



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLOAT TREAD SWIM

Learn to be safe in the water of
all depths in the pool...**FLOAT**

Gain confidence in deep
water...**TREAD**

Learn one or more
strokes...**SWIM**

INDIANOLA YMCA ADULT SWIM LESSONS

October

Monday & Wednesday Morning
7th-30th, 2019
10:30 am-11:00 am

November

Monday & Wednesday Morning
4th-27th, 2019
10:30 am-11:00 am

Tuesday & Thursday Evening
5th-Dec 3rd, 2019

No class 11/28/2019 due to Thanksgiving
6:30 pm-7:00 pm

4 weeks - 2 days a week - 8 classes
Fee: \$50/members | \$100/non-members

Group Lesson Format: The instructor will be in the water to aid in the students becoming comfortable, learning basic water safety and stroke mechanics. Each participant will move at their own pace learning progressive skills and strokes.



Age

18 years and up
(6:1 student to instructor)

Registration

- Register in person at the Indianola YMCA, or by phone (515-777-7746)
- Private swim lessons may be available on an individual basis. If interested please ask front desk for a request form.
- Registration Deadline: Oct 1st, Oct 29th

Refund Policy: No refund, system credit or transfer will be allowed after registration deadline.

Research shows that participation in formal swimming lessons can reduce the risk of drowning