

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 and Georgia. 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 workouts, competition, and extra activities.
- The benefit of swimming, in a no-pressure environment.

Minimum requirement:

Must be comfortable treading in deep water

Must be able to consistently swim 25yds

Freestyle, backstroke and breaststroke

Swim tests are offered Monday - Thursday

Contact the aquatics office for an appointment and more information at 803-774-2495.

Fees: \$25 Annual YMCA Registration Fee

Groups	Pricing by month Member/Non-members
Red	\$50 / 75
White	\$55 / 82.50
Blue	\$55 / 82.50

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

LIFEGUARDING

Ages: 15+

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

Required pretest prior to first day of class: 300 yard swim (freestyle or breaststroke), 2 min tread (no hands) and timed 10lb brick retrieval.

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



CHOOSE YOUR SWIM LESSON OPTION

SMALL GROUP LESSONS

Ages: 3+

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+

Swimmers should be at the same swimming skill level.

Member: \$60

Potential Member: \$90

Private and Semi-Private Lessons

Ages: 6 mo - 2 years (with and adult) & up
Pricing: Based on Member / Potential Member
Private 1:1 Ratio / Semi - Private 1:2 Ratio

Sessions	30 min Private	45 min Private	1 hr Private	30 min Semi	45 min Semi	1 hr Semi
1	\$20 / \$30	\$25 / \$37.50	\$30 / \$45	\$30 / \$45	\$37.50 / \$56.25	\$45 / \$67.50
2	\$40 / \$60	\$50 / \$75	\$60 / \$90	\$60 / \$90	\$75 / \$112.50	\$90 / \$135
3	\$60 / \$90	\$75 / \$112.50	\$90 / \$135	\$90 / \$135	\$112.50 / \$168.75	\$135 / \$202.50
4	\$80 / \$120	\$100 / \$150	\$120 / \$180	\$120 / \$180	\$150 / \$225	\$180 / \$270
5	\$100 / \$150	\$125 / \$187.50	\$150 / \$225	\$150 / \$225	\$187.50 / \$281.25	\$225 / \$337.50
6	\$120 / \$180	\$150 / \$225	\$180 / \$270	\$180 / \$270	\$225 / \$337.50	\$270 / \$405
7	\$140 / \$210	\$175 / \$262.50	\$210 / \$315	\$210 / \$315	\$262.50 / \$393.75	\$315 / \$472.50
8	\$160 / \$240	\$200 / \$300	\$240 / \$360	\$240 / \$360	\$300 / \$450	\$360 / \$540
9	\$180 / \$270	\$225 / \$337.5	\$270 / \$405	\$270 / \$405	\$337.5 / \$506.25	\$405 / \$607.50
10	\$200 / \$300	\$250 / \$375	\$300 / \$450	\$300 / \$450	\$375 / \$562.50	\$450 / \$675



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

Tuesday & Thursday

Saturday

Pre-school

Member: \$40

Potential Member: \$60

All other levels:

Member: \$50

Potential Member: \$75



Experienced swim instructors are available to assist and motivate you during our private or semi-private lessons.

Instructors time is scheduled in advanced, these sessions are non-refundable without written documentation from a physician.

