

SWIM ACADEMY

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 7–16.



Members: \$80
Community: \$130

ALL LEVELS:
Mondays and Wednesdays
5:00 pm – 6:00 pm

Tuesdays and Thursdays
1:00 pm – 2:00 pm OR 5:00 pm – 6:00 pm

Take your love for the water to the next level with the YMCA of Greenville Swim Academy. This specialized program teaches the basics of swim team and competitive swimming and helps advanced swimmers hone their skills. With help from our qualified and experienced coaches, you'll learn sound stroke techniques, fundamental skills, and all the best race strategies that will help you become a more efficient, confident, and accomplished swimmer.

SWIM ACADEMY LEVELS

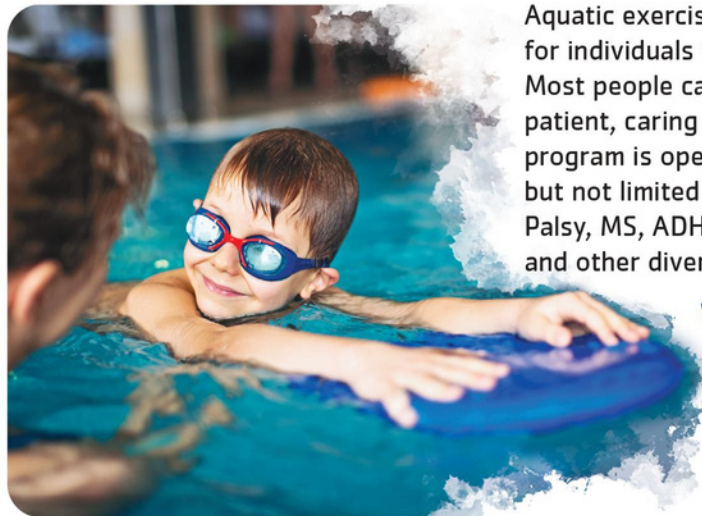
Beginner (Bronze): The optimal level for those just diving into the competitive swimming world! Workouts will focus on the basic skills for each stroke. Must be able to swim at least 25 yards freestyle with face in the water without stopping, and must know all four strokes.

Intermediate (Silver): Focus will be on perfecting stroke technique and introducing racing starts and turns. Must be able to swim 50 freestyle without stopping and with bilateral breathing and demonstrate proficiency in three of the four strokes to a competitive level.

Advanced (Gold): The optimal level for those wishing to swim in a competitive setting. Training will focus on stroke refinement and practicing racing starts and turns while building endurance for longer distances. Must be able to swim 100 yards without stopping and with bilateral breathing and demonstrate proficiency in all of the four strokes to a competitive level.

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. For ages 13–17. Must meet all Gold Level requirements.

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 ESaquatics@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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EASTSIDE FAMILY YMCA AQUATICS PROGRAMS WINTER 2023

January 9 – February 4

Register December 12 – January 8
Late Registration January 9–16*

*Late registration is based on capacity. \$10 late fee will apply. Late registration is not available online – participants must register in-person at the Y

SWIM LESSON FEES

4 Week Session: Members: \$40 | Community: \$75
Meets once per week for four weeks.

SWIM ACADEMY FEES

4 Week Session: Members: \$80 | Community: \$130
Meets twice per week for four weeks.

QUESTIONS?

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

EASTSIDE FAMILY YMCA

1250 Taylors Road, Taylors, SC 29687

Our Mission: Following the example of Christ, we build healthy spirit, mind and body for all.



WINTER SESSION 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.
ESaquatics@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

Saturdays:
• 9:00 am - 9:30 am (30 Min)

B

Water Exploration



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

Ages 18-36 months

Saturdays:
• 9:30 am - 10:00 am (30 Min)

*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.



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

Pre-school ages 3-5 (30 Minute Classes)

Tuesdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Thursdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Saturdays
• 9:00 am - 9:30 am
• 10:00 am - 10:30 am

Youth ages 6-12 (40 Minute Classes)

Mondays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Wednesdays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Saturdays
• 9:00 am - 9:40 am
• 10:00 am - 10:40 am

LEVEL 2

Water Movement



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

Tuesdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Thursdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Saturdays
• 9:45 am - 10:15 am
• 10:30 am - 11:00 am

Mondays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Wednesdays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Saturdays
• 9:00 am - 9:40 am
• 10:00 am - 10:40 am

LEVEL 3

Water Stamina



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

Tuesdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Thursdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Saturdays
• 10:30 am - 11:00 am
• 11:10 am - 11:40 am

Mondays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Wednesdays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Saturdays
• 10:45 am - 11:25 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

Tuesdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Thursdays
• 4:00 pm - 4:30 pm
• 4:45 pm - 5:15 pm
• 5:30 pm - 6:00 pm

Saturdays
• 11:00 am - 11:30 am
• 11:40 am - 12:10 pm

Mondays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Wednesdays
• 4:00 pm - 4:40 pm
• 4:45 pm - 5:25 pm
• 5:30 pm - 6:10 pm

Saturdays
• 10:45 am - 11:25 am
• 11:30 am - 12:10 pm

