



## 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. **Members:** \$50 **Community:** \$75

### YMCA SWIM ACADEMY LEVELS

For ages 7–16. Choose up to 4 days per week.

**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** 5–6pm at YPC

› 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.

• **T/Th** 5:30–6:30pm at PHFY

› 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):** Focus will be on stroke refinement and perfecting racing starts and turns while building endurance for longer distances.

• **M/W** 5:30–6:30pm at PHFY

› Must be able to swim **100 yards** without stopping and with bilateral breathing and be legal in all 4 strokes.

## 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](https://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 [PHAquatics@ymcagreenville.org](mailto:PHAquatics@ymcagreenville.org) to schedule an appointment for water inclusion or private lessons.

### WATER INCLUSION/PRIVATE LESSONS

|                  | Members | Community |
|------------------|---------|-----------|
| <b>1 lesson</b>  | \$28    | \$42      |
| <b>4 lessons</b> | \$100   | \$149     |
| <b>8 lessons</b> | \$185   | \$275     |

### SEMI-PRIVATE LESSONS

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



PRISMA HEALTH FAMILY YMCA

## AQUATICS PROGRAMS

WINTER 22/23

REGISTER ONLINE  
[ymcagreenville.org/swim](https://ymcagreenville.org/swim)



# STRONG SWIMMERS CONFIDENT KIDS

### WINTER I SESSIONS

January 9 - February 4 (once a week)

Register December 12 - January 7

A \$10 late fee will be applied once regular registration closes. Late entrance is based on capacity. Late registration is not available online; participants must register in person at the Y.

### SWIM LESSON PRICES

**Members:** \$40 **Community:** \$75

### POOL LOCATIONS

**Prisma Health Family Y**  
550 Brookwood Point Place

**Y Program Center**  
100 Adams Mill Road

### QUESTIONS?

[PHAquatics@ymcagreenville.org](mailto:PHAquatics@ymcagreenville.org)  
864-412-0288

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





# WINTER 2022/2023 SWIM LESSONS

All sessions located at the Y Program Center pool unless otherwise noted.



## 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. [PHaquatics@ymcagreenville.org](mailto:PHaquatics@ymcagreenville.org) 864-412-0288

### SWIM STARTERS

Parent\* & child lessons

A

**Water Discovery**

Introduces infants and toddlers to the aquatic environment

B

**Water Exploration**

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

**Ages 6-18 months**

**Ages 18-36 months**

**Sat** • 9:30 am

**Sat** • 11:00 am

**Tues & Thurs\*\***  
• 10:45 am

**Tues & Thurs\*\***  
• 11:30 am

\*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.

\*\* Twice a week classes are \$80 for members / \$150 for the community.

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

**Swim Strokes & Basics**

**Teens 12+ and adults**

**Adult Level 1 Saturdays**  
• 9:30-10:10 am  
• 10:15-10:55 am

**Adult Level 2 Saturdays**  
• 10:15-10:55 am

### 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**

**Mon** • 5:15 pm • 6:00 pm

**Tue** • 5:15 pm

**Wed** • 4:30 pm • 5:15 pm

**Thu** • 5:15 pm

**Sat** • 10:15 am • 11:45 am

**Mon** • 4:30 pm • 6:45 pm

**Tue** • 6:00 pm

**Wed** • 6:45 pm

**Thu** • 4:30 pm • 6:00 pm

**Sat** • 11:00 am

**Youth ages 6-12**

**Mon** • 5:15 pm

**Tue** • 5:15 pm

**Thu** • 5:15 pm • 6:45 pm

**Sat** • 11:00 am

**Mon** • 4:30 pm • 6:45 pm

**Tue** • 5:15 pm

**Wed** • 5:15 pm

**Thu** • 5:15 pm

**Sat** • 12:30 am

### 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

**Wed** • 4:30 pm

**Thu** • 4:30 pm

**Mon** • 5:15 pm

**Tue** • 4:30 pm

**Wed** • 5:15 pm

**Thu** • 6:00 pm



**Mon** • 6:00 pm

**Tue** • 4:30 pm

**Wed** • 6:00 pm

**Wed** • 6:00 pm

**Thu** • 4:30 pm

CLASSES SUBJECT TO CHANGE OR CANCELLATION.