



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF THE SANDHILLS - GROUP SWIMMING LESSONS

### September 2018

Monday/Wednesday September 5,7,10,12,17,19,24,26.	
<b>Preschool Stage 1</b> 3:30PM-4:00PM	Water Acclimation Beginner
<b>Preschool Stage 2</b> 4:15PM-4:45PM	Water Movement <b>Intermediate</b>
<b>Preschool Stage 1</b> 4:45PM-5:15PM	Water Movement <b>Beginner</b>
<b>Preschool Stage 1</b> 5:15PM-5:45PM	Water Movement <b>Advanced</b>
<b>Stage 1</b> <b>3:00pm-3:40pm</b>	Water Acclimation Polliwog
<b>Stage 1</b> 3:45PM-4:25PM	Water Acclimation Polliwog
<b>Stage 1</b> 5:15PM-5:55PM	Water stamina <b>Minnows</b>
<b>Stage 2</b> 3:45pm-4:25pm	WATER Movement Guppies
<b>Stage 2</b> 4:30PM-5:10PM	Water Movement <b>Guppies</b>
<b>Stage 3</b> 4:30PM-5:10PM	Water Stamina <b>Minnows</b>
<b>Stage 4</b> 5:15PM-5:55PM	Stroke Introduction <b>Fish</b>
<b>Stage 5/6</b> 6:15PM-6:55PM	Stroke Mechanics <b>Shark/Advanced</b>
<b>Adult</b> 6:15PM-6:55PM	Intermediate Skill Refinement

Tuesday/Thursday September 4,6,11,13,18,20,25,27.	
<b>Parent &amp; Child</b> 3:30PM-4:00PM	Water Discovery Shrimp – Stage A
<b>Parent &amp; Child</b> 5:00PM-5:30PM	Water Discovery Shrimp – Stage A
<b>Preschool Stage 1</b> 3:00PM-3:30PM	Water Acclimation <b>Beginner</b>
<b>Preschool Stage 1</b> 3:30PM-4:00PM	Water Movement <b>Beginner</b>
<b>Preschool Stage 1</b> 4:15pm-4:45pm	Water Movement <b>Beginner</b>
<b>Preschool- Stage 2</b> 4:45PM-5:15PM	Water Movement <b>Intermediate</b>
<b>Preschool- Stage 2</b> 5:15PM-5:45PM	Water Stamina <b>Advanced</b>
<b>Stage 1</b> 3:00pm-3:40pm	Water Acclimation <b>Polliwogs</b>
<b>Stage 1</b> 3:45PM-4:25PM	Water Acclimation <b>Polliwogs</b>
<b>Stage 1</b> 4:30PM-5:10PM	Water Acclimation <b>Polliwogs</b>
<b>Stage 2</b> 3:00pm-3:40pm	Water Movement <b>Guppies</b>
<b>Stage 2</b> 3:45pm-4:25	Water Movement <b>Guppies</b>
<b>Stage 2</b> 5:30PM-6:10PM	Water Movement <b>Guppies</b>
<b>Stage 2</b> <b>6:10pm-6:50pm</b>	<b>Water Movement</b> Guppies
<b>Stage 3</b> <b>5:15pm-5:55pm</b>	Water Stamina <b>Minnows</b>
<b>Stage 4</b> <b>4:30pm-5:15pm</b>	Stroke Introduction <b>Fish</b>
<b>Stage 5</b> 6:00pm-6:45	Stroke Development <b>Flying Fish</b>
<b>Adult</b> 6:00PM-6:40PM	Beginner Skill Development

Saturday Sept 8,15,22,29 Oct 6,13,20,27.	
<b>Parent &amp; Child</b> 10:00AM-10:30AM	Water Exploration Perch – S B
<b>Parent &amp; Child</b> 10:30AM-11:00AM	Water Discovery <b>Shrimp-S A</b>
<b>Parent &amp; Child</b> 11:00AM-11:30AM	Water Discovery <b>Shrimp-St A</b>
<b>Stage 2-Preschool</b> 10:15AM-10:45AM	Water Movement <b>Intermediate</b>
<b>Stage 1- Preschool</b> 10:45AM-11:15AM	Water Movement <b>Beginner</b>
<b>Stage 3- Preschool</b> 11:30AM-12:00PM	Water Stamina <b>Advanced</b>
<b>Stage 4- Preschool</b> 12:15PM-12:45PM	Water Stamina <b>Advanced</b>
<b>Stage 1</b> 10:00AM-10:40AM	Water Acclimation <b>Polliwogs</b>
<b>Stage 1</b> 10:45AM-11:25AM	Water Acclimation <b>Polliwogs</b>
<b>Stage 1</b> 12:15PM-12:55PM	Water Acclimation <b>Polliwogs</b>
<b>Stage 2</b> 10:45AM-11:25AM	Water Movement <b>Guppies</b>
<b>Stage 2</b> 11:30AM-12:10PM	Water Movement <b>Guppies</b>
<b>Stage 3</b> 10:45AM-11:25AM	Water Stamina <b>Minnows</b>
<b>Stage 4</b> 11:30AM-12:10PM	Stroke Introduction <b>Fish</b>
<b>Adult</b> 9:15AM-9:55AM	Beginner/Intermediate Skill Development

Please note **September 7 is a Friday**  
This is due to the Labor day Holiday

#### Private Lessons Available

4 Thirty-minute Lessons: Members \$89.00  
Non-Members \$109.00

Registration starts the 1<sup>st</sup> and 2<sup>nd</sup> of every month.

All class dates will be pre-scheduled with the instructor and completed prior to the end of the month.

# FAYETTEVILLE YMCA AQUATICS SEPTEMBER GROUP SWIMMING LESSONS

We build strong kids, strong families & strong communities.

**Swim Lesson Participants:** Please Sign in with the Front Desk before entering the pool area.

OPEN SWIMMING FOR PROGRAM PARTICIPANTS, SIBLINGS, AND FAMILY MEMBERS BEFORE, DURING, OR AFTER SWIM LESSONS IS NOT PERMITTED!

## Group & Age Level:



All age groups are taught the same skills but divided according to their developmental milestones.

## Cancellations

- Any classes canceled by the YMCA will be rescheduled. Possible makeup classes will be held on a Friday or any extra days at the end of the month.
- Any classes canceled and/or missed by participants **WILL NOT** be made up.

## Class Size

Each class has a required minimum of four students to be viable. If minimum class size is not met, students may be moved to an alternative class on the first day.

## Class Schedule

Monday/Wednesday and Tuesday/Thursday classes meet two days per week for eight classes over one month. Saturday classes meet once per week for eight classes over two months.

## Safety Lessons

- In the YMCA Curriculum, we are required to involve safety lessons.
- For accidents that occur in the pool during your schedule lesson, we will do a safety curriculum for the remaining time of the class.

## Class Length

Parent & Child and Preschool classes are **30 minutes** in length. Stage 1-6 classes are **40 minutes** in length.

## Group Lesson Pricing (8 lessons)

Family Value Members	\$34
3 <sup>rd</sup> & 4 <sup>th</sup> Child Each	\$10
Members	\$42
Non-Members	\$72

## PRIVATE LESSONS

Private lessons may be requested by signing a Request Form at the Front Desk. Lessons will be accommodated as they become available. Private lesson instructors will make contact as they have openings, and the process may take several weeks.

## Private Lesson Pricing (4 lessons)

Members	\$89
Non-Members	\$109

## Private Family Lesson Pricing (4 lessons)

Parent & 1-3 children	\$169
Parent & 4+ children	\$220

