



the **YMCA** Aquatics

For information on the following programs, visit our website.

Private Swim Lessons

Private Swim Lessons are available. Each session is 6, 30 minute lessons and must be arranged through the Aquatics Director.

Swim Team

The following branches offer the YMCA swim team program:

C. B. Pennington Jr., A. C. Lewis, Paula G. Manship, and Dow Westside. These teams compete with each other and as members of the River Cities Swim League. Children ages 5-18 with skills at the Minnow level are eligible to participate

Adult Swim Lessons

Adult Swim Lessons are offered in a group setting. The instructor can work with individuals based on their needs.

Water Fitness

YMCA Water Fitness classes offer a great workout for all fitness levels. Our classes range from cardiorespiratory training to flexibility and range of motion.

Masters Swim

Masters swimming is a program of organized swimming with competitive adult swimmers and triathletes in mind. Anyone 18 and over is encouraged to participate.

Contact the Aquatics Director at any of these **YMCA** of the Capital Area locations:

A.C. Lewis
225-924-3606

Paula G. Manship
225-767-9622

C.B. Pennington Jr.
225-272-9622

Southside
225-766-2991

Dow Westside
225-687-1123

ExxonMobil
225-906-5424

Play Here, Shape Their Future!

Enroll your child in Swim Lessons this Spring/Summer at one of the YMCA's Premier Aquatic Facilities.



YMCA Mission:

Our YMCA mission is an Association of people united in a common effort to enhance the quality of life, spirituality, mentally, physically and socially for all; in the communities we serve through the ecumenical application of Christian principles.



Swim Lessons

WWW.YMCABATONROUGE.ORG

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YMCA OF THE CAPITAL AREA

Spring & Summer Swim Lessons

Splash into spring and summer with preschool and youth swim lessons at the YMCA! These lessons offer children in our community an opportunity to gain confidence in the water, learn about water safety, sports and games, and grow through YMCA character development. Swim lessons are taught by trained YMCA swim lesson instructors. Each session is 8, 30 minute lessons.

Parent/Child

An introduction to the water for children 6-36 months. Both parent and child participate together to build comfort and basic skills.

Preschool Lessons

Preschool swim lessons are for children ages 3 to 5 years. We emphasize teaching beginner swimmer skills through the 4 levels of Pike, Eel, Ray, and Starfish with age appropriate methods including using games and activities to encourage safety around the water and character development.

Youth Swim Lessons

The youth swim lesson program is designed for children ages 6 & older. Children progress through the levels setting and reaching goals which help foster their self-confidence.

Description of Youth Levels

Polliwog- Introductory swim lesson for children six and older, emphasizing basic water skills and personal safety.

Guppy- Further development of swimming skills and personal water safety.

Minnow- Intermediate skill level which emphasizes the development of strokes and personal safety.

Fish- Swimmers; children at this level are learning better technique and endurance.

Flying Fish & Shark- Advanced lessons for swimmers desiring more of a challenge and continued growth.



Swim Lesson Registration

Registration is currently open for the Spring Sessions. Registration forms are available online and at your YMCA location. You can easily register with the form and the registration fee at any YMCA location. Classes will be filled on a first come, first served basis.

Scholarships

Scholarships are available for all YMCA programs, upon request, based on financial need.

CALL SWAMPY TODAY!

While growing up in the bayou Swampy learned the importance of safety. Swampy wants you to know how to be safe around the water too. His safety presentation is available for groups and schools. Contact Toni Shaw at 923-0653 to have Swampy visit your group.