

Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our swim instructors are nationally certified through the American Red Cross. Their training includes CPR, AED, and First Aid. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.



To learn more about
PRIVATE SWIM LESSONS
at the
Ashland Area YMCA
Contact:

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS

PRIVATE SWIM LESSONS Ashland Area YMCA





Overview

Private Swim Lessons are designed to give participants ages 2 and up individualized attention to improve or master their swimming skills. Our swim instructors are nationally certified through the American Red Cross. Their training includes lifeguarding, CPR, AED, and First Aid. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

We offer one-on-one and semi-private (2 participants) lessons in 30 or 60 minute sessions. These are available as single sessions, or you may purchase a 5 pack. Choosing a 30 or 60 minute session is based upon skill level and/or age.

A Typical Class

Together, the instructor, participant and/or parent determine the goals for the session and the curriculum is customized in order to meet these goals. Private lessons are 30-minutes or one-hour in length depending on skill level.

Outcomes/Benefits

- Swimming skill improvement, skill mastery, customization, personalized feedback, convenient, more time, specific goals

Tips & Preparation

- Please bring photo ID when you visit the Y.
- Know what you want to achieve and share that with your instructor.
- Inform the instructor of physical impairments/past experiences with the water to ensure a more positive lesson.
- All swimmers must shower before entering the water.

Pricing

30-Minute Sessions

Private Lessons (One-on-One)

1 Lesson - Members: \$25 | Non-members: \$35

5 Lessons - Members: \$115 | Non-members: \$165

Semi-Private Lessons (Two Participants)

1 Lesson - Members: \$45 | Non-members: \$65

5 Lessons - Members: \$215 | Non-members: \$315

One-Hour Sessions

Private Lessons (One-on-One)

1 Lesson - Members: \$40 | Non-members: \$50

5 Lessons - Members: \$185 | Non-members: \$235

Semi-Private Lessons (Two Participants)

1 Lesson - Members: \$70 | Non-members: \$90

5 Lessons - Members: \$335 | Non-members: \$435

Attire and What to Bring

- Come to class dressed and ready for the pool.
- Clothes, street shoes, diaper bags and other personal items can be stored in the locker rooms; bring your own lock and leave your valuables at home.
- Family-appropriate, clean swimsuit and swim attire required.
- Swim diapers - required for participants that are not fully potty trained.
- Towel.
- Sandals/ flip-flops are permitted in the pool area; No street shoes.
- Goggles (Recommended but not required).



Get Started

Private swim lessons are based upon availability of our instructors.

Please submit this form to the front desk (form may be detached from pamphlet), and you will be contacted by an instructor to schedule the lesson date/time.

Purchase your lesson/package at the front desk upon arrival for the scheduled lesson. Proceed to the locker room to shower before the lesson, then continue to the pool via the wet hall which is accessed at the rear of the locker room. You will meet the instructor on the pool deck. Provide receipt of payment to the instructor to begin lesson.

Name of Swimmer:

Parent's First/Last Name:

Phone Number:

Email:

Age and Birthday of Swimmer:

Current YMCA Member YES NO

Please mark below - How would you categorize the participant's swimming experience level?

- ◇ True beginner (no previous swim lesson experience)
- ◇ Fearful beginner (has a fear of the water)
- ◇ Intermediate (comfortable putting face in the water and some independent swimming)
- ◇ Intermediate Advanced (knows a few strokes but needs form work/endurance)
- ◇ Advanced (knows most of the strokes, needs technique and endurance work)

We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.