



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!

SPRING SESSIONS | March 16 – MAY 30 (no lessons April 6 – 11 or May 25)

- Lessons available Monday – Saturday (based on coach availability)
- One lesson per week for 10 weeks, 30-minute lesson
 - TIP: register for multiple classes per week for increased progression
- Serving ages 6 months to adults for group lessons, 3 years to adults for private lessons
- Small swimmer-to-coach ratios for group lessons; one-on-one for private lessons
- Disenrollment 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: \$80 (Monday participants \$72 for Memorial Day)
- Nonmembers: \$130 (Monday participants \$117 for Memorial Day)
- Payment Plan (autopay required):
 - Members: \$32 @ registration; \$32 on Apr 15; \$16 on May 15
 - Nonmembers: \$52 @ registration: \$52 on Apr 15; \$26 on May 15



YMCA OF THE SANDHILLS
REGISTRATION OPENS
FEBRUARY 17 @ 8 AM

YMCAOFTHE SANDHILLS.ORG



SESSION PRICING: PRIVATE LESSONS

- Members: \$300 (Monday participants \$270 for Memorial Day)
- Nonmembers: \$400 (Monday participants \$360 for Memorial Day)
- Payment Plan (autopay required):
 - Members: \$120 @ registration; \$120 on Apr 15; \$60 on May 15
 - Nonmembers: \$160 @ registration; \$160 on Apr 15; \$80 on May 15



YMCA SWIM LESSON FAQS

HOW DO I ENROLL MY SWIMMER?

Registration can be completed online at ymcaofthesandhills.org or 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. 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. Please email all requests to either saleebyaquatics@ymcaofthesandhills.org or fayettevilleaquatics@ymcaofthesandhills.org

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

- Proper swim suit & towel
- Eye goggles (optional, but strongly recommended)
- Swimmers in Stages 4, 5 & 6 are required to have Positive Drive Fins
- 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!

