



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wardle Family YMCA Swim Lessons

UPCOMING SESSIONS

January 6- January 30, 2020
February 3-February 27, 2020
March 9- April 2, 2020

COST*

\$60 YMCA Members
\$80 Non-Members

Register at the Front Desk or Online *Financial Assistance Available



Session Schedule

Swim Starters: Parent / Child, ages 6 months to 3 years old Accompanied by a parent in the water	Tuesdays & Thursdays (evening) 5:00pm – 5:30 pm
Swim Basics: Ages (3+), Water Acclimation This is a child's first experience in the pool, without parental assistance. Children who seem scared or hesitant in the pool should sign up for this class first.	Tuesdays & Thursdays (evening) 5:45pm – 6:15 pm
Swim Basics: Preschool Age, ages 3 to 5 years old	Mondays & Wednesdays (evening) 6:00pm – 6:30 pm
Swim Basics: School Age, ages 5 to 12 years old	Mondays & Wednesdays (evening) 6:45pm – 7:15 pm
Swim Basics: Teen & Adults – ages 13 years old and up	Mondays & Wednesdays (evening) 7:15pm – 7:45 pm
Swim Strokes - Stroke Development, All Ages (MUST have basic skills to swim without flotation device)	Tuesdays & Thursdays (evening) 6:30pm – 7pm
*NEW -Family Swim Lessons- Allow both adults and children to take swim lessons together. 8 sessions. The price is \$60 per person Y member and \$80 per person Non-member. Swim Lessons are designed for a minimum of 1 Adult and 2 children.	Please contact Aquatics Director to schedule your Family Swim Lessons.

BEAUFORT-JASPER YMCA OF THE LOWCOUNTRY
P 843 522 9622 ext. 236
Aquatics Director: Lou Bergen, l.bergen@wardlefamilyymca.org
www.beaufort-jasperymca.org



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Additional Information:

Formation: Minimum of 3 students required for class to start.

Schedule: Classes meet twice a week, for four weeks. 8 classes in total.

Placement: Students will be grouped the first day of lessons, based upon skill level.

Cancellations: Missed classes will not be made up. If weather or a pool closing forces cancellation of a class, the class will be made up on a Friday.

Locker Rooms: Families with children are asked to use the Family Restrooms for changing clothes, no youth allowed in Adult Locker Rooms, and no adults allowed in Youth Locker Rooms.

Registration:

At the Wardle Family YMCA front desk or online <http://www.beaufort-jasperymca.org/>

Class Descriptions

There is a reason the Y is referred to as *America's Favorite Swim Instructor*. In Y Swim Lessons, not only are you taught how to swim, but you also learn about yourself, about safety and rescue skills, and about water activities you can enjoy for a lifetime. Instruction is caring and personalized. A variety of classes are available to meet your family's needs.

Swim Starters: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Children must wear swim diapers - No regular diapers, please.

Swim Basic Water Acclimation: This is a child's first experience in the pool without parental assistance! Intro skills and safety, the building blocks of swimming, are taught. Games that use basic movements such as kicking, arm strokes, and breath control are implemented.

Swim Basics: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: - Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit - Jump, push, turn, grab

Swim Strokes (Stroke Development): Next level of YMCA swim lessons. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

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