SWIM LESSONS
YWCA Lower Cape Fear
2815 S. College Road
Wilmington, NC 28412
(910) 799-6820 ext. 109
pool@ywca-lowercapefear.org
www.ywca-lowercapefear.org
winter - spring
2022

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

BENEFITS OF SWIM LESSONS
The YWCA Learn to Swim Program are conducted by American Red Cross standards.

Teaches Water Safety
Provides Physical Exercise
Aids Cardiovascular Health
Strengthens Lung Capacity
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 FEES

Membership Fees:

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Annual Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Membership</td>
<td>$55/annually</td>
</tr>
<tr>
<td>Individual Membership</td>
<td>$35/annually</td>
</tr>
<tr>
<td>Individual Senior Membership</td>
<td>$30/annually</td>
</tr>
<tr>
<td>Youth Membership</td>
<td>$25/annually</td>
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YWCA MEMBERSHIP IS MISSION-DRIVEN
Mission-driven members value the belonging to the organization, supporting YWCA’s mission and impact.

Class Fees:

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning &amp; Evening</td>
<td>$70</td>
</tr>
<tr>
<td>Saturday</td>
<td>$45</td>
</tr>
<tr>
<td>Parent/Child</td>
<td>$40</td>
</tr>
<tr>
<td>Swim Before or After Lesson</td>
<td>$5/per person</td>
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<tr>
<td>Private Lesson</td>
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<tr>
<td>30 minutes</td>
<td>$25</td>
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<tr>
<td>45 minutes</td>
<td>$35</td>
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<tr>
<td>Semi Private Lesson (2-3 ppl)</td>
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<tr>
<td>30 minutes</td>
<td>$30</td>
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<tr>
<td>45 minutes</td>
<td>$40</td>
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</table>

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YWCA LEARN TO SWIM

Program uses the following Red Cross progressive levels:

**Introduction to the Water**

**Parent/Child** (Ages 6 months to 2 years)
- Child must have good head and neck control.
- Parent/Responsible Adult must accompany child into water
- Swim diaper **required** for babies
- Water adjustment for child to feel comfortable in and around the water
- Holding and support techniques
- Introduction to appropriate water safety skills such as entry and exit; life jacket safety

**Introduction to Water Skills**

**Aqua Tot 1** (Ages 3-4) & **Level 1** (Age 5+)
- Water entry and exit
- Underwater swimming and breath control
- Float on front and back supported
- Treading with support
- Orientation to alternating arm action
- Coordinate arms & legs
- Combine stroke on front and back with support
- Personal safety skills

**Aqua Tot 2** (Ages 3-4) & **Level 2** (Age 5+)
- Water adjustment, entry and exit
- Breath control and underwater swimming
- Float & glide unsupported on front and back
- Treading unsupported
- Changing direction and position
- Combined stroke on front & Back unsupported
- Personal safety skills

**Fundamental Aquatic Skills**

**Aqua Tot 2** (Ages 3-4) & **Level 2** (Age 5+)
- Water adjustment, entry and exit
- Breath control and underwater swimming
- Float & glide unsupported on front and back
- Treading unsupported
- Changing direction and position
- Combined stroke on front and back
- Personal safety skills

**Level Development Skills**

**Level 3**
Child must have completed Level 2, Aqua Tot 3 or demonstrate skills.
- Rotary breathing
- Floating on front for thirty seconds and back for one minute
- Jump and dive into deep water
- Front crawl and elementary backstroke for 15 yards
- Butterfly kick and body motion
- Scissors and breaststroke kick for 15 yards
- Tread water for one minute
- Changing direction and body position
- Personal safety skills

**Level 4**
Child must have completed Level 3 or demonstrate skills.
- Dive from side of pool into deep water
- Back crawl and butterfly for 15 yards
- Treading water using two different kicks for two minutes
- Front crawl and elementary backstroke for 25 yards
- Breaststroke and sidestroke for 15 yards
- Intro to turns at wall in streamline position
- Personal safety skills

**Stroke Refinement Skills**

**Level 5**
Child must have completed Level 4 or demonstrate skills.
- Long shallow dive
- Swim underwater 15 yards
- Combined breaststroke, sidestroke, back crawl, and butterfly for 25 yards
- Combined stroke of front crawl and elementary backstroke for 50 yards
- Survival swimming
- Flip turns
- Tread water for five minutes
- Personal safety skills

**Evenings**

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<tbody>
<tr>
<td>5:45 - 6:15</td>
<td>Aqua Tot 1</td>
<td>Aqua Tot 1</td>
<td>Aqua Tot 1</td>
<td>Aqua Tot 1</td>
<td>Aqua Tot 1</td>
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**Lessons Schedule**

**Mondays & Wednesdays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Jan. 31 - Feb. 23 M &amp; W</th>
<th>Feb. 28 - Mar. 23</th>
<th>April 4 - 25 M &amp; W</th>
<th>April 5 - 26 T &amp; TH</th>
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<tbody>
<tr>
<td>1:00 - 1:30</td>
<td>Aqua Tot 1</td>
<td>Aqua Tot 1</td>
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<td>Aqua Tot 2</td>
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<td>1:35 - 2:05</td>
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<td>Aqua Tot 2</td>
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<td>2:10 - 2:40</td>
<td>Aqua Tot 1/ Level 1</td>
<td>Aqua Tot 3</td>
<td>Aqua Tot 1/ Level 1</td>
<td>Aqua Tot 2</td>
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<tr>
<td>2:45 - 3:30</td>
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<td>Level 4</td>
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**Saturdays**

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<thead>
<tr>
<th>Time</th>
<th>Jan. 8, 15, 22, 29</th>
<th>Feb. 5, 12, 19, 26</th>
<th>March 5, 12, 19, 26</th>
<th>April 9, 16, 23 &amp; May 7</th>
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<tbody>
<tr>
<td>9:00 - 9:30</td>
<td>Aqua Tot 1</td>
<td>Parent/Child Aqua Tot 2</td>
<td>Aqua Tot 1</td>
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<tr>
<td>9:35 - 10:05</td>
<td>Level 2</td>
<td>Level 1</td>
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<tr>
<td>10:10 - 10:40</td>
<td>Aqua Tot 2</td>
<td>Aqua Tot 1</td>
<td>Aqua Tot 1</td>
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<td>10:45 - 11:30</td>
<td>Level 4</td>
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