

William G White Jr. Family YMCA Swimming Lessons

Y SWIM LESSONS™

Winter Sessions 2010

Session Dates

Session 1 January 4- 30
Session 2 February 1-27

Member Only Reg.

December 15
January 15

Open Registration

December 20- January 1
January 22 - January 29

Classes Offered

Parent-Child (6-36 months): Parent and child learn to explore movement in water together. Saturday 9:30 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. Saturday 9:30 am

YMCA Swim Lessons are progressive and designed to take your child from beginner level to advanced level swimming.

Preschool (3-5 years)

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

Monday & Wednesday	All Levels	4:10, 5:40 pm
Tuesday & Thursday	All Levels	1:00, 5:00 & 5:45 pm
Saturday	All Levels	10:15 am

Youth (6-15 years)

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

Monday & Wednesday	All Levels	4:50, 5:40 pm
Tuesday & Thursday	All Levels	5:00, 5:50 pm
Saturday	All Levels	10:05 am

Adult (13 and older)

Levels: Beginner/Intermediate

Tuesday & Thursday	Beginner/Intermediate	6:40 pm
Saturday	Beginner/Intermediate	9:40 am

Classes for Advanced Swimmers

(Advanced Swimming Skills)

Preschool Squid Squad (3-5 years) pre-school age stroke development

Tuesday & Thursday	5:45pm- 6:30pm
Saturday	11:00am

Youth (6- 15) Youth Stroke Development YMCA Progression Flying Fish and Shark

Tuesday & Thursday	6:30pm -7:30pm
Saturday	11:00am

Adult (13 and older) Advanced (Stroke Work)

Monday & Wednesday	7:00pm
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Class Fees for Weekday 4 weeks (8 Lessons):

Y Members	1 Session: \$40.00	2 Sessions: \$75.00	3 Sessions: \$110.00
Non-Members	1 Session: \$85.00	2 Sessions: \$160.00	3 Sessions: \$235.00

*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)

All Classes need a minimum of 3 participants
 Aquatics Staff will inform participants in case of any changes in the schedule

Swim Lessons on Demand

Private and Semi-Private Lessons

Packages Offered: Prices are per participant

Private Lessons (30 minutes)

1 X 30 minute lesson: Y Members \$25.00
 Non-Members \$50.00

Semi or Tri Privates (45 minutes)

1 X 45 minute lesson: Y Members: \$20.00
 Non-Members \$40.00

Multi Packs

Private Lessons 3 for 60.00 members
 3 for 135.00 nonmembers

Semi/Tri 3 for \$45.00 members
 3 for \$105.00 non members

Group Swim Lessons on Demand!

Bring three friends and create your own swim lesson program
 (must have 4 students per class; limit 6 for preschool, 8 for youth)

8 Lessons for \$55 members, \$100 for nonmembers
 per participant

Please Contact Heather Candelora (336)721- 2100 ext 2040 or email
h.candelora@ymcanwnc.org to schedule individual, semi, or group private lessons

Location and Additional Information

William G. White Jr. Family YMCA

775 West End Blvd

336-721-2100 ext 2040

h.candelora@ymcanwnc.org

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

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