

BENEFITS OF SWIM LESSONS

The YWCA Learn to Swim Program are conducted by American Red Cross standards.

Teaches Water Safety

Aids Cardiovascular Health

Provides Physical Exercise

Improves Endurance

Builds Muscle

Develops Motor Skills

Builds Confidence

This program does not drown-proof your child. **Children should be watched at all times and should never swim alone.**

LESSON POLICIES

- All lessons must be paid in full at time of registration.
- If class minimums are not met, the YWCA will cancel the class. Every effort will be made to transfer your child to a similar class and/or class time.
- Check in at the front desk prior to each lesson.
- Do not get in the pool until the start of class.
- There is a \$5 per person fee to swim *before* or *after* lessons unless you have a family pool pass. Membership alone does not include use of the pool. See pool front desk or YWCA website for family swim schedule.
- Lessons are held rain or shine. Instructors may use the water safety curriculum instead of swim curriculum to hold a class.
- In the event of *inclement weather*, class will be made up on Fridays for weekday classes and Sundays for Saturday classes. Please call YWCA pool if in doubt.
- There are **no make up lessons** unless the YWCA cancels the class.
- **THERE ARE NO REFUNDS.**
- A **\$10 transfer fee** will be assessed on accounts to move from one session or lesson time to another. All transfers must be requested at least 48 hours prior to the first day of class.

For a complete schedule of programs and classes, fees or other information on the YWCA Aquatics Program contact the YWCA Pool at (910) 799-6820, ext. 109. or visit our website at www.ywca-lowercapefear.org

LESSON FEES

Membership Fees:

Required for swim lesson registration.

Membership alone does not include use of the pool. Membership does reduce the daily per-visit fee. Membership is required for all program participants.

| | |
|--|---------------|
| Family Membership Two adults and children up to 17 | \$55/annually |
| Individual Membership 18 - 59 years old | \$35/annually |
| Individual Senior Membership 60 years old & over | \$30/annually |
| Youth Membership 17 years old & under | \$25/annually |

Class Fees:

| | |
|--|----------------|
| Mornings & Evenings - 8 Lessons | \$80 |
| Saturdays - 4 Lessons | \$50 |
| Parent/Child - 4 Lessons | \$45 |
| Lesson Transfer/Refund Admin Fee | \$10 |
| Swim Before or After Lesson | \$5/per person |
| Private Lesson | |
| 30 minutes | \$30 |
| 45 minutes | \$45 |
| Semi Private Lesson (2-3 ppl) | |
| 30 minutes | \$35 |
| 45 minutes | \$50 |

YWCA MEMBERSHIP IS MISSION-DRIVEN

Mission-driven members value the belonging to the organization, supporting YWCA's mission and impact.

SWIM LESSONS

SUMMER 2024

eliminating racism
empowering women

ywca

Lower Cape Fear

YWCA Lower Cape Fear

2815 S. College Road

Wilmington, NC 28412

(910) 799 6820 ext. 109

pool@ywca-lowercapefear.org

www.ywca-lowercapefear.org

YWCA LEARN TO SWIM

Program uses the following Red Cross progressive levels:

Aqua Tot 1 (Ages 3-4)

WHO THIS LEVEL FOR:

- Beginning swimmers
- Swimmers who typically wear floaties or a PFD in the pool
- Swimmers who are not going under/holding breath and/or do not like putting ears in the water

GOALS:

- Water entry and exit
- Breath control
- Float on front and back supported
- Treading with support
- Arm and leg action on front and back

Aqua Tot 2 (Ages 3-4)

WHO THIS LEVEL FOR:

- Swimmers who easily hold breath and go under water
- Swimmers who put ears in water, lay back and float, with support from instructor
- Swimmers who have spent time in the water without a float or PFD.

GOALS :

- Breath control and rolling to back
- Float & glide unsupported on front and back
- Treading unsupported
- Changing direction and position
- Combined stroke on front & back unsupported

Aqua Tot 3 (Ages 3-4)

WHO THIS LEVEL FOR:

- Swimmers who have "graduated" from Aqua Tot 2
- Swimmers who can swim on front and back 5 body lengths, unassisted

GOALS:

- Enter by jumping in and return to wall
- Frog kick, dolphin kick, and backstroke
- Front and back float
- Change direction while swimming on front and back
- Treading for thirty seconds

Level 1 (Age 5-12)

WHO THIS LEVEL FOR:

- Beginning swimmers
- Swimmers who typically wear floaties or a PFD in the pool
- Swimmers who are not going under/holding breath and/or do not like putting ears in the water

GOALS:

- Water entry and exit
- Breath control
- Float on front and back supported
- Treading with support
- Arm and leg action on front and back

Level 2 (Age 5-12)

WHO THIS LEVEL FOR:

- Swimmers who easily hold breath and go under water, will lay back and float with or without support
- Swimmers who mostly swim underwater and want to start learning the strokes

GOALS :

- Breath control and rolling to back
- Float & glide unsupported on front and back
- Treading unsupported
- Changing direction and position
- Combined stroke on front & back unsupported

Level 3 (Ages 5-12)

WHO IS THIS CLASS FOR:

- Swimmers who have completed Level 2, Aqua Tot 3, or demonstrated skills
- Swimmers who can pass a deep end swim test or have extensive water experience (such as surfing), haven't taken lessons, but want to learn swim strokes

CLASS GOALS:

- Rotary breathing
- Front crawl, elementary backstroke, scissors kick and breaststroke kick for 15 yards
- Butterfly kick and proper body motion
- Tread water for one minute

Level 4 (Ages 5-12)

Child must have completed Level 3 or demonstrate skills.

