



CAINE HALTER FAMILY YMCA
**AQUATICS PROGRAMS
FOR FALL 2022**

REGISTER ONLINE
ymcagreenville.org/swim



FALL 1 & 2 SESSIONS

August 22 - October 15

Register August 1 - September 27

October 17 - December 17

Register August 1 - September 27

SWIM LESSON PRICES

Members: \$62 Community: \$120

Sessions that fall on Labor Day will be prorated to \$54.25/\$105.

A \$10 late fee will be applied once registration closes.

Late entrance is based on capacity. Late registration is not available online; participants must register in person at the Y.

QUESTIONS?

Contact us at CHaquatics@ymcagreenville.org or call 864-412-0288.

OUR MISSION ➤ The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.



FALL 2022
SWIM LESSONS
CLASSES SUBJECT TO CHANGE OR CANCELLATION.



NOT SURE WHAT CLASS LEVEL TO TAKE?

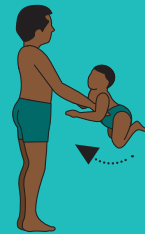
Schedule an appointment with the Aquatics Department to be evaluated by one of our experienced swim instructors to better advise you.
CHaquatics@ymcagreenville.org 864-412-0288

SWIM STARTERS

Parent* & child lessons

A

Water Discovery



Introduces infants and toddlers to the aquatic environment

Ages 6-18 months

Mon • 10:00am

Wed • 6:00pm

Sat • 10:00am

B

Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

Ages 18-36 months

Mon • 6:00pm

Tue • 10:00am

Sat • 9:15am

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

It's never too late to learn how to swim!

Swim Strokes & Basics

Teens 13+ and adults

Adult Level 1 & 2

Monday

• 11:10am

Thursday

• 6:45pm

Saturday

• 8:30am

SWIM BASICS

Recommended skills for all to have around water

LEVEL 1

Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

LEVEL 2

Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

LEVEL 3

Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

Pre-school ages 3-5 (30 minutes)

Mon • 4:30pm • 6:00pm

Tue • 10:00am • 3:45pm
• 5:15pm • 6:45pm

Wed • 4:30pm • 6:00pm

Thu • 3:45pm • 5:15pm
• 6:45pm

Sat • 9:15am • 10:45am

Mon • 10:35am • 3:45pm
• 5:15pm • 6:45pm

Tue • 4:30pm • 6:00pm

Wed • 3:45pm • 5:15pm
• 6:45pm

Thu • 4:30pm • 6:00pm

Sat • 10:00am • 11:30am

Youth ages 6-12 (40 minutes)

Mon • 3:45pm

Tue • 4:30pm

Wed • 3:45pm

Thu • 4:30pm

Sat • 10:45am

Mon • 5:15pm

Tue • 3:45pm

Wed • 5:15pm

Thu • 3:45pm

Sat • 10:00am

Mon • 6:00pm

Tue • 11:10am • 5:15pm

Wed • 6:00pm

Thu • 5:15pm

Sat • 8:30am

Mon • 4:30pm • 6:45pm

Tue • 5:15pm

Wed • 4:30pm • 6:45pm

Thu • 5:15pm

Sat • 10:45am

SWIM STROKES

Skills to support a healthy lifestyle

LEVEL 4

Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

LEVEL 5

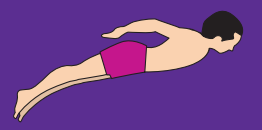
Stroke Development



Introduces breaststroke and butterfly and reinforces watersafety through treading water and sidestroke

LEVEL 6

Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle



COMPETITIVE SWIMMING

Our qualified and experienced coaches will teach participants the basics of swim team and competitive swimming and help advanced swimmers hone their skills to become more efficient and confident in the pool. **For ages 7-17.** Choose up to 4 days per week. **Members:** \$120 **Community:** \$200

YMCA SWIM ACADEMY LEVELS

Beginner (Bronze): The optimal level for those just diving into the competitive swimming world and will focus on the basic skills for each stroke.

