



SUMTER FAMILY YMCA

2019 Winter / Spring SWIMMING LESSONS

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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. Parents are encouraged to attend the 4th and 8th class of each session to view swimmer progress.

Infant & Toddler (6mos-3yrs)		
DAY	LEVEL	TIME
Tuesday & Thursday Member \$50 - Potential \$75	Discovery & Exploration	6:00pm - 6:30pm
Saturday Member \$25 - Potential \$37.50	Discovery & Exploration	10:30am - 11:00am

Pre-School (3-5yrs)		
DAY	LEVEL	TIME
Tuesday & Thursday Member \$40 - Potential \$60	Level 1 Level 1 Level 2 Level 2/3	5:30pm - 6:00pm 6:00pm - 6:30pm 5:30pm - 6:00pm 6:30pm - 7:00pm
Saturday Member \$20 - Potential \$30	Level 1 Level 2 Level 3/4	9:00am - 9:30am 9:30am - 10:00am 10:00am - 10:30am

Youth (5-12yrs)		
DAY	LEVEL	TIME
Monday & Wednesday Member \$50 - Potential \$75	Level 4	6:30pm - 7:15pm
Tuesday & Thursday Member \$50 - Potential \$75	Level 1 Level 2	6:30pm - 7:15pm 7:00pm - 7:45pm
Saturday Member \$25 - Potential \$37.50	Level 2 Level 3/4	10:15am - 11:00am 9:30am - 10:15am

Teen & Adult (13yrs and up)		
DAY	LEVEL	TIME
Saturday Member \$25 - Potential \$37.50	Level 1/2	8:45am - 9:30am
Tuesday & Thursday Member \$50 - Potential \$75	Level 3/4	7:15pm - 8:00pm

Lesson Dates January 2019 - May 2019		
Mon / Wed Lesson Dates	Tue / Thu Lesson Dates	Sat Lesson Dates
Jan 7 - Jan 30	Jan 8 - Jan 31	Jan 5 - Jan 26
Feb 4 - Feb 27	Feb 5 - Feb 28	Feb 2 - Feb 23
Mar 4 - Mar 27	Mar 5 - Mar 28	Mar 9 - Mar 30
* (4) Apr 1 - Apr 10	*(4) Apr 2 - Apr 11	*(2) Apr 6 - Apr 13
* (7) May 6 - May 29	May 7 - May 30	May 4 - May 25

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

Sumter YMCA Swimming Program Overview

Infant & Toddler

Ages: 6 months to 3 years old

- **Water Discovery** - being comfortable in and around the water
- **Water Exploration** - body position, blowing bubbles, mild submersion and safety skills

Goals: Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Miscellaneous:

- Parent/Guardian must accompany child in the water.
- Children must wear a bathing suit and swim diaper.

Pre-School

Ages: 3 years - 5 years old

- **Water Entry** - sliding in, jumping and basic self-rescue skills
- **Water Acclimation** - increase comfort with underwater exploration and breathing
- **Water Movement** - encourages forward movement in water and basic stroke technique
- **Water Stamina** - develops movement and self-rescue skills at longer distances

Goals: Pre-schoolers will learn personal water safety and achieve basic swimming competency.

Miscellaneous:

- Guardian no longer accompanies child in water
- Appropriate swim attire required
- Class progression is determined by the skills of the group
- Classes taken in succession are most effective
- 1:4 instructor to participant ratio

Youth

Ages: 5 years - 12 years old

- **Water Acclimation** - increase comfort with underwater exploration and breathing
- **Water Movement** - encourages forward movement in water and basic stroke technique
- **Water Stamina** - develops movement and self-rescue skills at longer distances
- **Stroke Introduction** - introduces basic stroke technique and reinforces water safety
- **Stroke Mechanics** - refines stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

Goals: School age swimmers will learn water safety skills, build stroke technique and endurance, while developing skills that will increase social-emotional and cognitive well-being.

Miscellaneous:

- Class progression is determined by the skills of the group
- Classes taken in succession are most effective
- Advanced youth must be able to swim the full length of the pool
- 1:6 instructor to participant ratio

Teen / Adult

Ages: 13 years and older

- **Water Acclimation** - increase comfort with underwater exploration and breathing
- **Water Movement** - encourages forward movement in water and basic stroke technique
- **Water Stamina** - develops movement and self-rescue skills at longer distances
- **Stroke Introduction** - introduces basic stroke technique and reinforces water safety
- **Stroke Development** - develops proper stroke technique and breathing and reinforces water safety
- **Stroke Mechanics** - refines stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.

Goals: Through group drills and individual attention, we instruct new and apprehensive swimmers as well as those looking to correct their strokes. Teen age and adult swimmers will learn water movement and stroke technique, while developing skills that prevent chronic disease, and foster a lifetime of physical activity.

Miscellaneous:

- Class progression is determined by the skills of the group
- Great class for those who are afraid of the water or never had an opportunity to learn how to swim
- Classes taken in succession are most effective
- 1:6 Instructor to participant ratio

***Inclement Weather: We will only offer make-up lessons after the second missed class.
Classes will be scheduled according to pool availability.**

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.