



Fayetteville Branch GROUP SWIMMING LESSONS

September 2020 Labor Day September 7th open 8AM-12PM
2717 Ft Bragg Rd Fayetteville, NC 28303
(910)426-9622

Monday/ Wednesday Bruce Butler September 2,9,14,16,21,23,28,30	
Preschool 1-2 3:30pm-4:00pm	Water Acclimation Beginner
Stage 1-2 4:15pm-4:55pm	Water Stamina Beg/Int
Stage 3 5:00pm-5:40pm	Water Stamina Advanced
Stage 4 5:45pm-6:25pm	Stroke Introduction Expert
Stage 5 6:30pm-7:10pm	Swim Team Prep Stroke Refinement

Tuesday/ Thursday Daniel Gabriel, Bruce Butler September 1,3,8,10,15,17,22,24		
Preschool 1-2 3:00pm-3:30pm Parent* & Child	Preschool 1-2 3:00pm-3:30pm	Water Acclimation Beginner Age 3-6
Preschool 3 3:30pm-4:00pm Parent* & Child	Preschool 3 3:30pm-4:00pm	Water Stamina Beg/Int Age 3-6
Stage 1-2 4:15pm-4:55pm		Water Stamina Advanced
Stage 4 5:00pm-5:40pm		Stroke Introduction Expert
Stage 5/6 5:45pm-6:25pm		Swim Team Prep Stroke Refinement
Adult 6:35pm-7:15pm		Water Movement Intermediate

Saturday - Lee, CJ, Audra September/October 5,12,19,26,Oct 3,10,17,24	
Preschool 1-2 8:30am-9:00am	Water Acclimation Beginner
Preschool 3-4 9:05am-9:35am	Water Stamina Beg/Int
Stage 3 9:45am-10:15am	Water Stamina Advanced
Parent-Child 10:20am-10:50am	Water Discovery
Stage 4 11:00am-11:40am	Stroke Introduction Expert
Stage 5/6 11:45am-12:30	Swim Team Prep Stroke Refinement

Parent* & Child Swim Lessons Requirements

A parent/family member must accompany the child in the water (the swim instructor will be on the deck* providing instruction).

Babies and toddlers who are not toilet trained must wear a swim diaper.

The parent and child must be YMCA Members to register and participate in swim lessons.

*For the comfort of our instructors, they have the option of utilizing a face shield. An emphasis on consistent social distancing during in-pool instruction (6' or roughly an arm's length plus a kick board) is our primary, CDC-advised modification to prevent the spread of COVID-19. This is in addition to our screening and cleaning protocols. All deck-based swim instruction will be administered with use of a face mask.



Sandhills YMCA, Ft Bragg Rd. 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 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 (8 lessons)

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 Times -To be determined.

Private Lesson Pricing (1 Lesson)

Members	\$25
Program Participants	\$30

Private Lesson Pricing (4 lessons) 2 Pack Lessons

Members	\$99	Members	\$50.00
Program Participants	\$119	Program Participants	\$60.00

Private Family Lesson Pricing (6 lessons)

Parent+max 3 children max 2 years apart \$169

No parent taught private Lessons 6-40 months available