



# YMCA OF THE SANDHILLS ■ GROUP SWIMMING LESSONS

## SEPTEMBER 2017



Monday/Wednesday September 6, 8, 11, 13, 18, 20, 25, 27	
<b>Preschool</b> 3:00PM-3:00PM	Beginner <b>PIKE</b>
<b>Preschool</b> 3:30PM-4:00PM	Beginner <b>PIKE</b>
<b>Preschool</b> 4:00PM-4:30PM	Beginner <b>PIKE</b>
<b>Preschool</b> 4:30PM-5:00PM	Beginner <b>PIKE</b>
<b>Level 1</b> 3:00PM-3:45PM	Intro. To Water Skills <b>POLLIWOG</b>
<b>Level 1</b> 3:45PM-4:30PM	Intro. To Water Skills <b>POLLIWOG</b>
<b>Level 2</b> 3:45PM-4:30PM	Fundamental Skills <b>GUPPY</b>
<b>Level 2</b> 4:30PM-5:15PM	Fundamental Skills <b>GUPPY</b>
<b>Level 3</b> 4:30PM-5:15PM	Stroke Development <b>MINNOW</b>
<b>Level 4</b> 6:15PM-7:00PM	Stroke Development <b>Fish</b>
<b>Youth Conditioning</b> 5:15PM-6:15PM	Skill Development School Completive strokes
<b>Parent Tot</b> 5:00PM-5:30PM	Beginner <b>SHRIMP</b>

Tuesday/Thursday September 5, 7, 12, 14, 19, 21, 26, 28	
<b>Parent-Tot</b> 3:30PM-4:00PM	Beginner <b>SHRIMP</b>
<b>Parent-Tot</b> 5:00PM-5:30PM	Beginner <b>SHRIMP</b>
<b>Preschool</b> 3:00PM-3:30PM	Beginner <b>PIKE</b>
<b>Preschool</b> 3:30PM-4:00PM	Beginner <b>PIKE</b>
<b>Preschool</b> 4:00PM-4:30PM	Intermediate <b>STARFISH</b>
<b>Preschool</b> 4:30PM-5:00PM	Beginner <b>PIKE</b>
<b>Preschool</b> 5:00PM-5:30PM	Beginner <b>PIKE</b>
<b>Preschool</b> 5:30PM-6:00PM	Intermediate <b>STARFISH</b>
<b>Level 1</b> 3:45PM-4:30PM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 1</b> 4:30PM-5:15PM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 1</b> 5:15PM-6:00PM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 2</b> 3:45PM-4:30PM	Fundamental Skills <b>GUPPY</b>
<b>Level 2</b> 4:30PM-5:15PM	Fundamental Skills <b>GUPPY</b>
<b>Level 2</b> 6:00PM-6:45PM	Fundamental Skills <b>GUPPY</b>
<b>Level 3</b> 5:15PM-6:00PM	Stroke Development <b>MINNOW</b>
<b>Level 5</b> 6:00PM-6:45PM	Stroke Refinement <b>SHARK</b>
<b>Adult</b> 6:00PM-6:45PM	Beginner <b>Skill Development</b>

Saturday Sept 9, 16, 23, 30 Oct 7, 14, 21, 28	
<b>Parent-Tot</b> 10:00AM-10:30AM	Intermediate <b>PERCH</b>
<b>Parent-Tot</b> 10:30AM-11:00AM	Beginner <b>SHRIMP</b>
<b>Parent-Tot</b> 11:00AM-11:30AM	Beginner <b>SHRIMP</b>
<b>Preschool</b> 9:30AM-10:00AM	Beginner <b>PIKE</b>
<b>Preschool</b> 10:00AM-10:30AM	Beginner <b>PIKE</b>
<b>Preschool</b> 10:30AM-11:00AM	Beginner <b>PIKE</b>
<b>Preschool</b> 11:00AM-11:30AM	Beginner <b>PIKE</b>
<b>Preschool</b> 11:30AM-12:00PM	Intermediate <b>STARFISH</b>
<b>Level 1 BGC ONLY</b> 9:15AM-10:00AM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 1</b> 10:00AM-10:45AM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 1</b> 10:45AM-11:30AM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 1</b> 12:15PM-1:00PM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 1</b> 12:30PM-1:15PM	Into. to Water Skills <b>POLLIWOG</b>
<b>Level 2 BGC ONLY</b> 9:15AM-10:00AM	Fundamental Skills <b>GUPPY</b>
<b>Level 2</b> 10:00AM-10:045AM	Fundamental Skills <b>GUPPY</b>
<b>Level 2</b> 11:30AM-12:15PM	Fundamental Skills <b>GUPPY</b>
<b>Level 3</b> 12:15PM-1:00PM	Stroke Development <b>MINNOW</b>
<b>Level 4</b> 11:30AM-12:15PM	Stroke Improvement <b>FISH</b>
<b>Adult</b> 9:15AM-10:00AM	Beginner/Intermediate Skill Development

**YMCA OF THE SANDHILLS**  
 ■ 2717 FORT BRAGG ROAD ■ FAYETTEVILLE,  
 NC 28303  
**PHONE 910-426-9622**  
**WEB [www.ymcaofthesandhills.org](http://www.ymcaofthesandhills.org)**

# FAYETTEVILLE YMCA AQUATICS ▀ SEPTEMBER GROUP SWIMMING LESSONS

**We build strong kids, strong families & strong communities.**

**Swim Lesson Participants:** Please show your Swim Card to 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 Levels

Parent-Tot	Shrimp/Perch	6 Month – Age 3
Preschool	Pike/Starfish	Age 3 – Age 5
Level 1	Polliwog	Ages 6+ Intro to water
Level 2	Guppies	Fundamental Skills
Level 3	Minnows	Stroke Development
Level 4	Fish	Stroke Improvement
Level 5	Shark	Stroke Refinement
Youth Swim School	Stoke Refinement & Skill Development	
Adult Classes	Beginner & Intermediate Skill Develop't.	

## 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.

## Class Schedule

Monday/Wednesday and Tuesday/Thursday classes meet two days per week for 8 classes over one month. Saturday classes meet once per week for 8 classes over two months.

## Class Length

Parent-Tot and Preschool classes are **30 minutes** in length. Level 1-6 classes are **45 minutes** in length.

## Group Lesson Pricing (8 lessons)

Family Value Members	\$29
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 (Six-Thirty minute lessons)

Members	\$129
Non-Members	\$149

## Private Family Lesson Pricing (6 lessons)

Parent & 2-4 children	\$169
Parent & 5+ children	\$210

(Children must live in the same household)

