



YMCA OF THE SANDHILLS ■ GROUP SWIMMING LESSONS

JANUARY 2017



Monday/Wednesday January 2,4,9,11,16,18,23,25	
Preschool 3:30PM-4:00PM	Beginner PIKE
Preschool 4:00PM-4:30PM	Beginner PIKE
Level 1 3:15PM-4:00PM	Intro. To Water Skills POLLIWOG
Level 1 4:00PM-4:45PM	Intro. To Water Skills POLLIWOG
Level 1 4:45PM-5:30PM	Intro. To Water Skills POLLIWOG
Level 2 3:15PM-4:00PM	Fundamental Skills GUPPY
Level 2 4:00PM-4:45PM	Fundamental Skills GUPPY
Level 3 4:45PM-5:30PM	Stroke Development MINNOW
Level 4 5:30PM-6:15PM	Stroke Improvement FISH
Youth Conditioning 5:30PM-6:30PM	Skill Development School Complete strokes
Adult 6:15PM-7:00PM	Intermediate Stroke Refinement

Tuesday/Thursday January 3,5,10,12,17,19,24,26	
Parent-Tot 3:30PM-4:00PM	Beginner SHRIMP
Parent-Tot 5:00PM-5:30PM	Beginner SHRIMP
Parent-Tot 5:30PM-6:00PM	Beginner SHRIMP
Preschool 3:30PM-4:00PM	Beginner PIKE
Preschool 4:00PM-4:30PM	Intermediate STARFISH
Preschool 4:30PM-5:00PM	Beginner PIKE
Preschool 5:00PM-5:30PM	Beginner PIKE
Preschool 5:30PM-6:00PM	Intermediate STARFISH
Level 1 3:45PM-4:30PM	Into. to Water Skills POLLIWOG
Level 1 4:30PM-5:15PM	Into. to Water Skills POLLIWOG
Level 1 5:15PM-6:00PM	Into. to Water Skills POLLIWOG
Level 2 3:45PM-4:30PM	Fundamental Skills GUPPY
Level 2 4:30PM-5:15PM	Fundamental Skills GUPPY
Level 2 6:00PM-6:45PM	Fundamental Skills GUPPY
Level 3 5:15PM-6:00PM	Stroke Development MINNOW
Level 4 6:00PM-6:45PM	Stroke Improvement FISH
Level 5 6:00PM-6:45PM	Stroke Refinement Shark
Adult 6:00PM-6:45PM	Beginner Skill Development

Saturday January 7,14,21,28 February 4,11,18,25	
Parent-Tot 10:00AM-10:30AM	Intermediate PERCH
Parent-Tot 10:30AM-11:00AM	Beginner SHRIMP
Parent-Tot 11:00AM-11:30AM	Beginner SHRIMP
Preschool 9:30AM-10:00AM	Beginner PIKE
Preschool 10:00AM-10:30AM	Beginner PIKE
Preschool 10:30AM-11:00AM	Beginner PIKE
Preschool 11:00AM-11:30AM	Beginner PIKE
Preschool 11:30AM-12:00PM	Intermediate STARFISH
Level 1 BGC ONLY 9:15AM-10:00AM	Into. to Water Skills POLLIWOG
Level 1 10:00AM-10:45AM	Into. to Water Skills POLLIWOG
Level 1 10:45AM-11:30AM	Into. to Water Skills POLLIWOG
Level 1 12:15PM-1:00PM	Into. to Water Skills POLLIWOG
Level 1 12:30PM-1:15PM	Into. to Water Skills POLLIWOG
Level 2 BGC ONLY 9:15AM-10:00AM	Fundamental Skills GUPPY
Level 2 10:00AM-10:045AM	Fundamental Skills GUPPY
Level 2 11:30AM-12:15PM	Fundamental Skills GUPPY
Level 3 12:15PM-1:00PM	Stroke Development MINNOW
Level 4 11:30AM-12:15PM	Stroke Improvement FISH
Adult 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

PRIVATE SWIM LESSONS ON
SALE \$99 SPECIAL

FAYETTEVILLE YMCA AQUATICS ■ JANUARY 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+
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
<i>January SPECIAL</i>	<i>\$99 PRICE EFFECTIVE OCT. 1!</i>

Non-Members	\$149
<i>January SPECIAL</i>	<i>\$99 PRICE EFFECTIVE OCT. 1!</i>

Private Family Lesson Pricing (6 lessons)

Parent & 1-3 children	\$169
Parent & 4+ children	\$210



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