

# William G. White Jr. Family YMCA Group Swim Lessons

# Y SWIM LESSONS™

## Session Dates

Session 6 June 1 - June 25

Session 7 June 29 - Aug 1\*

Session 8 July 27 - Aug. 20\*

## Member Only Reg.

May 6

June 8

July 6

## Open Registration

May 18 - May 28

June 19 - June 25

July 17- July 23

\* July Saturday lessons begin July 11 (no Saturday lessons in August)

## Classes Offered

**Parent-Child (6-36 months):** Parent and child learn to explore movement in water together.

Monday & Wednesday	5:40 pm
Tuesday & Thursday	11:15 am
Saturday	10:30 am

**Perch + Pikes (2-3 years):** Parent will start with child in water and move out when child is ready for independence. Great to prepare small children for group lessons.

Monday & Wednesday	5:40 pm
Tuesday & Thursday	11:50 am
Saturday	10:30 am

YMCA Swim Lessons are progressive and designed to take your child from beginner level to advanced level swimming. Students are divided by ability on the first night of class.

## Preschool (3-5 years)

**Levels: (Beginner) Pike, Eel/ (Intermediate) Ray, Starfish**

Monday & Wednesday	All Levels	4:10 & 6:15 pm
Tuesday & Thursday	All Levels	4:10 & 5:45 pm
Saturday	All Levels	11:10 & 11:50 am

## Youth (6-15 years)

**Levels:(Beginner) Polliwog, Guppy/ (Intermediate) Minnow, Fish, Flying Fish**

Monday & Wednesday	All Levels	4:50 & 7:00 pm
Tuesday & Thursday	All Levels	4:50 & 6:30 pm
Saturday	Beginner	11:05 am
Saturday	Intermediate	12:00 pm

## Squid Squad (Advanced Swimming Skills) Ages 4 -15

This class is ideal for those pursuing competitive swimming or personal stroke improvement

\*A minimum ability to swim 25 yards of front and back crawl is required for this level

Tuesday & Thursday	Advanced	5:45 pm
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## Adult (13 and older)

**Levels: Beginner/Intermediate/Advanced**

Tuesday & Thursday	Beginner/Intermediate	6:40 pm
Saturday	Beginner/Intermediate	9:40 am
Monday & Wednesday	Advanced (Stroke Work)	6:40pm

**Class Fees for Weekday 4 weeks (8 Lessons):** Y Members \$40.00 Non-Members \$85.00

### **Multiple Session Registration Discounts**

Members: 2 Sessions: \$75.00	3 Sessions: \$105.00
Non- Members: 2 Sessions: \$160.00	3 Sessions: \$225.00

\*Participants receiving Scholarships, Employee Discounts or other promotional discounts are not eligible for multi-session registration. Participants must register by single session only when using discounts or scholarships

### **Class Fees for Saturday Sessions (4 Lessons):**

Y Members : \$20.00 Non- Members: \$42.50 (sorry no multi-session registration for Saturday Lessons)

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## Two Week Summer Sessions (Monday - Thursday)

<u>Session Dates</u>	<u>Member Only Reg.</u>	<u>Open Registration</u>
Session A June 15 - June 25	May 6	May 18 - June 12
Session B June 29 - July 9	June 1	June 5 - June 26
Session C July 13 - July 23	June 15	June 19 - July 10
Session D July 27 - Aug 6	June 29	July 3 - July 24
Session E Aug 10 - Aug 20	July 13	July 17 - Aug 7

### Preschool (3-5 years)

Levels: (Beginner) Pike, Eel/ (Intermediate) Ray, Starfish

Monday- Thursday All Levels 8:45, 9:30, 10:10

### Youth (6-15 years)

Levels:(Beginner) Polliwog, Guppy/ (Intermediate) Minnow, Fish, Flying Fish

Monday-Thursday All Levels 8:20, 9:15, 10:10

### Squid Squad (Advanced Swimming Skills) Ages 4 -15

This class is ideal for those pursuing competitive swimming or personal stroke improvement

\*A minimum ability to swim 25 yards of front and back crawl is required for this level

Monday - Thursday Advanced 8:00 am

**Class Fees for 2 weeks sessions (8 Lessons):** Y Members 40.00 Non-Members 85.00

#### Multiple Session Registration Discounts

Members: 2 Sessions: \$75.00 3 Sessions: \$105.00 4 Sessions: 130.00 All 5: \$ 150.00  
 Non- Members: 2 Sessions: \$160.00 3 Sessions: \$225.00 4 Sessions: 280.00 All 5: \$ 325.00

## Lessons on Demand

### Group Swim Lessons on Demand!

Bring three friends and create your own swim lesson program, Set up like our regular group lessons at a time that works for you. (must have 4 students per class; limit 6)

8 Lessons Cost: \$55 members, \$100 for non-members

### Private and Semi-Private Lessons are Available

Packages Offered: Prices are per participant

#### Private Lessons (30 minutes)

1 X 30 minute lesson: Y Members \$30.00  
 Non-Members \$60.00

#### Semi Privates (45 minutes)

1 X 45 minute lesson: Y Members: \$25.00  
 Non-Members \$50.00

#### Multi Packs

Private Lessons 3 for 75.00 members Semi 3 for \$60.00 members  
 3 for 150.00 non-members 3 for \$120.00 non-members

**Location and Additional Information or to Schedule Private, Semi Private or On Demand Group lessons please contact Heather Candelora**

**William G. White Jr. Family YMCA**

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Or visit our website at <http://central.ymcanwnc.org>

A United Way Agency