



# YMCA OF THE SANDHILLS ■ GROUP SWIMMING LESSONS

## JUNE 2017



| Monday/Wednesday<br>JUNE 5,7,12,14,19,21,26,28 |  |
|--|--|
| Preschool<br>3:00PM-3:00PM                     | Beginner<br><b>PIKE</b>                        |
| Preschool<br>3:30PM-4:00PM                     | Beginner<br><b>PIKE</b>                        |
| Preschool<br>4:00PM-4:30PM                     | Beginner<br><b>PIKE</b>                        |
| Preschool<br>4:30PM-5:00PM                     | Beginner<br><b>PIKE</b>                        |
| Preschool<br>5:00PM-5:30PM                     | Beginner<br><b>PIKE</b>                        |
| <b>Level 1</b><br>3:00PM-3:45PM                | Intro. To Water Skills<br><b>POLLIWOG</b>      |
| <b>Level 1</b><br>3:45PM-4:30PM                | Intro. To Water Skills<br><b>POLLIWOG</b>      |
| <b>Level 2</b><br>3:00PM-3:45PM                | Intro. To Water Skills<br><b>POLLIWOG</b>      |
| <b>Level 2</b><br>3:45PM-4:30PM                | Fundamental Skills<br><b>GUPPY</b>             |
| <b>Level 2</b><br>4:30PM-5:15PM                | Fundamental Skills<br><b>GUPPY</b>             |
| <b>Level 3</b><br>4:30PM-5:15PM                | Stroke Development<br><b>MINNOW</b>            |
| <b>Level 4</b><br>6:15PM-7:00PM                | Stroke Development<br><b>Fish</b>              |
| <b>Youth Conditioning</b><br>5:15PM-6:15PM     | Skill Development School<br>Completive strokes |
| <b>Parent Tot</b><br>5:00PM-5:30PM             | Beginner<br><b>SHRIMP</b>                      |

| Tuesday/Thursday<br>JUNE 1,6,8,13,15,20,22,27 |  |
|---|--|
| <b>Parent-Tot</b><br>3:00PM-3:30PM            | Beginner<br><b>SHRIMP</b>                |
| <b>Parent-Tot</b><br>3:30PM-4:00PM            | Beginner<br><b>SHRIMP</b>                |
| <b>Parent-Tot</b><br>5:00PM-5:30PM            | Beginner<br><b>SHRIMP</b>                |
| <b>Parent-Tot</b><br>5:30PM-6:00PM            | Beginner<br><b>SHRIMP</b>                |
| <b>Preschool</b><br>3:00PM-3:30PM             | Beginner<br><b>PIKE</b>                  |
| <b>Preschool</b><br>3:30PM-4:00PM             | Beginner<br><b>PIKE</b>                  |
| <b>Preschool</b><br>4:00PM-4:30PM             | Intermediate<br><b>STARFISH</b>          |
| <b>Preschool</b><br>4:30PM-5:00PM             | Beginner<br><b>PIKE</b>                  |
| <b>Preschool</b><br>5:00PM-5:30PM             | Beginner<br><b>PIKE</b>                  |
| <b>Preschool</b><br>5:30PM-6:00PM             | Intermediate<br><b>STARFISH</b>          |
| <b>Level 1</b><br>3:00PM-3:45PM               | Into. to Water Skills<br><b>POLLIWOG</b> |
| <b>Level 1</b><br>3:45PM-4:30PM               | Into. to Water Skills<br><b>POLLIWOG</b> |
| <b>Level 1</b><br>4:30PM-5:15PM               | Into. to Water Skills<br><b>POLLIWOG</b> |
| <b>Level 1</b><br>5:15PM-6:00PM               | Into. to Water Skills<br><b>POLLIWOG</b> |
| <b>Level 2</b><br>3:45PM-4:30PM               | Fundamental Skills<br><b>GUPPY</b>       |
| <b>Level 2</b><br>4:30PM-5:15PM               | Fundamental Skills<br><b>GUPPY</b>       |
| <b>Level 2</b><br>6:00PM-6:45PM               | Fundamental Skills<br><b>GUPPY</b>       |
| <b>Level 3</b><br>5:15PM-6:00PM               | Stroke Development<br><b>MINNOW</b>      |
| <b>Level 5</b><br>6:00PM-6:45PM               | Stroke Refinement<br><b>SHARK</b>        |
| <b>Adult</b><br>6:00PM-6:45PM                 | Beginner<br><b>Skill Development</b>     |

| Saturday<br>May 6,13,20,27 / June 3,10,17,24 |  |
|--|--|
| <b>Parent-Tot</b><br>10:00AM-10:30AM         | Intermediate<br><b>PERCH</b>               |
| <b>Parent-Tot</b><br>10:30AM-11:00AM         | Beginner<br><b>SHRIMP</b>                  |
| <b>Parent-Tot</b><br>11:00AM-11:30AM         | Beginner<br><b>SHRIMP</b>                  |
| <b>Preschool</b><br>9:30AM-10:00AM           | Beginner<br><b>PIKE</b>                    |
| <b>Preschool</b><br>10:00AM-10:30AM          | Beginner<br><b>PIKE</b>                    |
| <b>Preschool</b><br>10:30AM-11:00AM          | Beginner<br><b>PIKE</b>                    |
| <b>Preschool</b><br>11:00AM-11:30AM          | Beginner<br><b>PIKE</b>                    |
| <b>Preschool</b><br>11:30AM-12:00PM          | Intermediate<br><b>STARFISH</b>            |
| <b>Level 1 BGC ONLY</b><br>9:15AM-10:00AM    | Into. to Water Skills<br><b>POLLIWOG</b>   |
| <b>Level 1</b><br>10:00AM-10:45AM            | Into. to Water Skills<br><b>POLLIWOG</b>   |
| <b>Level 1</b><br>10:45AM-11:30AM            | Into. to Water Skills<br><b>POLLIWOG</b>   |
| <b>Level 1</b><br>12:15PM-1:00PM             | Into. to Water Skills<br><b>POLLIWOG</b>   |
| <b>Level 1</b><br>12:30PM-1:15PM             | Into. to Water Skills<br><b>POLLIWOG</b>   |
| <b>Level 2 BGC ONLY</b><br>9:15AM-10:00AM    | Fundamental Skills<br><b>GUPPY</b>         |
| <b>Level 2</b><br>10:00AM-10:045AM           | Fundamental Skills<br><b>GUPPY</b>         |
| <b>Level 2</b><br>11:30AM-12:15PM            | Fundamental Skills<br><b>GUPPY</b>         |
| <b>Level 3</b><br>12:15PM-1:00PM             | Stroke Development<br><b>MINNOW</b>        |
| <b>Level 4</b><br>11:30AM-12:15PM            | Stroke Improvement<br><b>FISH</b>          |
| <b>Adult</b><br>9:15AM-10:00AM               | Beginner/Intermediate<br>Skill Development |

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# FAYETTEVILLE YMCA AQUATICS ■ JUNE 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 |
| Non-Members | \$149 |

## Private Family Lesson Pricing (6 lessons)

|                       |       |
|-----------------------|-------|
| Parent & 2-3 children | \$169 |
| Parent & 4+ children  | \$210 |

(Children must live in the same household)

