



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF THE SANDHILLS • GROUP SWIMMING LESSONS 2019 JUNE

Monday/Wednesday June 3,5,10,12,17,19,24,26	
<b>Parent Child</b> 4:15pm-4:45PM	Water Discovery <b>Shrimp</b>
<b>Preschool 1/2</b> 3:00PM-3:30PM	Water Acclimation <b>Beg -Int</b>
<b>Preschool 1/2</b> 4:15pm-4:45pm	Water Acclimation <b>Beg-Int</b>
<b>Preschool - 1</b> 4:45PM-5:15PM	Water Acclimation <b>Beginner</b>
<b>Preschool - 1</b> 5:15PM-5:45PM	Water Acclimation <b>Beginner</b>
<b>Preschool - 2</b> 5:45pm-6:15pm	Water Movement Intermediate
<b>Stage 1</b> 3:00pm-3:40pm	Water Acclimation <b>Polliwog</b>
<b>Stage 1</b> 3:45PM-4:25PM	Water Acclimation <b>Polliwog</b>
<b>Stage 1</b> 5:15PM-5:55PM	Water stamina <b>Minnows</b>
<b>Stage 2</b> 3:45pm-4:25pm	WATER Movement <b>Guppies</b>
<b>Stage 2</b> 4:30PM-5:10PM	Water Movement <b>Guppies</b>
<b>Stage 2</b> 5:15pm-5:55pm	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	Swim team prep <b>Advanced</b>
<b>Adult</b> 6:15PM-6:55PM	Intermediate Skill Refinement

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

Saturday May 4,11,18,25 June 1,8,15, 22	
<b>Parent &amp; Child</b> 10:00AM-10:30AM	Water Exploration <b>Perch S B Clarence</b>
<b>Parent &amp; Child</b> 10:30AM-11:00AM	Water Discovery <b>Shrimp-S A Clarence</b>
<b>Parent &amp; Child</b> 11:00AM-11:30AM	Water Discovery <b>Shrimp-St A Clarence</b>
<b>Preschool 2</b> 10:00AM-10:30AM	Water Movement <b>Intermediate Mara</b>
<b>Preschool 1</b> 10:30AM-11:00AM	Water Acclimation <b>Beginner Mara</b>
<b>Preschool 3</b> 11:00AM-11:30PM	Water Stamina <b>Advanced Mara</b>
<b>Preschool 1</b> 12:15PM-12:45PM	Water acclimation <b>Beginner Mara</b>
<b>Stage 1</b> 10:00AM-10:40AM	Water Acclimation <b>Polliwogs Alexis</b>
<b>Stage 1</b> 10:45AM-11:25AM	Water Acclimation <b>Polliwogs Reagan</b>
<b>Stage 5</b> 12:15PM-12:55PM	Stroke Development <b>Flying Fish Bruce</b>
<b>Stage 2</b> 10:45AM-11:25AM	Water Movement <b>Guppies Alexis</b>
<b>Stage 2</b> 11:30AM-12:10PM	Water Movement <b>Guppies Alexis</b>
<b>Stage 3</b> 10:45AM-11:25AM	Water Stamina <b>Minnows Marcus</b>
<b>Stage 4</b> 11:30AM-12:10PM	Stroke Introduction <b>Fish Marcus</b>
<b>Adult</b> 9:15AM-9:55AM	Beginner/Intermediate Skill Development Cl Br

### 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

### Lifeguard Prep:

Mon/Wed 7:00pm-8:00pm 4 classes \$50.00  
Learn all the swimming skills needed to  
prepare for Lifeguard course

# FAYETTEVILLE YMCA AQUATICS JUNE 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

