



# SUMTER FAMILY YMCA

Winter / Spring 2020

## 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, just looking to gain more confidence or would like stroke refinement and advanced techniques, the YMCA has a program for you.

### Lesson Dates: January – April 2020

Mon / Wed Lesson Dates	Tue / Thu Lesson Dates	Saturday Lesson Dates
January 6 - 29	January 7 - 30	January 11 - February 1
February 3 - 26	February 4 - 27	February 8 - 29
March 2 - 25	March 3 - 26	March 7 - 28
March 30 - April 8 and April 20 - 29	March 31 - April 9 and April 21 - 30	April 4 - 25

### Infant & Toddler (6mos-3yrs)

DAY	LEVEL	TIME
Tuesday & Thursday Member \$50 - Potential \$75	Discovery & Exploration	9:00 am - 9:30 am
Tuesday & Thursday Member \$50 - Potential \$75	Discovery & Exploration	6:00 pm - 6:30 pm
Saturday Member \$25 - Potential \$37.50	Discovery & Exploration	10:30 am - 11:00 am

### Pre-School (3-5yrs)

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

### Youth (5-12yrs)

DAY	LEVEL	TIME
Tuesday & Thursday Member \$50 - Potential \$75	Level 1/2 Level 2/3 Level 3/4	6:30 pm - 7:15 pm 6:30 pm - 7:15 pm 7:15 pm - 8:00 pm
Saturday Member \$25 - Potential \$37.50	Level 1/2 Level 2/3	9:30 am - 10:15 am 10:15 am - 11:00 am
Monday & Wednesday Member \$50 - Potential \$75	Level 4/5 *see back Level 5/6 *see back	6:30 pm - 7:15 pm 5:45 pm - 6:30 pm

### Teen & Adult (13yrs and up)

DAY	LEVEL	TIME
Saturday Member \$25 - Potential \$37.50	All Levels	8:45 am - 9:30 am
Tuesday & Thursday Member \$50 - Potential \$75	All Levels	7:15 pm - 8:00 pm

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

Through water discovery and water exploration, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences. Parents learn about water safety, supervision as drowning prevention, and the importance of supervision. Each swimmer must have at least one parent/guardian in the water. Children must be potty-trained or wear a swim diaper.

## Pre-School - Ages: 3 years - 5 years old

Level 1/2 is intended to help acclimate beginning swimmers to the water. Swimmers will gain an increased comfort with sliding, jumping in, underwater exploration and breathing. Swimmers will build confidence while learning personal water safety and achieving basic swimming competency.

Level 2/3 develops increased comfort with underwater exploration and breathing, while encouraging forward progress in the water. This class will accommodate swimmers of both levels with a goal of water movement and water stamina. Swimmers will build confidence while learning personal water safety and achieving basic swimming competency.

## Youth - Ages: 5 years - 12 years old

Level 1/2 helps to acclimate beginning swimmers to the water. Swimmers will gain an increased comfort with underwater exploration, breathing and water safety. This class lays the foundations for swim basics and beginning water movement.

Level 2/3 develops forward progress and aquatic safety skills. This class will focus on water movement and stamina.

Level 3/4 encourages building endurance for safety, while introducing stroke technique and rhythmic breathing.

Level 4/5 introduces & develops proper stroke technique on the major competitive strokes while building endurance.

**\*Swimmers must have a solid foundation of freestyle, backstroke, and breathing prior to enrolling in this class.**

Level 5/6 refines stroke technique and increases endurance, while developing skills related to competitive swimming.

**\*Swimmers must have a solid foundation of freestyle, backstroke, breaststroke and breathing prior to enrolling.**

## Teen / Adult - Ages: 13 years and older

Swimmers who may be apprehensive to the water as well as those looking to develop their strokes are taught through group drills and instruction tailored to their specific needs. Both Teen and Adult swimmers of all abilities will learn water movement and stroke technique, while developing skills that can prevent chronic disease, and foster a lifetime of physical activity.

### Make-up & Cancellation Policy:

\*\*Price is prorated depending on the # of lessons in the session

Classes may be added or removed to meet the needs of our participants

Due to scheduling and participant ratio we do not offer participant requested make-up lessons

NWS pool closure guideline: pool deck will close for 30 min from the last sight / sound of lightning or thunder

After the second cancelled class due to inclement weather - the last Friday of the session will be scheduled for a make-up lesson

Registrations may be cancelled / changed prior to the start of class by filling out a yellow change form at the front desk

Cancellations requested after the session has begun are honored with doctor's note or relocation only; if documentation cannot be provided a \$15 administrative fee may be applied

### FAQ:

Face masks and water shoes are not permitted during swim lessons (unless a medical necessity)

Appropriate modest swim attire required (swimsuits and not cotton)

Class progression is determined by the skills of the group

Classes taken in succession are most effective

All swim lessons encourage swimming as a part of a healthy lifestyle

Swimmers will build confidence while developing skills that will increase social-emotional and cognitive well-being

All swimmers will be evaluated at the first lesson to ensure proper level placement

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