• **M/T/W/Th 5:00 - 6:00 pm**

› Must be able to swim at least **25 yards** freestyle with face in the water without stopping and must know all 4 strokes.

Intermediate (Silver): Focus will be on perfecting stroke technique and introducing racing starts and turns.

• **M/T/W/Th 5:00 - 6:00 pm**

› Must be able to swim **50 yards** freestyle



without stopping and with bilateral breathing and demonstrate proficiency in 3 of the 4 strokes to a competitive level.

Advanced (Gold): The optimal level for those wishing to compete and will focus on stroke refinement and perfecting racing starts and turns while building endurance for longer distances.

• **M/T/W/Th 5:00 - 6:00 pm**

› Must be able to swim **100 yards** without

stopping and with bilateral breathing and be legal in all 4 strokes.

Advanced (Platinum): The optimal group for teenagers wishing to get in shape for SAIL or high school swimming. Focuses on stroke technique and high endurance.

• **M/T/W/Th 5:00 - 6:30 pm**

› Must meet all Gold Level requirements.

AMERICAN RED CROSS CERTIFICATIONS

The Y holds full lifeguarding classes for individuals who have the drive to become certified Lifeguards. The Y also offers recertification courses for individuals who have expiring certifications. **This course will consist of weekly group sessions held virtually**, scheduled individual sessions to demonstrate skills and in person demonstration of rescue skills. The curriculum will not be

completed until the demonstration of rescue skill can be completed when pools are opened.

Individual must be able to:

- › Swim freestyle/breaststroke 300 yards
- › Tread water 2 min not using hands
- › Swim 20 yards, dive down to retrieve brick, and return within 100 secs
- › Must be 15 years old by last day of class

FULL COURSE

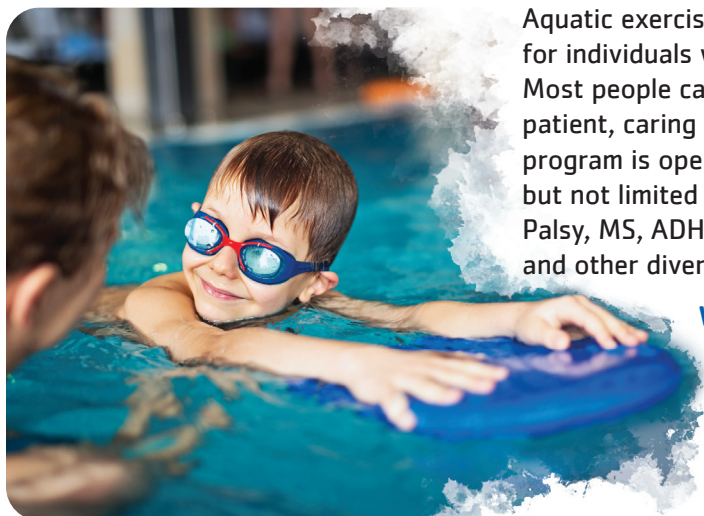
Members: \$200 **Community:** \$250

RECERTIFICATION COURSE

Members: \$100 **Community:** \$125

Check ymcagreenville.org/swim for course dates available at other YMCA of Greenville branches.

WATER INCLUSION & PRIVATE/SEMI-PRIVATE SWIM LESSONS



Aquatic exercise is highly recommended for individuals with diverse abilities. Most people can learn to swim with patient, caring swim instructors. This program is open to participants with, but not limited to, Autism, Cerebral Palsy, MS, ADHD, Down Syndrome and other diverse abilities. This will

be a one-on-one program in order to accommodate each individual's needs and will be taught by an experienced swim instructor based on the needs of the individual. Email CHAquatics@ymcagreenville.org to schedule an appointment for water inclusion or private lessons.

WATER INCLUSION/PRIVATE LESSONS

	Members	Community
1 lesson	\$28	\$42
4 lessons	\$100	\$149
8 lessons	\$185	\$275

SEMI-PRIVATE LESSONS

Members	Community
\$20/child	\$30/child
\$70/child	\$105/child
\$140/child	\$210/child