

# YYOUTH™

We build strong kids, strong families, strong communities

## Swim Lesson Rates

### Group Lessons

YMCA Member: \$35 per session

Non-Members: \$50 per session

### Private Lessons

YMCA Member: \$20 per 30 min. lesson

Non-Member: \$30 per 30 min. lesson

\*Morning and Evening Classes: Swim lessons will be offered Monday-Thursday. Make-up classes due to inclement weather will be held on Friday at the regular class time.

\*Private Lessons: Private lessons are available upon request. They will be scheduled in 30-minute increments, Monday-Thursday mornings. Specific times and dates will be set-up with the swim instructor.



## Water Safety Tips

- \* Wear a life jacket.
- \* Learn to swim.
- \* Never go swimming without your parents or someone else who can swim.
- \* Never depend on inflatable toys, rafts or inner tubes to keep yourself afloat.
- \* Always swim in a safe place that was made for swimming.
- \* Don't push or jump on others.
- \* Never pretend that you are drowning.



Wilson Family YMCA  
3436-C Airport Blvd  
Wilson, NC 27896  
252-291-9622

## Wilson Family YMCA Swim Lessons



# YSWIM LESSONS™

We build strong kids, strong families, strong communities.

The YMCA has been a leader in swimming lessons for more than 110 years. The Wilson Family YMCA follows the guidelines of the YMCA of the USA and promotes safety, skill development and fun. Trained instructors teach in a student-centered, caring atmosphere. Introduction of new skills through exploration, practice and games is fundamental for success in our swimming program. As children grow, their swimming instruction can progress with age-appropriate skill development, all the way through adulthood. Our swimming lessons maintain a 1:6 teacher to student ratio in the pre-school level and a 1:8 ratio in the youth level. A certified lifeguard is always on duty during swim lessons.



## 2010 Schedule

### Session 1: June 8- July 1 Tues and Thurs Evenings

6:00-6:30 pm Pike  
 6:35- 7:05pm Pike Eels  
 7:10-7:40 pm Pike Polliwog  
 7:45-8:15 pm Guppy Minnow  
 8:30-9:00pm Adult

### Session 2: July 6– July 29 Tues and Thurs Evening

6:00-6:30pm Pike Eels  
 6:35-7:05pm Eels Rays  
 7:10-7:40pm Polliwog Guppy Minnow  
 7:45-8:15pm Adult

### Session 3: July 12- July 22 Morning Classes Daily Mon-Thurs

8:30-9:00am Pike Eels Rays  
 9:05-9:35am Polliwog Guppy Minnow

Private lessons available upon request. Specific times and dates will be set up with swim instructor.



## Class Descriptions

### Pre-School: Ages 3-5

#### **Level 1 (Beginner) Pike:**

Little or no water experience necessary. Children learn to swim with a flotation device, blow bubbles with face in water and lie on their backs with ears in the water.

#### **Level 2 (Intermediate) Eels:**

Children must be able to swim horizontally without flotation device. Pike skills reviewed: rotary breathing, kicking on back and diving skills will be learned.

#### **Level 3 (Advanced) Rays:**

Must be able to swim horizontally and demonstrate rotary breathing with kickboard. Learn bobbing, treading and arm coordination with rotary breathing.

### Youth and Adult: Ages 6 and up

#### **Level 1 (Beginner) Polliwog:**

Beginner class. Students learn front glide and flutter kick, back glide and flutter kick, paddle stroke and rhythmic breathing.

#### **Level 2 (Intermediate) Guppy:**

Must be able to swim on their front and back. Students will refine paddle stroke and progress towards the front crawl.

#### **Level 3 (Advanced) Minnow:**

Must be able to swim laps, front crawl and rotary breathing. Students learn back crawl, diving and elementary back-stroke kick.