

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 evaluations are required for team participation and available by appointment.

Contact the aquatics office for information 803-774-2495.

Cost: \$25 Annual YMCA Registration Fee

Groups	Pricing by month Member/Non-members
Red	\$55 / 82.50
White	\$65 / 97.50
Blue	\$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

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: \$15 for the pre-test

Class: Member: \$100

Potential Member: \$150

SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150

Phone
803.773.1404

Website
YMCASumter.org



CHOOSE YOUR SWIM LESSON OPTION

SMALL GROUP INSTRUCTION

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 yrs. (with an adult) & up

Pricing: Member / Potential Member *per person*

Private 1:1 Ratio / Semi - Private 1:2 Ratio

Up to 10 lessons may be purchased at a time

30-min Private	45-min Private	1-hour Private
\$20 / \$30	\$25 / \$37.50	\$30 / \$45

30-min Semi-Private*	45-min Semi-Private*	1-hour Semi-Private*
\$15 / \$22.50	\$18.75 / \$28.25	\$22.50 / \$33.75

*Semi-Private prices are listed per person



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.



GROUP LESSONS

Ages: 6mo+

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, we have a program for you.

Sessions run monthly. Visit the website, or membership desk for current session dates.

When: Tuesday
Thursday
Saturday

All classes:

Member: \$25

Potential Member: \$37.50