



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF THE SANDHILLS ▪ GROUP SWIMMING LESSONS

### 2019 April

Monday/Wednesday APRIL 1,3,8,10,15,17,22,24	
<b>Parent Child</b> 4:15pm-4:45PM	Water Discovery <b>Shrimp Alyssa</b>
<b>Preschool 1/2</b> 3:00PM-3:30PM	Water Acclimation <b>Beg -Int Bruce</b>
<b>Preschool 1/2</b> 4:15pm-4:45pm	Water Acclimation <b>Beg-Int Valerie</b>
<b>Preschool - 1</b> 4:45PM-5:15PM	Water Acclimation <b>Beginner Alyssa</b>
<b>Preschool - 1</b> 5:15PM-5:45PM	Water Stamina <b>Advanced Alyssa</b>
<b>Stage 1</b> 3:00pm-3:40pm	Water Acclimation <b>Polliwog Jayla</b>
<b>Stage 1</b> 3:45PM-4:25PM	Water Acclimation <b>Polliwog Bruce</b>
<b>Stage 1</b> 5:15PM-5:55PM	Water stamina <b>Minnows Jayla</b>
<b>Stage 2</b> 3:45pm-4:25pm	WATER Movement <b>Guppies Jayla</b>
<b>Stage 2</b> 4:30PM-5:10PM	Water Movement <b>Guppies Jayla</b>
<b>Stage 2</b> 5:15pm-5:55pm	Water Movement <b>Guppies Valerie</b>
<b>Stage 3</b> 4:30PM-5:10PM	Water Stamina <b>Minnows Bruce</b>
<b>Stage 4</b> 5:15PM-5:55PM	Stroke Introduction <b>Fish Bruce</b>
<b>Stage 5/6</b> 6:15PM-6:55PM	Swim team prep <b>Advanced Bruce</b>
<b>Adult</b> 6:15PM-6:55PM	Intermediate Skill Refinement Makail

Tuesday/Thursday APRIL 2,4,9,11,16,18,23,25	
<b>Parent Child</b> 4:00pm-4:30PM	Water Discovery <b>Shrimp Valerie</b>
<b>Preschool - 1</b> 3:30pm-4:00pm	Water Acclimation <b>Beginner Jayla</b>
<b>Preschool - 3</b> 4:00pm-4:30pm	Water Stamina <b>Advanced Jayla</b>
<b>Preschool - 2</b> 4:30pm-5:00pm	Water Movement Intermediate Alexis
<b>Preschool - 1</b> 5:00pm-5:30pm	Water Acclimation <b>Beginner Valerie</b>
<b>Stage 1</b> 4:00pm-4:40pm	Water Acclimation <b>Polliwogs Alexis</b>
<b>Stage 1</b> 4:45pm-5:25pm	Water Acclimation <b>Polliwogs Daniel</b>
<b>Stage 1</b> 5:30pm-6:10pm	Water Acclimation <b>Polliwogs Valerie</b>
<b>Stage 2</b> 5:30pm-6:10pm	Water Movement <b>Guppies Nathan</b>
<b>Stage 1/2</b> 6:15pm-6:55pm	Water Movement <b>Combination class Alexis</b>
<b>Stage 3</b> 4:00pm-4:40	Water Stamina <b>Minnows Nathan</b>
<b>Stage 3</b> 4:45pm-5:25pm	Water Stamina <b>Minnows Jayla</b>
<b>Stage 4</b> 4:45pm-5:25pm	Stroke Introduction <b>Fish Nathan</b>
<b>Stage 4</b> 6:15pm-6:55pm	Stroke Introduction <b>Fish Nathan</b>
<b>Stage 5</b> 6:15pm-6:55pm	Stroke Development <b>Flying Fish Bruce</b>
<b>Adult</b> 6:00PM-6:40PM	Beginner Skill Development Reagan

Saturday March 2,9,16,23,30 April 6,13,20	
<b>Parent &amp; Child</b> 10:00AM-10:30AM	Water Exploration <b>Perch S B</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>Preschool 2</b> 10:15AM-10:45AM	Water Movement <b>Intermediate</b>
<b>Preschool 1</b> 10:45AM-11:15AM	Water Acclimation <b>Beginner</b>
<b>Preschool 3</b> 11:30AM-12:00PM	Water Stamina <b>Advanced</b>
<b>Preschool 1</b> 12:15PM-12:45PM	Water acclimation <b>Beginner</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 5</b> 12:15PM-12:55PM	Stroke Development <b>Flying Fish</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

#### Lifeguard Prep:

Mon/Wed 7:00pm-8:00pm 4 classes \$50.00  
Learn all the swimming skills needed to prepare to pass the pre-requisites of the lifeguard Course

**HAPPY EASTER**

#### Private Lessons Available

4 Thirty-minute Lessons: Members \$99.00  
Non-Members \$119.00  
Registration start the 1<sup>st</sup> of the month  
All class dates will be pre-scheduled prior to payment

# FAYETTEVILLE YMCA AQUATICS APRIL 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

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	\$99
Non-Members	\$119

## 2 Pack Lessons

Members	\$50.00
Non-Members	\$60.00

## Private Family Lesson Pricing (6 lessons)

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

