

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

**Parent/Child:** (Ages 6 mos. – 2 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
- ◆ Experience supported movement
- ◆ Introduction to appropriate water safety skills such as entry/exit and 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 and 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 and exit
- ◆ Breath control and underwater swimming
- ◆ Float and glide unsupported on front and back
- ◆ Treading unsupported
- ◆ Changing direction and position
- ◆ Combined stroke on front and back unsupported
- ◆ Personal safety skills

**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 30 seconds
- ◆ Combined stroke on front and back for five body lengths
- ◆ Personal safety skills

### **Level 3:**

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

### **Stroke Development Skills:**

- ◆ Rotary breathing
- ◆ Floating on front and back for 30 seconds
- ◆ Jump & 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 appropriate skills.

### **Stroke Improvement 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 & sidestroke for 15 yards
- ◆ Intro to turns at wall in streamline position
- ◆ Personal safety skills

### **Level 5:**

\*Child must have completed Level 4 or demonstrate appropriate skills.

### **Stroke Refinement Skills:**

- ◆ Long shallow dive
- ◆ Tuck and surface dive
- ◆ Combined breaststroke, sidestroke, back crawl, and butterfly for 25 yards
- ◆ Combined stroke of front crawl and elementary backstroke for 50 yards
- ◆ Flip turns front/back
- ◆ Tread water for five minutes
- ◆ Tread water with legs only for two minutes
- ◆ Personal safety skills

## 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 and other information** on the YWCA Aquatics Program, please contact the YWCA Pool at (910) 799-6820, ext. 109.

The YWCA Pool is located at 2815 South College Road.

# swim lessons summer 2022

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**YWCA Lower Cape Fear**

2815 South College Rd

Wilmington, NC 28412

Tel: 910-799-6820

[www.ywca-lowercapefear.org](http://www.ywca-lowercapefear.org)

# A Note To Parents

Thank you for your interest in the YWCA's Learn to Swim Program. We are excited that we have the opportunity to teach children 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.

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

Concern	Explanation
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.

- This program does not drown-proof your child. They should be watched at all times and should never swim alone.
- So that instructors may teach effectively, we ask that you remain in the lobby 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.  
Thank you.*

- Each morning session incorporates 8 classes. Monday through Thursday for two weeks.
- Each evening session incorporates 8 classes. Monday and Wednesday or Tuesday and Thursday for four weeks.
- Saturday and Parent/Child incorporates 4 classes. Four consecutive Saturdays or Monday-Thursday for one week for morning classes.
- 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.
- Registration must be done in person at the YWCA. YWCA Membership is required.
- No additional sign-ups after the first class.
- There are no make-up classes, unless the YWCA must cancel.

**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.

Class Size	
Parent/Child	min (2) max (6)
All other Levels	min (2) max (6)
Saturday Classes	min (2) max (4)

YWCA Membership Fees:	
Family Membership	\$55
Individual Membership	\$35
Individual Senior Membership (60 and older)	\$30
Youth Membership (17 and under)	\$25

Swim Lesson Class Fees:	
Morning and Evening	\$80
Saturday	\$50
Parent/Infant	\$45
Swim before/after lesson (pp)	\$5
Private Lesson (30 minutes)	\$30
(45 minutes)	\$40
Semi-Private 2 or 3 students (30 min.)	\$35
Semi-Private 2 or 3 students (45 min.)	\$45

Morning M/T/W/Th	June 6-16	June 20-30	July 11-21	July 25- Aug.4	Aug. 8-18
9:15-9:45	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1	Aqua Tot 1	Aqua Tot 1 Aqua Tot 2	Aqua Tot 2
9:50-10:20	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
10:25-10:55	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2
11:00-11:45	Level 3 Level 4	Level 3 Level 4	Level 3 Level 5	Level 3 Level 5	Level 3 Level 4

Parent/Child	June 20-23	June 27-30	July 11-14	July 18-21	Aug. 15-18
Morning	9:15-9:45	9:15-9:45	9:15-9:45	9:15-9:45	9:15-9:45

Evening	June 6-29 M and W	June 7-30 T and Th	July 11-Aug.3 M and W	July 12-Aug.4 T and Th	Aug. 8-31 M and W	Aug. 9-Sept.1 T and Th
5:45-6:15	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Aqua Tot 2 Aqua Tot 3	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	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Aqua Tot 3
6:45-7:30	Level 3 Level 4	Level 3 Level 5	Level 3 Level 4	Level 3 Level 5	Level 3 Adult Beg.	Level 4 Level 5

Saturdays	June 4-25	July 9-30	Aug. 6-27
9:00-9:30	Aqua Tot 1 Aqua Tot 2	Parent/Child Aqua Tot 2	Parent/Child Aqua Tot 1
9:35-10:05	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2
10:10-10:40	Aqua Tot 1 Level 1	Aqua Tot 1 Aqua Tot 2	Aqua Tot 2 Aqua Tot 3
10:45-11:30	Level 3 Level 4	Level 3 Adult Beg.	Level 3 Level 5

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