



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER SAFETY TIPS

ACTIVE SURVEILLANCE

Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach at all times.



TEACH THEM EARLY

When enrolled in Y swim lessons at an early age, children learn fundamental water safety sequences like SWIM-FLOAT-SWIM and JUMP-PUSH-TURN-GRAB.

SUIT UP

Inexperienced or non-swimmers should wear a Coast Guard-approved personal-floatation device while in the water.



REACH OR THROW, DON'T GO

When a friend is in trouble in the water, REACH out to them or THROW an object that floats; BUT DON'T GO



in the water after them



ALWAYS ASK

Teach your children to always ask before getting into the pool, or any body of water. This will help keep your children safe.

REFRAIN FROM BREATH-HOLDING

Swimmers shouldn't hold their breath for a prolonged amount of time. This can cause drowning or other severe physical side-effects.



CREATING A NEW WAVE OF IMPACT: Drowning is the second leading cause of death for children ages 5 to 14. The Y offers a variety of swim programs that help reduce the risk of childhood drowning and develop a lifelong love of swimming.

Our Mission: The YMCA of Southwestern Indiana, Inc. following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.

CLASSES OFFERED AT THE Y

GROUP LESSONS

This 6 class session teaches children water safety and basic to advanced swimming skills that help reduce the risk of drowning and builds confidence in and around water. Group swim lessons are open to anyone in the community who wants their children to learn how to be safe in and around the water. Contact either Evansville YMCA for more information.

Number of Lessons per Session	YMCA Members	Non-Members
6 – 45 min (Saturdays)	\$39	\$75
8 – 1/2 Hours (Weekdays in Summer)	\$39	\$75

PRIVATE/ SEMI-PRIVATE LESSONS

Scheduled at your convenience, this program is designed to meet the specific needs of each individual. These 30-minute lessons provide one-on-one learning between a certified Y-Instructor and a participant of any age or skill level. Semi-Private lessons are for two participants. (You provide both participants for semi-private lessons)

INDIVIDUAL SWIM LESSONS

Number of Lessons per Month	YMCA Members	Non-Members
1-1/2 Hour	\$17	\$22
6-1/2 Hours	\$96	\$126
12+ 1 Free -1 /2 Hours	\$192	\$252

SEMI-PRIVATE SWIM LESSONS--Priced per participant

Number of Lessons per Month	YMCA Members	Non-Members
1-1/2 Hour	\$14	\$22
6-1/2 Hours	\$78	\$126
12+ 1 Free -1 /2 Hours	\$156	\$252

RIPTIDES SWIM TEAM--Summer and Fall Seasons Available

YMCA Riptides Swim Team provides a supportive and encouraging environment where sportsmanship and teamwork are consistently reinforced. Practice is three evenings/week: Monday & Wednesday 5:30-6:30pm and Thursday 6:00-7:00pm Call 812.423.9622 for more information

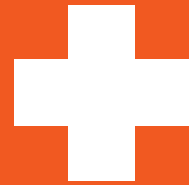
Ascension St. Vincent YMCA: 812.423.9622

516 Court Street Evansville, IN 47708

Dunigan Family YMCA: 812.401.9622

6848 Oak Grove Road Evansville, IN 47715

WWW.YMCASWIN.ORG



**BUILD A SKILL.
SAVE A LIFE.**

Whether you are looking for a great summer job or career as a first responder, the YMCA of Southwestern Indiana's American Red Cross lifeguard class is the place to begin! Through classroom activities, group discussions, and hands-on practice, you'll learn the skills you need to work as a lifeguard.

CERTIFICATION COST:

\$160 for YMCA Members

\$220 for Non-Members

RECERTIFICATION: \$90

Please Call

812.423.9622

or email

polley@ymcaswin.org

for more information