



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# NEW YEAR, NEW WATER

## 2023 SWIM LESSONS

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.




**Registration opens December 1 @ 9:00 am**

Monday Session Dates	Tuesday Sessions Dates	Thursday Sessions Dates
January 2 - 23	January 3 - 24	January 5 - 26
January 30 - February 20	January 31 - February 21	February 2 - 23

	MONDAY	TUESDAY	THURSDAY
4:30 PM	Pre-school L1-3 4:30 - 5:00 pm	Infant & Toddler* 4:30 - 5:00 pm	Pre-school L1-3 4:30 - 5:00 pm
4:45 PM			
5:00 PM	Youth L1-3 5:00 - 5:45 pm	Youth L1-3 5:00 - 5:45 pm	Youth L1-3 5:00 - 5:45 pm
5:15 PM			
5:30 PM			
5:45 PM	Pre-school L1-3 5:45 - 6:15 pm	Pre-school L1-3 5:45 - 6:15 pm	Infant & Toddler* 5:45 - 6:15 pm
6:00 PM			
6:15 PM	Youth L1-3 6:15 - 7:00 pm	Youth L1-4 6:15 - 7:00 pm	Teen & Adult L1-3 6:15 - 7:00 pm
6:30 PM			
6:45 PM			
7:00 PM			

<b>Cost per session</b>	<b>4 lessons</b>
Member	\$30.00
Potential Member	\$45.00

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




**SUMTER FAMILY YMCA** 510 Miller Road Sumter, SC 29150  
 803-773-1404 [ymcasumter.org](http://ymcasumter.org)

Financial Assistance is available to those who qualify through our Open Doors Scholarship program.  
 Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

# Swim 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.

## Preschool – 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.
- **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: 12 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 listed is prorated depending on the number 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 minutes 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 change form at the front desk
- Cancellations requested after the session has begun are honored with doctor's note or relocation only; system credits/refunds of 80% of the pro-rated fee based on the number of days attended will be given upon written request.

## FAQ:

- Face masks, water shoes and nose plugs 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