



FIND YOUR SWIM SKILLS. FIND YOUR Y.

Y swim instructors are trained, caring leaders who are ready to help anyone – infants to seniors – find their love of water. Check out our class offerings below and find a class that's right for you!

FALL SESSIONS | September 8 – November 22

- Lessons available Monday–Thursday, Saturdays
- One lesson per week for 11 weeks, 30-minute lesson
- Serving 6 months to adults for group lessons, 3 years to adults for private lessons (6–11 months require in-person registration)
- Small swimmer-to-coach ratios for group lessons; one-on-one for private lessons
- Cancellation Policy: written disenrollment request submitted to the Association Aquatic Director 14 days or more BEFORE the intended last attendance date

SESSION PRICING: GROUP LESSONS

- Members: \$88
- Nonmembers: \$143
- Payment Plan (autopay required):
 - Members: \$32 @ registration; \$32 on Oct 1; \$24 on Nov 1
 - Nonmembers: \$52 @ registration; \$52 on Oct 1; \$39 on Nov 1

SESSION PRICING: PRIVATE LESSONS

- Members: \$330
- Nonmembers: \$440
- Payment Plan (autopay required):
 - Members: \$120 @ registration; \$120 on Oct 1; \$90 on Nov 1
 - Nonmembers: \$160 @ registration; \$160 on Oct 1; \$120 on Nov 1



» **YMCA OF THE SANDHILLS
REGISTRATION OPENS
AUGUST 12TH @ 8 AM**

YMCAOFTHE SANDHILLS.ORG





YMCA SWIM LESSON FAQs

HOW DO I ENROLL MY SWIMMER?

Registration can be completed online at ymcaofthesandhills.org or in person at the branch. Infants ages 6–11 months must be registered in person at the branch. Use the QR Code below to determine which swim stage is best for your swimmer.

HOW DO I KNOW WHAT MY SWIMMER IS LEARNING?

YMCA Swim Instructors keep a record of the skills each swimmer has been introduced to and each skill that has been mastered. Mastery is accomplished by executing a skill correctly with multiple repetitions, without instruction, prompting, or reminders over a period of time. Inconsistent execution of a skill simply means the brain is still building muscle memory, and the student needs more time to solidify the execution. Your swimmer's coach can provide specific information regarding your swimmer's progress.

HOW WILL MY SWIMMER PROGRESS?

Each week, participants build on the skills learned from prior lessons. Instructors use these foundation skills to develop new skills, each based on a participant's individual performance and readiness. Because the curriculum is a continuum, swimmers are introduced to new skills as they master the previous foundation skill – even if the skill is in the next stage. This allows our swimmers to progress with comfort at their own pace. Want faster progress? Register for multiple classes per week!

WHEN IS MY SWIMMER FINISHED WITH THE PROGRAM?

The YMCA Swim Lesson program builds efficient swimmers in the four competitive strokes and two resting strokes creating a variety of abilities. We highly recommend swimmers attend swim classes until they can masterfully swim 300 yards continuously using one or more of the following strokes proficiently: freestyle, backstroke, breaststroke, elementary backstroke, and/or sidestroke. A swimmer with this high level skill has an increased chance of survival in any water emergency in any body of water.

WHAT HAPPENS IF MY SWIMMER IS ABSENT?

Attendance is essential to learning. While we encourage swimmers to attend all lessons, we understand absences may be unavoidable. There are no penalties for absences. However, make-up lessons, reschedules, credits, and/or refunds are NOT AVAILABLE in these situations.

WHAT IF MY SWIMMER'S CLASS IS CANCELLED?

Individual class cancellations are a last resort and typically due to an unexpected maintenance or staffing issue. Classes cancelled by the YMCA will be provided either a make-up lesson or a system credit to the YMCA account at the discretion of the YMCA. Friday mornings/afternoons/evenings are reserved for make-up lessons. Starting Fall of 2025, classes cancelled for acts of nature are not eligible for make up lessons, credits, and/or refunds.

WHAT IS THE DISENROLLMENT POLICY?

If your swimmer cannot complete the session, disenrollment is the best option. A written disenrollment request emailed to the Association Aquatic Director 14 days or more BEFORE the intended last attendance date is required.

WHAT EQUIPMENT, SUPPLIES, OR APPAREL DOES MY SWIMMER NEED?

- Proper swim suit & towel
- Eye goggles (optional, but strongly recommended)
- No floatation devices, full face masks, nose plugs, aquatic footwear, or jewelry permitted

WHAT IS THE DOUBLE DIAPER POLICY?

ALL SWIMMERS WHO ARE NOT FULLY POTTY TRAINED MUST WEAR A REUSABLE SWIM DIAPER WHILE OVER A DISPOSABLE SWIM DIAPER WHILE IN OUR POOL. Cloth or synthetic non-swim diapers are not allowed.



Scan here to access the Lesson Selector Chart on our website to determine the stage best for your swimmer!