



PRIVATE LESSONS

» At the Y, we believe the ability to swim is a critical life skill. In private swim lessons, we use a variety of methods to help you learn water safety, build confidence in the water and develop skills that last a lifetime. Learn to swim one-on-one with an experienced and certified water safety instructor.

Private lessons may be split into
Semi- Private Lessons upon registration.

Fee 1:1
(Member/*Non-member): \$85/*\$125

Shared Lessons fee for 2:1
(Member/*Non-member) \$42.50 per person/*\$62.50
per person


The cost covers (4) 30-minute Session Swim Lessons.
We will do our best to accommodate your schedule.
Register By Calling 252-291-9622



CONTACT US

 www.wilsonymca.org

 233 Nash Street N,
Wilson NC 27893

 252-291-9622

FOUNDATION YMCA

SWIM LESSONS



www.wilsonymca.org

GROUP LESSONS

» Group lessons have the following maximum registrants per group per month

- Swim Starters (8)
- Preschool (6)
- School Age (6)
- Teenagers (8)
- Adults (8)

AGE GROUPS

» Swim Starters - 6 Months - 3 Years old
Preschool - 4 years - 5 years old
School Age - 6 years - 12 years old
Teenagers - 13 years - 17 years old
Adults - 18 years and up

SWIM STARTERS

- » Accompanied by a parent/caregiver, infants, and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. * In-water parent/caregiver participation is required.*
- » Group 1: Saturdays: 8:30 am- 9:00 am
- » Group 2: Saturdays: 9:30 am- 10:00 am



PRESCHOOL

- » This stage is a pre-preschool class for children who are not quite ready to be in a swim lesson without a parent/caregiver. They will learn how to float, kick, blow bubbles and other fundamental water safety skills. We will also teach parents about water safety.
- » Monday & Wednesday, or Tuesday & Friday
4:30 pm - 5:20 pm

SCHOOL AGE

- » School age lesson have six different levels starting with introductory level one through water safety and fitness or lifeguard prep level six. Primary focus for all swim lessons is safety in out and around the water whether that be in a indoor or outdoor swimming pool in a lake and the ocean, etc.. Within the school age group, we focus on building skill in a progressive manner so that skills can continue to grow.
- » Monday & Wednesday, or Tuesday & Friday
5:30 pm - 6:30 pm

TEENAGERS

- » All lessons will focus on certain safety, topics and skills, including what to do if someone needs help in the water how to call for help how to maintain a surface position for a moderate to long period of time in case of an emergency in which they are not able to get to a side or leave the body of water. There are still levels and a focus on progression of skills in the teen and adult lessons.
- » Saturdays: 12:00 pm - 1:00 pm

ADULTS

- » All lessons will focus on certain safety, topics and skills, including what to do if someone needs help in the water how to call for help how to maintain a surface position for a moderate to long period of time in case of an emergency in which they are not able to get to a side or leave the body of water. There are still levels and a focus on progression of skills in the teen and adult lessons.
- » Thursdays: 6:00 pm - 7:10 pm

PRICING

- » Fee (Member/*Non-member): \$50/*\$65