



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE SANDHILLS - GROUP SWIMMING LESSONS 2020 March

| Monday/Wednesday March 2, 4, 9, 11, 16, 18, 23, 25 | |
|---|---|
| Parent Child 5:00pm-5:30PM | Water Discovery Beginner |
| Preschool - 1 3:00pm-3:30pm | Water Acclimation Beginner |
| Preschool - 1 3:30pm-4:00pm | Water Acclimation Beginner |
| Preschool - 2 4:00pm-4:30pm | Water Movement Pre-Intermediate |
| Preschool - 3 4:45pm-5:15pm | Water Stamina Intermediate |
| Preschool - 1 5:00pm-5:30pm | Water Acclimation Beginner |
| Stage 1 4:00pm-4:40pm | Water Acclimation Beginner |
| Stage 1 5:30pm-6:10pm | Water Acclimation Beginner |
| Stage 2 5:30pm-6:10pm | Water Movement Pre-Intermediate |
| Stage 4 6:15pm-6:55pm | Stroke Introduction Advanced |
| Stage 3 4:00pm-4:40pm | Water Stamina Intermediate |
| Stage 3/4 4:45pm-5:25pm | Water Stamina/Stroke Intro Intermed./Advanced |
| Stage 5 6:15pm-6:55pm | Stroke Development Stroke Refinement |
| Adult 6:00pm-6:40pm | Beginner Skill Development |

| Tuesday/Thursday March 3, 5, 10, 12, 17, 19, 24, 26 | |
|--|---|
| Parent Child 5:00pm-5:30PM | Water Discovery Beginner |
| Preschool - 1 3:00pm-3:30pm | Water Acclimation Beginner |
| Preschool - 1 3:30pm-4:00pm | Water Acclimation Beginner |
| Preschool - 2 4:00pm-4:30pm | Water Movement Pre-Intermediate |
| Preschool - 3 4:45pm-5:15pm | Water Stamina Intermediate |
| Preschool - 1 5:00pm-5:30pm | Water Acclimation Beginner |
| Stage 1 4:00pm-4:40pm | Water Acclimation Beginner |
| Stage 1 5:30pm-6:10pm | Water Acclimation Beginner |
| Stage 2 5:30pm-6:10pm | Water Movement Pre-Intermediate |
| Stage 4 6:15pm-6:55pm | Stroke Introduction Advanced |
| Stage 3 4:00pm-4:40pm | Water Stamina Intermediate |
| Stage 3/4 4:45pm-5:25pm | Water Stamina/Stroke Intro Intermed./Advanced |
| Stage 5 6:15pm-6:55pm | Stroke Development Stroke Refinement |
| Adult 6:00pm-6:40pm | Beginner Skill Development |

| Saturday Mar 7, 14, 21, 28 Apr 4, 11, 18, 25 | |
|---|--|
| Parent & Child 10:00AM-10:30AM | Water Exploration Intermediate |
| Parent & Child 9:30AM-10:00AM | Water Discovery Beginner |
| Parent & Child 11:00AM-11:30AM | Water Discovery Beginner |
| Preschool 2 10:00AM-10:30AM | Water Movement Pre-Intermediate |
| Preschool 1 10:30AM-11:00AM | Water Acclimation Beginner |
| Preschool 3 11:00AM-11:30PM | Water Stamina Intermediate |
| Preschool 1 12:15PM-12:45PM | Water acclimation Beginner |
| Stage 1 10:30AM-11:10AM | Water Acclimation Beginner |
| Stage 2 11:30AM-12:10AM | Water Movement Pre-Intermediate |
| Stage 3 10:45AM-11:25AM | Water Stamina Intermediate |
| Stage 4 11:30AM-12:10PM | Stroke Introduction Advanced |
| Stage 5 12:15PM-12:55PM | Stroke Development Stroke Refinement |
| Adult 9:15AM-9:55AM | Beginner Water acclimation |
| Adult 9:15AM-9:55AM | Intermediate Skill Development |

FAYETTEVILLE YMCA AQUATICS MARCH 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 scheduled 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

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|----------------------|------|
| Family Value Members | \$42 |
| Members | \$42 |
| Non-Members | \$82 |

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)

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|-------------|-------|
| Members | \$99 |
| Non-Members | \$119 |

2 Pack Lessons

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|-------------|---------|
| Members | \$50.00 |
| Non-Members | \$60.00 |

Private Family Lesson Pricing (6 lessons)

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

