

swim lessons

The YWCA Learn to Swim Program are conducted by American Red Cross standards. Lessons begin at 6 months in the Parent/Infant Class and continue to adults in the Stroke Improvement and Refinement Classes.

Thank you for your interest in the YWCA's Learn to Swim Program. We are very excited when we can teach a child about water safety and water skills because it leads to a lifetime of aquatic fun. Learning water skills and water safety should be enjoyable for all who participate.

1. Here is a general list of concerns and explanations for the infant and preschool age children participating in swim lessons.

<u>Concern</u>	<u>Explanation</u>
Crying	Child is cold, hungry, sick, confused, or unsure about the surroundings.

Fear	Did not have an opportunity to be around a safe water environment, may have a generalized fear passed on by a fearful parent, or witnessed a traumatic water incident.
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2. This program does not drown-proof your child. Children should be watched at all times and should never swim alone.

3. So that instructors may teach effectively, we ask that you remain in the holding area or far side of the pool, at least 20 feet from the side of the pool to observe your child (with less distraction, the child can focus on the instructor and class, and as a result, learn many new, exciting, and safe skills in the water).

4. Saturday and Parent/Infant sessions incorporate four classes. Four consecutive Saturdays, or Monday and Wednesday or Tuesday and Thursday for two weeks.

5. Afternoon and evening sessions incorporate eight classes. Monday and Wednesday or Tuesday and Thursday for four weeks.

6. Classes are filled on a first PAID basis. No pre-paid lessons will be refunded. Unfortunately, we are unable to reschedule your session for a later date unless for a medical emergency.

7. Registration must be done in person at the

YWCA. Membership is required.

8. No additional sign-ups after first class.

9. There are no make-up classes, unless YWCA cancels class.

Inclement Weather Policy: In the event of thunder, lightning, or other inclement weather the YWCA will conduct safety classes. Classes still go on in the rain. Please call the YWCA if you are in doubt.

<u>Class Size</u>	<u>(min & max)</u>
Parent/Infant	min (2) max (5)
All Other Levels	min (2) max (4)
Saturday Classes	min (2) max (4)

Swim Lesson Fees

Membership Fees:

Family Membership (parents and children)	\$55
Individual Membership	\$35
Individual Senior Membership (60 and older)	\$30
Youth Membership (up to 17 years old)	\$25

Class Fees:

Morning and Evening	\$70
Saturday	\$45
Parent/Infant	\$40
Swim before/after lesson (pp)	\$ 5
Private Lesson (30 minutes)	\$25
(45 minutes)	\$35
Semi-Private 2 or 3 students (30 min.)	\$30
Semi-Private 2 or 3 students (45 min.)	\$40

note

Guests of YWCA Members are welcome to use the pool. Cost is minimal and a great way to stay in shape while friends visit from out of town.

Lockers are available for personal items, but remember to bring your own lock.

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.

The YWCA Pool is located at 2815 South College Road.

Sign-ups Start Friday, October 16th

swim lessons
november-january
2020-2021

eliminating racism
empowering women
ywca

YWCA of the
Lower Cape Fear, Inc.
2815 South College Rd
Wilmington, NC 28412
Tel: 910-799-6820
www.ywca-lowercapefear.org

The YWCA Learn to Swim Program uses the following Red Cross Progressive Levels:

Parent/Infant: (Ages 6 mos. – 3 yrs.)

*Child must have good head and neck control.

*Parent/responsible adult must accompany child in the water.

- ◆ 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/exit & life jacket safety

*Swim Diaper **REQUIRED** for babies.

Aqua Tot 1: (Ages 3-4) & Level 1 (Ages 5+)

Introduction to Water Skills:

- ◆ Water adjustment, entry & exit
- ◆ Underwater swimming and breath control
- ◆ Float on front and back supported
- ◆ Treading with support
- ◆ Orientation to alternating arm action
- ◆ Coordinate arms & legs
- ◆ Combined stroke on front and back with support
- ◆ Personal safety skills

Aqua Tot 2: (Ages 3-4) & Level 2 (Ages 5+)

Fundamental Aquatic Skills:

- ◆ Water adjustment, entry & 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

Aqua Tot 3: (Ages 3-4)

*Child must have completed Aqua Tot 2 or demonstrate skills.

Fundamental Aquatic Skills:

- ◆ Enter by jumping in
- ◆ Breath control and underwater swimming
- ◆ Front and back float
- ◆ Change direction while swimming on front and back
- ◆ Treading for thirty seconds
- ◆ Combined stroke on front and back for five body lengths
- ◆ Personal Safety

Level 3:

*Child must have completed Level 2, Aqua Tot 3 or demonstrate skills.

Stroke Development Skills:

- ◆ Rotary breathing
- ◆ Floating on front for thirty seconds and back for one minute
- ◆ Jump & dive into deep water
- ◆ Front crawl and elementary backstroke for fifteen yards
- ◆ Butterfly kick and body motion
- ◆ Scissors and breaststroke kick for fifteen 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.

Stroke Improvement Skills:

- ◆ Dive from side of pool into deep water
- ◆ Back crawl and butterfly for fifteen yards
- ◆ Treading water using two different kicks for two minutes
- ◆ Front crawl and elementary backstroke for twenty-five yards
- ◆ Breaststroke & sidestroke for fifteen yards
- ◆ Intro to turns at wall in streamline position
- ◆ Personal safety skills

Level 5:

*Child must have completed Level 4 or demonstrate skills.

Stroke Refinement Skills:

- ◆ Long shallow dive
- ◆ Tuck and surface dive
- ◆ Combined breaststroke, sidestroke, back crawl, and butterfly for twenty-five yards
- ◆ Combined stroke of front crawl and elementary backstroke for fifty yards
- ◆ Flip turns front/back
- ◆ Tread water for five minutes
- ◆ Tread water with legs only for two minutes
- ◆ Personal safety skills

schedule

Afternoons	Nov.9-Dec.9 M and W No lessons Nov.23&25	Jan. 4-27 M and W
1:00-1:30	Aqua Tot 1	Aqua Tot 1
1:35-2:05	Aqua Tot 2	Aqua Tot 2
2:10-2:40	Level 2	Level 1
2:45-3:30	Level 3	Level 3

Saturdays	November 7,14,21 and Dec.5	January 9-30
9:00 - 9:30	Aqua Tot 1 Parent/Infant	Parent/Infant Aqua Tot 2
9:35 - 10:05	Level 1 Level 2	Level 1 Level 2
10:10-10:40	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 3
10:45-11:30	Level 3 Level 4	Level 3 Level 5

Evenings	Nov.9-Dec.9 M & W No Lessons Nov.23&25	Nov.10-Dec.10 T & Th No Lessons Nov. 24&26	January 4-27 M & W	January 5-28 T & Th
5:45 – 6:15	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2
6:15 – 6:45	Level 1 Level 2	Level 1 Level 2	Aqua Tot 3 Level 2	Level 1 Level 2
6:45 – 7:30	Level 3 Level 4	Level 3 Level 5	Level 3 Level 4	Level 3 Adult Beginner