



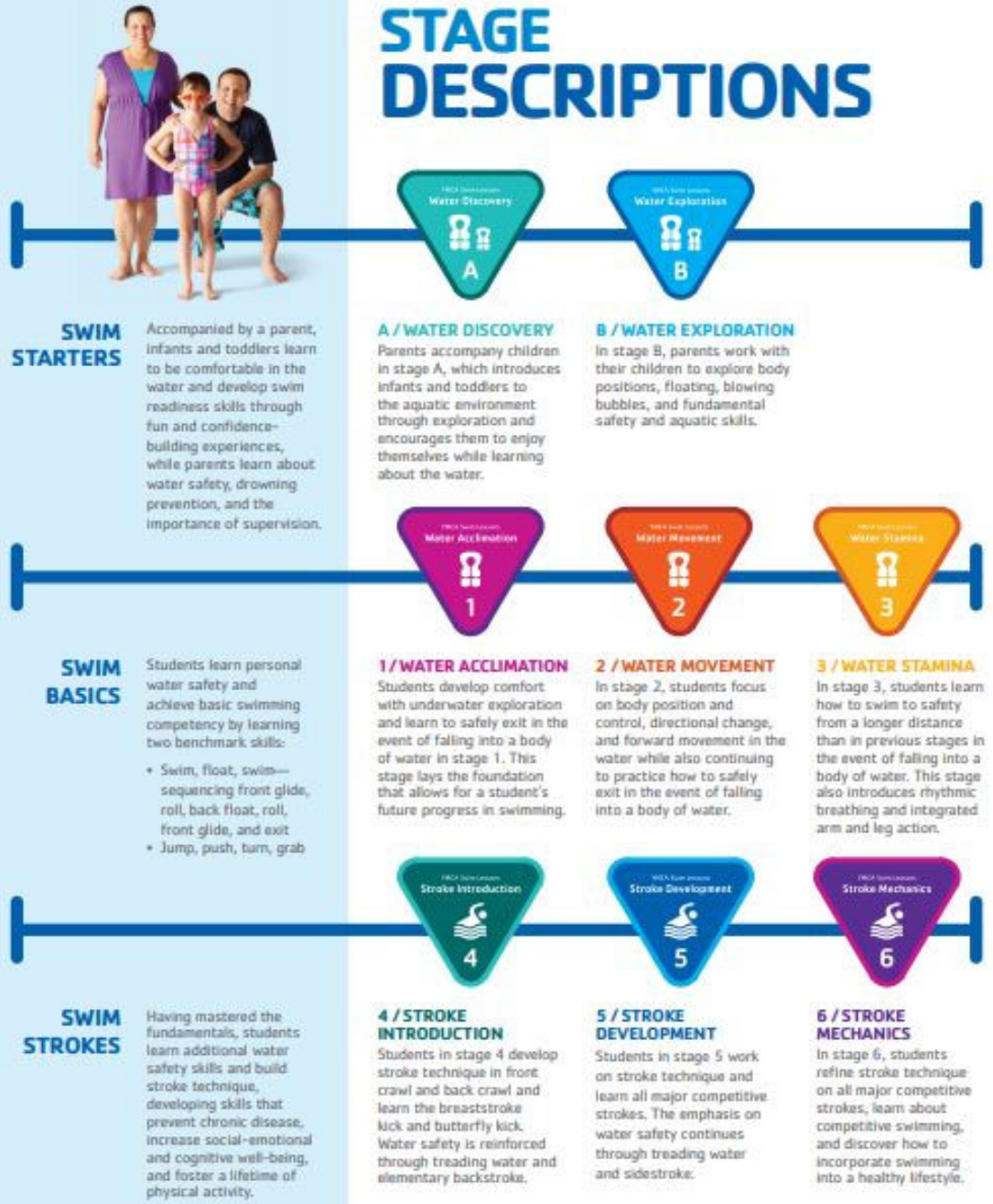
GET IN THE SWIM OF THINGS

At the Y, we believe everyone should know how to swim! Our swim lessons are designed to teach this lifelong skill to children and adults of all skill levels in a safe environment.

Our swim lessons are about more than just the techniques and skills. They are about nurturing swimming skills, developing self-esteem, and creating positive experiences that will last a lifetime.

When it comes to swimming and water safety, no one is trusted more than the YMCA, America's Swim Instructor. In fact, the YMCA developed group swim instruction in 1906.

STAGE DESCRIPTIONS



PRIVATE SWIM LESSONS

Classes are 30 minutes.
Private lessons are scheduled for one-on-one instruction. Four classes.
Private: Members \$140, non-members \$160
Semi-private: Members \$100

ADULT SWIM LESSONS

Classes are 40 minutes.
Saturday 9:00-9:40 a.m.



SPRING SWIM LESSONS

Reuter Family YMCA
 Register on mobile app,
 online >>ymcawnc.org<<
 or call 828 251 5910

STAGE	AGE	DAY	TIME
A Water Discovery	6-12 months	Saturday	9:00-9:30 a.m.
B Water Exploration	13-36 months	Saturday	9:35-10:05 a.m.
Stage 1 Water Acclimation	Ages 3-5	T/TH Saturday	4:00-4:30 p.m. 10:10-10:40 a.m.
	Ages 6-14	Saturday	11:20-12:00 p.m.
Stage 2 Water Movement	Ages 3-5	T/TH Saturday	4:35-5:05 p.m. 10:45-11:15 a.m.
	Ages 6-14	T/TH Saturday	4:00-4:40 p.m. 9:45-10:25 a.m.
Stage 3 Water Stamina	Ages 3-5	T/TH Saturday	5:10-5:40 p.m. 9:20-9:50 a.m.
	Ages 6-14	T/TH Saturday	4:45-5:25 p.m. 10:30-11:10 a.m.
Stage 4 Stroke Introduction	Ages 3-5	Saturday	11:15-11:45 p.m.
	Ages 6-14	T/TH Saturday	4:20-5:00 p.m. 9:55-10:35 a.m.
Stage 5 Stroke Development	Ages 6-14	T/TH Saturday	5:10-5:50 p.m. 10:40-11:10 a.m.
Stage 6 Stroke Mechanics	Ages 6-14	T/TH Saturday	5:10-5:50 p.m. 11:15-11:55 a.m.

New Things To Know

- Any child in a parent/child or Preschool level 1-3 will require a parent/guardian in the water with them during lessons this will allow the instructor to social distance from participants in the class while still maintaining safety through a 1:1 ratio with an adult.
- All Youth Levels 1-3 will ask that parents be prepared to get in the water if deemed necessary by the instructor.
- Children in levels 4-6 can be in the water without a parent (if comfortable and competent to do so). The instructor will use a "coach approach" teaching model to instruct from the deck or from a socially distant distance in the water. If the child is not comfortable or able to safely be in the water on their own, a parent/guardian will be asked to accompany them in the water during the class.
- The same expectations will be used for private and semi-private lessons, based on the child's skill level.
- Semi-private lessons will be offered for sibling groups only.
- We encourage participants to come ready to enter the water in their swimsuits and leave in their swimsuits to limit time in the locker rooms.

4 - Week Session: Tuesday/Thursday

Spring 1 : March 9th- April 1st, 2021
 Registration: January 27th-March 8th, 2021

Spring 2 : April 13- May 6th, 2021
 Registration: March 23rd- April 12th, 2021

Members \$64
 Non-members \$88

8 - Week Session: Saturday

Spring : March 13th- May 8th, 2021
 Registration: January 27th- March 8th, 2021

Members \$64
 Non-members \$88

NO LESSONS April 5th-10th, 2021