



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Cumberland Cape Atlantic YMCA

YMCA Swim Lessons Fall 1 Session – September 9 – October 7, 2020 (no class, Mon, 9/7)

We look forward to welcoming you back to the Y Kontes Pool. We hope to offer your child(ren) the opportunity to grow their water safety and swim skills. Activate your Y membership and register online for Group lessons. If you have questions or want more information about the new Swim protocol please contact Mary Desjardins at aquatics@ccaymca.org.

Group lessons (Mondays- 4-classes-No 9/7; Wednesdays-5 classes):

Fees: Mondays- Facility Members: \$32.00 Program Members: \$49.00 (4 weeks)
Wednesdays- Facility Members: \$40.00 Program Members: \$61.00 (5 weeks)

Swim Starters A/B(Infant/Toddler) and Swim Basics -- Stages 1 – 3 (Preschool) and Stages 1 – 2 (School Age)

Parents/guardians will assist their child in the water, under the direction of an experienced and trained YMCA swim instructor, to develop the following skills: floating, going underwater, arm and leg movements and the fundamentals of self-rescue and water safety. Due to current health and safety guidelines, **these classes require a parent or guardian in the water with each child. Wear a bathing suit and a face mask.**

Parent/Child Infant/Toddler (6 – 36 months or Preschool – 3 – 5 year olds Swim Lessons

Stage A/B and 1 – 3; 1 parent must be in the water to assist with your child; parent wears a mask in the water
Max of 4 swimmers per class; **1 parent must be in the water to assist with your child; instructor is on deck or in water 6 ft away, wearing a mask**

-Stage A/B (6 – 36 months) with parent: **Meets: Wednesdays 6:25 – 6:55pm;**

-Stage 1-3 (3 – 5 years) with parent: **Meets: Mondays 5:35 – 6:05pm or Wednesdays 7:05 – 7:35pm**

School Age – 6 – 12 year olds Swim lessons (Parent/Child)

Stage 1 & 2; parent in the water to assist with your child; parent wears a mask in the water

Max of 4 swimmers per class; **1 parent must be in the water to assist with your child; instructor is on deck or in water 6 ft away, wearing a mask**

-Meets: **Mondays 6:20 – 6:50pm; or Wednesdays 5:45 – 6:15 pm**

School Age - Swim Basics (Stage 3) & Swim Strokes (Stage 4) – School Age

Must be able to swim 37 feet (half of the pool) and can tread water for 30 seconds. Parents will not be in the pool. Class will focus on front and back stroke, breathing while swim, treading water, and water safety

School Age – 6 – 12 year olds Swim lessons

NOTE: Swimmers should register for the Stage they last participated in at the Y Swim lessons program (if they were just passed to the next Stage, they should register for the last stage they spent the 8 week session in), due to months of having no swim lessons and possible skill regression and limited/reduced swim conditioning

Max of 4 swimmers per class; **1 parent may observe on deck Day 1 of class**

-Stage 3: 6 – 12 year olds **Meets: Mondays 4:50 – 5:20pm**

-Stage 4: 6 – 12 year olds **Meets: Wednesdays 4:50 – 5:20pm**

Stroke Mechanics (Stage 5/6) – ages 6 – 12

Children must have participated in Stage 5/6 for at least 1 session and be able to swim at least one length of front crawl and back crawl, and perform breaststroke and butterfly kicks, and elementary backstroke. Students will improve their strokes and endurance. **1 parent may observe on deck Day 1 of class**

Max of 6 swimmers per class

-Meets: **Mondays 7:05 pm – 7:35 pm**

Family or Private lessons – see other side →

Family or Private lessons – based on 4 – 30 minute lessons

For information and to check on availability for scheduling contact Mary Desjardins via aquatics@ccaymca.org; 4 – 30 minute classes. ****Limited days/times available.**

Private swim lessons – 4 – 30 minutes classes

One on one with instructor on deck or 6 ft. of distance in the water

-Toddler/Preschoolers: 2 - 5 year olds with a parent in the water to assist the youth in the water

-Stage 1 – 3: 6 – 15 year olds - A parent must be in the water to assist the youth in the water

-Stage 4 – Pre-competitive: 6 – 15 year olds – no parent required in the water

Fees: Facility Members: \$77.00 Program Members: \$115.00

Semi Private Swim lessons - 4 – 30 minutes classes

2 siblings/persons living in the same household for Stages 4 – Pre-Competitive: ages 6 – 15 years old

Fees: Facility Members: \$97.00 for 2 swimmers

Program Members: \$179.00 for 2 swimmers

Family Swim lessons (must live in the same household) – 4 – 15 year olds

Available for those who want to do lessons separate from other families; **4 – 30 minute classes**

For 3 - 4 persons per set of lessons

A parent must be in the water to assist the youth; parent counts in the max of 4

Fees: Facility Members: \$104.00 Program Members: \$158.00