

SWIM TEAM

Ages: 5+

Swimmers can join the fun of competitive swimming at the Y. We travel to compete with teams from South Carolina, North Carolina, Georgia, and even Florida. It's more than just about competing; it is a fun life-enhancing experience.

Benefits:

- Healthy environment where your kids can make new friends with the same health interests.
- Set and achieve personal goals, and growing to be more disciplined.
- Build confidence while achieving a better sense of well-being.
- Building team spirit through workout and competition as well as extra activities.
- The benefit of competitive swimming, in a no-pressure environment.

Minimum requirement:

25 Freestyle and 25 backstroke

Swim tests are offered Monday - Thursday (please email igor@ymcasumter.org for an appointment and more information)

Fees: \$25 Annual YMCA Registration Fee

Groups	Pricing by month Member/Non-members
Pre-Team	\$40/\$60
Developmental	\$45/\$67.50
Bronze	\$50/\$75
Silver	\$55/\$82.50
Gold	\$65/97.50

SWIM PROGRAMS NOTES

Auto-draft is available to facilitate year-round swimmers.

Financial Assistance is available for those who apply and qualify through our OPEN DOORS program.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM OVERVIEWS



WATER SAFETY

Ages: 3+

Classes are available for day cares and schools.

- Water safety - introduction to rules
- Breathing - learning water submersion and rotational breathing
- Body movements - introduction to each of the 4 major strokes and survival strokes
- Water entry - race diving techniques with appropriate underwater progression

Community partner: \$5 per child

WATER SAFETY

Ages: 5+

Techniques for making water rescues, CPR for the Professional Rescuer, AED, First Aid and Oxygen administration are all a part of this class.

Required pretest prior to first day of class: 300 yards, 2 min treading no hands and brick test.

Participants must be at least 15 years old and have good swimming skills, including front crawl and breaststroke.

Cost: \$100 plus \$15 for the pre-test



SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150

Phone
803.773.1404

Website
YMCASumter.org



SWIM LESSON OPTIONS

SMALL GROUP LESSONS

Ages: 3 - 10

These classes are designed for a small group of 3 - 5 swimmers to join one instructor and develop confidence with progression through our swim levels together. All sessions are 30 minutes and include 8 classes.

When: By Appointment

Who: Ages 3 - 5 years old
Ages 6 - 10 years old

Swimmers should be at the same swimming skill level.

Member: \$60
Potential Member: \$90



Private and Semi-Private Lessons

Ages: 6 mos. & up

Cost: Based on session package

All Sessions 30 Minutes	1 Session Package	2 Sessions Package	4 Sessions Package	8 Sessions Package	10 Sessions Package
Pricing: Member/ Potential Member					
30 min Private Lessons	\$20/\$30	\$40/60	\$80/120	\$160/240	\$200/300
30 min Semi Private for 2	\$30/\$45	\$60/90	\$120/180	\$240/360	\$300/450
1 Hour Private Lessons	\$30/\$45	\$60/90	\$120/180	\$240/360	\$300/450
1 Hour Semi Private for 2	\$45/\$67.50	\$90/135	\$180/270	\$360/540	\$450/675



Certified swim instructors are available to assist and motivate you during our private or semi-private sessions. Instructors are scheduled in advanced, thus these sessions are non-refundable without written documentation from a physician.



GROUP LESSONS

Ages: 6mo+

The YMCA offers an extensive learn-to-swim program for all ages. Whether you are new to the water or looking for advanced techniques, the YMCA has a program for you. There are 8 classes each session. Sessions run monthly. Visit the website or membership desk for session dates.

When: Monday/Wednesday evening
Tuesday/Thursday evening
Saturday Morning

Pre-school

Member: \$40
Potential Member: \$60

All other levels:

Member: \$50
Potential Member: \$75