CLASS GOALS:

- Dive into deep water
- Back crawl, butterfly, breaststroke and sidestroke for 15 yards
- Treading water using two different kicks for two minutes
- Front crawl and elementary backstroke for 25 yards

Level 5 (Ages 5-12)

Child must have completed Level 4 or demonstrate skills.

CLASS GOALS:

- Long shallow dive, deep end and starting block
- Breaststroke, sidestroke, back crawl and butterfly for 25 yards
- Front crawl and elementary backstroke for 50 yards
- Flip turns
- Tread water for five minutes

LESSON SCHEDULE

SUMMER CAMP!

| June 17-21 | June 24-28 | July 8-12 |
|----------------------|---------------|----------------|
| Junior STEM and Swim | STEM and Swim | Serve and Swim |
| Ages 6-9 | Ages 8-12 | Ages 11-15 |
| 9:00-1:00 | 9:00-1:00 | 9:00-4:00 |
| \$150 | \$150 | \$325 |

SATURDAY MORNINGS

| Saturday Mornings | June 8, 15, 22, 29 | July 6, 13, 20, 27 | Aug 3, 10, 17, 24 |
|-------------------|--------------------|--------------------|-------------------|
| 9:00-9:30 | Aqua Tot 1 | Aqua Tot 2 | Aqua Tot 1 |
| 9:35-10:05 | Aqua Tot 3 | Aqua Tot 3 | Aqua Tot 3 |
| 10:10-10:40 | Aqua Tot 2 | Aqua Tot 1 | Aqua Tot 2 |
| 11:00-11:45 | Level 3 | Level 4 | Level 3 |
| 11:50-12:20 | Level 1 | Level 2 | Level 1 |
| 12:25-12:55 | Level 2 | Level 1 | Level 2 |

WEEKDAY MORNINGS - Mondays thru Thursdays

| | June 10-20 | June 24-July 5 no class 7/4 | July 8-July 18 | July 22-Aug 1 | Aug 5-Aug 15 |
|-------------|--------------------------|--------------------------------|--------------------------|---------------|--------------|
| 9:15-9:45 | Aqua Tot 1 Aqua Tot 2 | Aqua Tot 1 Aqua Tot 2 | Aqua Tot 1 Aqua Tot 2 | Aqua Tot 1 | Aqua Tot 2 |
| 9:50-10:20 | Level 1 Aqua Tot 2 | Level 1 Level 2 | Level 1 Aqua Tot 2 | Level 1 | Level 2 |
| 10:25-10:55 | Level 1 Level 2 | Aqua Tot 3 Level 2 | Level 1 Level 2 | Level 2 | Aqua Tot 3 |
| 11:00-11:45 | Level 3 Level 4 | Level 3 Level 5 | Level 3 Level 4 | Level 3 | Level 4 |

EVENINGS - note some date modifications due to summer swim meets and holidays

| | May 28-June 6 Tue - Fri (5/28-5/31) & Mon-Thur (6/3-6/6) 2 week intensive | June 3-26 Mon/Wed | June 4-27 Tu/Th | July 8-July 31 No 7/10 & 7/17 +Fri 7/12 & 7/19 Mon/Wed | July 9-Aug 1 Tu/Th | Aug 5-28 Mon/Wed | Aug 6-Aug 29 Tu/Th |
|-----------|--|--------------------------|--------------------------|---|--------------------------|--------------------------|--------------------------|
| 5:15-5:45 | Aqua Tot 1 | Aqua Tot 1 | Aqua Tot 2 | Aqua Tot 1 | Aqua Tot 2 | Aqua Tot 1 | Aqua Tot 2 |
| 5:45-6:15 | Aqua Tot 2 | Aqua Tot 1 Aqua Tot 2 | Aqua Tot 1 Aqua Tot 3 | Aqua Tot 1 Aqua Tot 2 | Aqua Tot 1 Aqua Tot 3 | Aqua Tot 1 Aqua Tot 2 | Aqua Tot 1 Aqua Tot 3 |
| 6:20-6:50 | Level 1 & 2 combined | Level 1 Level 2 | Level 1 Level 2 | Level 1 Level 2 | Level 1 Level 2 | Level 1 Level 2 | Level 1 Level 2 |
| 6:55-7:40 | Level 3 | Level 3 Level 5 | Level 3 Level 4 | Level 3 Level 5 | Level 3 Level 4 | Level 3 Level 5 | Level 3 Level 4 |