



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE SANDHILLS ▪ GROUP SWIMMING LESSONS MARCH 2018

Monday/Wednesday March 5, 7, 12, 14, 19, 21, 26, & 28	
Stage 1 - Preschool 3:30PM-4:00PM	Water Acclimation Pike
Stage 2 - Preschool 4:15PM-4:45PM	Water Movement Pike
Stage 2 - Preschool 4:45PM-5:15PM	Water Movement Pike
Stage 3 - Preschool 5:30PM-6:00PM	Water Stamina Starfish
Stage 1 3:45PM-4:25PM	Water Acclimation Polliwogs
Stage 1 5:15PM-5:55PM	Water Acclimation Polliwogs
Stage 2 4:30PM-5:10PM	Water Movement Guppies
Stage 2 6:00PM-6:40PM	Water Movement Guppies
Stage 3 4:30PM-5:10PM	Water Stamina Minnows
Stage 6 5:15PM-5:55PM	Stroke Mechanics Shark

Tuesday/Thursday March 1, 6, 8, 13, 15, 20, 22, & 27	
Parent & Child 5:00PM-5:30PM	Water Discovery Shrimp – Stage A
Stage 1-Preschool 3:30PM-4:00PM	Water Acclimation Pike
Stage 1-Preschool 4:00PM-4:30PM	Water Movement Pike
Stage 2-Preschool 4:45PM-5:15PM	Water Movement Pike
Stage 3-Preschool 5:30PM-6:00PM	Water Stamina Starfish
Stage 1 4:30PM-5:10PM	Water Acclimation Polliwogs
Stage 1 5:15PM-5:55PM	Water Acclimation Polliwogs
Stage 2 3:45PM-4:25PM	Water Movement Guppies
Stage 2 5:15PM-5:55PM	Water Movement Guppies
Stage 3 6:00PM-6:40PM	Water Stamina Minnows
Stage 3 4:30PM-5:10PM	Water Stamina Minnows
Stage 4 4:30PM-5:10PM	Stroke Introduction Fish
Stage 5 6:00PM-6:40PM	Stroke Development Flying Fish
Adult – Stage 2 6:00PM-6:40PM	Beginner Skill Development

Saturday March 3, 10, 17, 24 & April 7, 14, 21, 28	
Parent & Child 10:00AM-10:30AM	Water Exploration Perch – Stage B
Parent & Child 10:30AM-11:00AM	Water Discovery Shrimp – Stage A
Parent & Child 11:00AM-11:30AM	Water Discovery Shrimp – Stage A
Stage 2-Preschool 10:15AM-10:45AM	Water Movement Pike
Stage 1- Preschool 10:45AM-11:15AM	Water Movement Pike
Stage 3- Preschool 11:30AM-12:00PM	Water Stamina Starfish
Stage 4- Preschool 12:15PM-12:45PM	Water Stamina Starfish
Stage 1 10:00AM-10:40AM	Water Acclimation Polliwogs
Stage 1 10:45AM-11:25AM	Water Acclimation Polliwogs
Stage 1 12:15PM-12:55PM	Water Acclimation Polliwogs
Stage 2 10:45AM-11:25AM	Water Movement Guppies
Stage 2 11:30AM-12:10PM	Water Movement Guppies
Stage 3 10:45AM-11:25AM	Water Stamina Minnows
Stage 4 11:30AM-12:10PM	Stroke Introduction Fish
Adult –Stage 2 & 5 9:15AM-9:55AM	Beginner/Intermediate Skill Development

Private Lessons Available

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

Registration starts the 1st and 2nd of every month.
Classes are scheduled between the hours of:
M/W-T/TH 3:00pm-7:00pm
Saturday 9:00am-3:00pm

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

YMCA OF THE SANDHILLS ▪ 2717 FORT BRAGG ROAD ▪ FAYETTEVILLE, NC 28303
PHONE: 910-426-9622 ▪ WEB: www.ymcaofthesandhills.org

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 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 rd & 4 th 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

