIES

Pools

- 8 - 11 year olds, accompanied by someone 16 or older in the facility.
- 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.

PUMP IT UP

This shallow water aerobics class will get your muscles pumped up while doing the same to your heart rate. It is an upbeat, aerobic based, low-impact workout. Takes place in the Warm Water Therapy Pool.

STRETCHING, FLEXIBILITY AND RELAXATION

This shallow water, low intensity class focuses on gentle stretching, improving flexibility and allowing you a moment of rest in the warm water and quiet atmosphere of the Therapy Pool.

WATER ABS CLASS

There are many benefits to building a strong abdominal core. Aside from looking great, building a strong core can help build a strong base for the rest of your body movements. This is a 30 minute abs only workout.

WATER AEROBICS

This shallow water aerobics class will get your muscles pumped up while doing the same to your heart rate. It is an upbeat, aerobic based, low-impact workout.

Lifeguards

Shannia Austin
Gavin Bindner
Jonathan Corum
Jonathon Elder
Jordan Johnson
Shannon Johnson
Melissa King
Molly Mattingly
Ethan Mills
Jillian Pittman
Morgan Pursor
Darren Simpson

Aquatics Instructors

Aria Wise
Emily Wiseman
Caroline Woertz
Erica Wood
Lacy Wright

Aquatics Instructors

Holly Austin
Sharon Broughton
Lisa Brown
Gloria East
Pat Goldman
Faith Hopper
Cheryl Lone
Kathy Peterson



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective:
January - March 2019
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.

M/W 11:15 a.m. - 11:45 a.m.; 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 - 5. 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.

T/TH 5:30 p.m. - 6:15 p.m.; SAT, 10 a.m. - 10:45 a.m.

BEGINNER/INTERMEDIATE SWIM LESSONS LEVELS 1 - 5

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.

M/W 5:30 p.m. - 6:15 p.m.; SAT, 11 a.m. - 11:45 a.m.

ADULT AND TEEN SWIM LESSONS

If it has been awhile since you have been swimming or you have never been in the water, you are never too old and it is never too late. For ages 13 and older. Takes place in the Therapy Pool.

SAT, noon - 12:45 p.m.

PRIVATE LESSONS*

For ages 3 and older. Ask about our available private swim lesson packages and prices.

Swim lessons are provided for all levels and abilities beginning at 6 months old. We use a 6:1 student to instructor ratios (except parent/tot lessons) to ensure quality instruction.

Swim Lesson Prices
(8 classes per session)

Member: \$55 per session
Participant: \$70 per session

SESSION DATES

Monday/Wednesday Sessions

Jan. 7 - Jan. 30 (registration ends Jan. 5)
Feb. 4 - Feb. 27 (registration ends Feb. 2)
Apr. 1 - Apr. 24 (reg. ends March 30)
May 1 - May 29 (reg. ends Apr. 29)
June 3 - June 26 (registration ends June 1)
July 8 - July 31 (registration ends July 6)
Aug. 5 - Aug. 28 (registration ends Aug. 3)
Sep. 4 - Sep. 30 (registration ends Sept. 2)
Oct. 7 - Oct. 30 (registration ends Oct. 5)
Nov. 4 - Nov. 27 (registration ends Nov. 2)

Tuesday/Thursday Sessions

Jan. 8 - Jan. 31 (registration ends Jan. 6)
Feb. 5 - Feb. 28 (registration ends Feb. 3)
Apr. 2 - Apr. 25 (reg. ends March 31)
May 7 - May 30 (registration ends May 5)
June 4 - June 27 (registration ends June 2)
July 9 - Aug. 1 (registration ends July 7)
Aug. 6 - Aug. 29 (registration ends Aug. 4)
Sep. 3 - Sep. 26 (registration ends Sep. 1)
Oct. 3 - Oct. 29 (registration ends Oct. 1)
Nov. 5 - Nov. 26 (reg. ends Nov. 3)

Saturday Sessions

Jan. 5 - Feb. 23 (registration ends Jan. 31)
Apr. 6 - May 25 (registration ends Apr. 4)
June 1 - July 27 (reg. ends May 30)
Aug. 3 - Sept. 28 (reg. ends Aug. 1)
Oct. 5 - Nov. 23 (reg. ends Oct. 3)

Registration closes 48 hours prior to lessons beginning.

A special thank you to Kim Harmon for her gift to our Annual Campaign to support our Swim Lesson program.

FINANCIAL ASSISTANCE

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

TRAINING

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. - 9:30 p.m.
February 11
April 8
June 10
August 12
October 14
December 9

Member: \$45
Participant: \$60

Recertification

M, 4:30 - 9 p.m.
January 14
March 11
May 13
July 8
September 9
November 11

Member: \$45
Participant: \$60



SWIM TEAMS

MARLINS SWIM TEAM

Join in on the water fun by being on the Marlins Swim Team. Swimmers should be able to comfortably swim a full length of the pool, freestyle and backstroke, without touching the wall or rope. Meets are held on Saturdays, once a month. For ages 5 - 18. Takes place in the Lap Pool.

Practices are held:

Beginners - M and T, 5:30 - 6 p.m.
Intermediate - W, TH, and F, 6:15 - 7 p.m.
Advanced - M, T, W, TH, and F, 5:30 - 7 p.m.

Sessions take place January - March. March session is shorter and price is prorated. No other months will be prorated. Swimmers will need a swim suit (one-piece suit for girls), goggles and a swim cap for those with long hair. A meet schedule will be provided.

YHAR MASTERS SWIM TEAM

Masters swimming is available to participants 18 years of age and out of high school. This is a great opportunity to swim and associate with other swimmers in the community. Local competitions at swim meets will be available with a required fee of \$60 to become a USMS member. This swim team is coached by Marcie Bindner. The team will meet on Saturdays, 8:30 a.m. - 9:30 a.m.

Member: \$20/month
Participant: \$35/month

JUNIOR LIFEGUARDING COURSE

Junior lifeguarding is a course designed to introduce youth to the lifeguarding profession. This challenging course will encourage students to stay involved in aquatics. Although the students will be introduced to the skills of a lifeguard and perform some of those skills, they are not eligible for certification.



Participants must perform and pass the following skills to be considered for the course:

- Swim front crawl for 25 yards while breathing from the side or front
- Swim breaststroke for 25 yards using a pull, breathe, kick, and glide sequence
- Pass the following sequence
 - Step into water from the side and totally submerge
 - Maintain position for one minute by treading water or floating (or a combination of the two)
 - Rotate one full turn and orient to the exit
 - Level off and swim on the front or back 25 yards
 - Exit pool without the use of the ladder or steps

Class days: March 18, 20, 22, 25, 26, and 27

Class times: 4 p.m. - 9 p.m.

Instructed by Matt Hamblen

Participants will need a swimsuit (one-piece for girls) and towel at each class.

Member: \$50
Participant: \$65

MONTHLY FEES

	Beginner	Intermediate	Advanced
Member:	\$15	\$25	\$45
Participant:	\$20	\$30	\$50

Shirt Fee: \$15 per shirt (optional)