

## SWIM LESSON INFO

YWCA Membership is required for all swim lessons.

### Annual 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

Registration must be done in person at the YWCA Pool Front Desk.

### Class Fees:

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

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. No additional enrollments can be made after the first class has begun. There are no make-up classes, unless YWCA cancels class.

CLASS	MIN. / MAX. CLASS SIZE
PARENT/INFANT	2 / 8
ALL OTHER LEVELS	2 / 6
SATURDAY CLASSES	2 / 4

**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.

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

CONCERN	EXPLANATION
<b>Crying</b>	<i>Child is cold, hungry, sick, confused, or unsure about the surroundings.</i>
<b>Fear</b>	<i>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.</i>

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

Parents/guardians are asked to 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, increasing effectiveness of the lesson.

## WHAT WE DO

We believe, as a coastal community, that learning water safety and water skills leads to a lifetime of safe activity in the water. The YWCA "Learn to Swim" Program is conducted by American Red Cross standards and uses Red Cross Progressive Levels. Lessons begin at 6 months in the Parent/Infant Class and continue to adults in the Stroke Improvement and Refinement Classes.

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Established in 1914, the YWCA Lower Cape Fear is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

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**For more information, please contact:**

YWCA Pool Front Desk  
pool@ywca-lowercapefear.org  
P: 910-799-6820, ext. 109

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**eliminating racism  
empowering women**  
**ywca**  
**Lower Cape Fear**

YWCA Lower Cape Fear  
2815 S. College Road  
Wilmington, NC 28412  
ywca-lowercapefear.org

# SWIM LESSONS

## WINTER & SPRING 2019



**eliminating racism  
empowering women**

**ywca**

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2815 S. College Road  
Wilmington, NC 28412**

**P: 910.799.6820**

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## SWIM LESSON 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)

#### 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

\*Must have completed Aqua Tot 2 or demonstrated skills

### LEVEL 3\*:

#### 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

\*Must have completed Level 2, Aqua Tot 3 or demonstrated skills.

### LEVEL 4\*:

#### 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

\*Must have completed Level 3 or demonstrated skills.

### LEVEL 5:

#### 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

\*Must have completed Level 4 or demonstrate skills.

## SWIM LESSON SCHEDULES

### EVENINGS

	DAY	M & W	T & Th	M & W	T & Th	M & W	T & Th
	SESSION	Feb. 4 - 27	Feb. 5 - 28	Mar. 4 - 27	Mar. 5 - 28	Apr. 1-22, & Apr. 12	Apr. 2-23, & Apr. 19
TIME	6:15 - 6:45	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 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 2
	6:45 - 7:15	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2
	7:15 - 8:00	Level 3 Level 5	Level 3 Level 4	Level 3 Level 4	Level 3 Adult Beg.	Level 3 Level 4	Level 3 Level 5

## AFTERNOONS

	DAY	M & W	T & Th	
	SESSION	Feb. 4 - 27	Apr. 1-22, & Apr. 12	Mar. 5 -28
TIME	1:00 - 1:30	Aqua Tot 1	Aqua Tot 1	Aqua Tot 1
	1:35 - 2:05	Aqua Tot 2	Aqua Tot 2	Aqua Tot 2
	2:10 - 2:40	Aqua Tot 1 / Level 1	Aqua Tot 1 / Level 1	Aqua Tot 3
	2:45 - 3:30	Level 3	Level 3	Level 4

## SATURDAY

	DAY	SATURDAYS			
	SESSION	Jan. 5, 12, 19, & 26	Feb. 2, 9, 16, & 23	Mar. 2, 9, 16, & 23	May 4, 11, 18, & 25
TIME	9:00 - 9:30	Aqua Tot 1 Aqua Tot 2	Parent/Infant Aqua Tot 2	Aqua Tot 1 Aqua Tot 2	Parent/Infant Aqua Tot 1
	9:35 - 10:05	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2	Level 1 Level 2
	10:10 - 10:40	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 3	Aqua Tot 1 Aqua Tot 2	Aqua Tot 1 Aqua Tot 2
	10:45 - 11:30	Level 3 Level 4	Level 3 Adult Beg.	Level 3 Level 4	Level 3 Level 5