

## 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 30 min.

Must be able to swim 50 yards freestyle & backstroke and 25 yards breaststroke.

Swim evaluations are required for team participation and available by appointment.

Contact the aquatics office for information [ktorres@ymcasumter.org](mailto:ktorres@ymcasumter.org).

Cost: \$25 Seasonal YMCA Registration Fee

Groups	Pricing by month Member/Non-members
Red	\$60 / 90
White	\$72 / 108
Blue	\$88 / 132

## SWIM PROGRAMS NOTES

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



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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](http://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 OR Thursday

All classes:

Member: \$30

Potential Member: \$45