



# INDIANOLA YMCA

## Aquatic Programs— Fall Session II

### Group Swim Lessons

Swim lessons are about more than just safety. Participants learn new skills, increase physical activity, gain a sense of achievement, and learn to work in a small group setting.

#### **Preschool— Level 1: 3ys+**

6-week session, 1 day/week, 6 total classes

**Day/time:** Mondays, 6:00pm-6:30pm

**Dates:** November 1st-December 19th (no classes the week of 11/22)

**Cost:** Members: \$60 Non-members: \$120

#### **School age— Level 1+2:**

6-week session, 1 day/week, 6 total classes

**Day/time:** Wednesdays, 6:00pm-6:30pm

**Dates:** November 1st- December 19th (no classes the week of 11/22)

**Cost:** Members: \$60 Non-members: \$120

#### **School age— Level 3+4:**

6-week session, 1 day/week, 6 total classes

**Day/time:** Mondays, 7:00pm-7:30pm

**Dates:** November 1st- December 19th (no classes the week of 11/22)

**Cost:** Members: \$60 Non-members: \$120

### **Swim Savings!**

**Receive 10% off when you purchase 10  
Private Lessons**

Bring this coupon when signing up. One coupon per family.

### Infant Water Safety Basics: Parent & Baby

These classes are designed for the parents of babies ages 4mo-12mo. Infant Water Safety Basics aims to help parents understand and practice foundational skills, which will lead to “survival swimming” competencies.

- **Experience how their bodies behave in water through a variety of movements**

- **Become familiar with the key water positions needed for later independent swimming**

- **Complete “Bathtub Homework”**

#### **Session 1: 4mo-8mo**

- **DAY / TIME:** Saturdays, 10:00am—10:30am
- **DATES:** November 1st- December 19th (there will be no lessons the week of November 22nd)
- **COST:** Members—\$55 Non-members—\$80

#### **Session 2: 9mo-12mo**

- **DAY / TIME:** Saturdays, 11:00am—11:30am
- **DATES:** November 1st- December 19th (there will be no lessons the week of November 22nd)
- **COST:** Members—\$55 Non-members—\$80

### Private Swim Lessons

Private Swim Lessons are booming at the Indianola YMCA! Lessons are available for both members and non-members of all ages and swimming ability. Participants will work with the Director of Aquatics to find the perfect time and instructor for your session. The lessons are 45 minutes long and pack-aging options are available.

If you are interested in private swim lessons please stop by the Indianola YMCA and/or email [celie.kohls@dmymca.org](mailto:celie.kohls@dmymca.org) for more information.