



BECOME UNSINKABLE

At Saleeby Family YMCA, we are dedicated to teaching high quality, engaging swim skills that last a lifetime. Through a time-tested curriculum and mission-driven instruction, students gain confidence to unlock their potential while focusing on fun and safety.

Lifelong success for leaders of tomorrow.

*FALL 2022 SWIM LESSONS

	DATES	DAYS	SESSION	RATIO	TOTAL # OF CLASSES
GROUP	Sep 12 - Dec 8 (No classes Nov 21-26)	M/W or T/Th	30-minute classes	4:1	24
PRIVATE	Sep 17 - Dec 10 (No class Nov 26)	Saturdays		1:1	12
Payments 1, 2, & 3					
GROUP	Members: \$57 per swimmer	#1 Upon registration	#2 Oct. 5 th	#3 Nov. 2 nd	Total Cost: \$171
	Non-Members: \$97 per swimmer				Total Cost: \$291
PRIVATE	Members: \$104 per swimmer				Total Cost: \$312
	Non-Members: \$124 per swimmer				Total Cost: \$372

Registration opens August 15th @ 5:30 a.m.

UPON REGISTRATION, A STUDENT'S SPOT WILL BE RESERVED FROM THE START DATE OF THE REGISTRATION TO THE END OF THE SESSION. ALL REMAINING INSTALLMENT PAYMENTS WILL BE DUE AT THE BILLING DATE.

CANCELLATION POLICY:

Written cancellation request must be submitted to the aquatic director **7 days or more BEFORE the next billing date** to remove a swimmer from the active roster to free the spot for another swimmer from the waitlist.

WANT MORE INFO?

Go online @ ymcaofthesandhills.org, or Download our App – YMCA of the Sandhills

Saleeby Family YMCA • 107 Carletta Cagle Drive, Cameron, NC 28326 • 910-426-9622 option 4

Programs by Age

- Swim Starters: Ages 6 months through 2yr 11 mo.
(Swim Starters is a Parent/Guardian Involvement class)
- Preschool Learn-To-Swim: Ages 3-5
- School Age Learn-To-Swim: Ages 6-12
- Teen/Adult Learn-To-Swim: Ages 13 & up



Unsure what Stage your swimmer needs?

Use these basic questions to help you select a Stage for swimmers ages 3-12

Will the student submerge underwater comfortably, happily, and voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student front and back float independently?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10-15 yards face down with the face submerged and on the back in a flat position?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of freestyle with the face submerged with basic rhythmic breathing?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim freestyle, backstroke, & breaststroke the full length of the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim freestyle, backstroke, & breaststroke the full length of the pool and back?

NOT YET

6 / STROKE
MECHANICS

THINGS TO KNOW

- **Y** Make Up Lessons and/or Refunds NOT available for absences or registration cancellations
- **Y** YMCA Initiated Class Cancellations
 - Class cancellations are a last resort and typically due to an expected maintenance or staffing challenge. A make up lesson will be scheduled for any classes cancelled by the YMCA. Fridays are reserved for such events.

BEST PRACTICES

- ✓ Attend all lessons for maximum results
- ✓ Tie longer hair up and away from the face
- ✓ Invest in a good pair of swim goggles (ages 3 & up only)
- ✓ **REUSEABLE SWIM DIAPERS REQUIRED FOR ALL NON-POTTY-TRAINED SWIMMERS!**

