

Fall 2018 Group Swim Lesson Dates

September

Tuesday/Thursday Dates: September 6, 13, 20, and 27 (No classes Tuesday September 4, 11, 18, and 25 due to CHS Swim Team Meets)*

Registration starts August 1 and ends Sunday, September 2 at 9:30PM

\$45—YMCA Members \$70—Non-Members

Saturday Dates: September 8, 15, 22, and 29*

Registration starts August 1 and ends Wednesday, September 5 at 9:30PM

Saturday Prices \$30—YMCA Members \$45—Non-Members

October

Tuesdays/Thursdays Dates: October 2, 4, 9, 11, 16, 18, 23, and 25*

Registration starts August 1 and ends Sunday, September 30 at 9:30PM

\$45—YMCA Members \$70—Non-Members

Saturday Dates: October 6, 13, 20, and 27*

Registration starts August 1 and ends Wednesday, October 3 at 9:30PM

Saturday Prices \$30—YMCA Members \$45—Non-Members

November

Tuesdays/Thursdays Dates: October 30, November 1, 6, 8, 13, 15, 27, and 29 (no classes Tuesday, November 20 and Thursday, November 22)*

Registration starts August 1 and ends Sunday, October 28 at 9:30 PM

\$45—YMCA Members \$70—Non-Members

Saturday Dates: November 3, 10, 17, and December 1 (No class Saturday, November 24)*

Registration starts August 1 and ends Wednesday, October 31 at 9:30PM

Saturday Prices \$30—YMCA Members \$45—Non-Members

Group lessons (with the exception of mini-sessions and Saturdays) consist of eight (8) thirty (30) minute sessions. Seven (7) sessions will consist of skill building/improvement activities specific to the class level in the YMCA Swim Lesson Program and Safety Around Water Program. The remaining session will consist of a safety day, in which the participants will learn safety skills related to all aquatic environments.

Make-up Policy: Individual absences cannot be rescheduled unless there are extenuating circumstances such as extended illness (with doctor's note), a death in the family, etc. Classes will not be cancelled due to events such as the weather. The instructors have planned American Red Cross Swimming and Water safety activities to do in the classroom for such events. The CSD Community YMCA will schedule a make up lesson should previous events prevent participants from missing 25% of in water lessons.

- **Classes with fewer than 3 students may be canceled and those students registered will be moved to another class time.**

Fall 2018 Group Swim Lesson Descriptions and Times

INFANT & TODDLER CLASSES [6 months – 35 months (2 years 11 months)]

Parent Tot: In water parent or adult participation is required with these young infants and toddlers (6 mo.-2 yrs). This is a water adjustment class. The program helps parents form reasonable and healthy expectations of their child's progress through songs, games, and fun activities.

Class Times:

TH 6:30-7:00pm

PRESCHOOL SWIM LESSONS [3 – 5 years 11 months]

Stage 1: WATER ACCLIMATION: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Class Times:

T/TH 5:10-5:40pm T/TH 5:50-6:20pm

T/TH 6:30-7:00pm Sat 10:00-10:30am,

Stage 2: WATER MOVEMENT: Encourages forward movement in water and basic self-rescue skills performed independently.

Class Times:

T/TH 5:10-5:40pm T/TH 6:30-7:00pm

Sat 10:35-11:05am

Stage 3: WATER STAMINA: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Class Times:

T/TH 4:30-5:00pm Sat 11:10-11:40am

Stage 4: STROKE INTRODUCTION: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Class Times:

T/TH 4:30-5:00pm Sat 11:45-12:15pm

SCHOOL AGE [6 – 12 years]

Stage 1: WATER ACCLIMATION: Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Class Times:

T/TH 4:30-5:00pm T/TH 5:50-6:20pm

T/TH 6:30-7:00pm Sat 10:00-10:30am

Stage 2: WATER MOVEMENT: Encourages forward movement in water and basic self-rescue skills performed independently.

Class Times:

T/TH 4:30-5:00pm T/TH 5:50-6:20pm

Sat 10:35-11:05am

Stage 3: WATER STAMINA: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Class Times:

T/TH 5:10-5:40pm Sat 11:10-11:40am

Stage 4: STROKE INTRODUCTION: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Class Times:

T/TH 5:10-5:40pm Sat 11:45-12:15pm

TEEN & ADULT [13 + YEARS]

This class is for any adult looking to learn how to swim or to become a better swimmer. This class is for any level of swimming experience.

Class Times:

T/TH 5:50-6:20pm

Charlotte Avenue YMCA

402 Charlotte Avenue
Rock Hill, South Carolina
803-329-9622

Chester County YMCA

157 Columbia Street
Chester, South Carolina
803-581-9622

Clover YMCA

107 South Main Street
Clover, South Carolina
803-222-9622

Clover School District Community YMCA

5485 Charlotte Highway
Clover, South Carolina
803-831-9622

Fort Mill YMCA

857 Promenade Walk
Fort Mill, South Carolina
803-548-8020

Gold Hill YMCA

1785 Gold Hill Road
Fort Mill, South Carolina
803-548-9622

Lake Wylie YMCA

4034 Charlotte Highway
Suite 110
Lake Wylie, South Carolina
803-831-8622

Riverwalk YMCA

998 Riverwalk Parkway
Rock Hill, South Carolina
803-328-9622

Rock Hill Aquatics Center

325 Rawlinson Road
Rock Hill, South Carolina
803-817-7665

YMCA Wellness Center

1735 Heckle Boulevard
Rock Hill, South Carolina
803-366-9622

York YMCA

103 East Madison Street
York, South Carolina
803-684-2247

YMCA at Carolina Crossing

117 Carolina Crossing Drive
York, South Carolina
803-628-9622

Financial Assistance Available



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**LIFE IS
FULL OF
LESSONS**



Fall 2018 Swim Lessons

**UPPER PALMETTO YMCA
CLOVER SCHOOL DISTRICT
COMMUNITY YMCA
5485 Charlotte Hwy
Clover, SC 29710**

**Phone 803.831.9622
upymca.org
swimrays.com**