





PRIVATE LESSONS

Private lessons are reserved for students with special needs or who are having trouble meeting the criteria in the group lesson setting.

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

Fee 1:1 (Member/*Non-member): \$90/*\$120

The cost covers (4) 30-minute Session Swim Lessons. Lessons are given during available time slots.

For Private Lessons Register By Calling 252-291-9622

REGISTER ONLINE



CONTACT US

www.foundationymca.org
233 Nash Street N,
Wilson NC 27893
252-291-9622

FOUNDATION YMCA

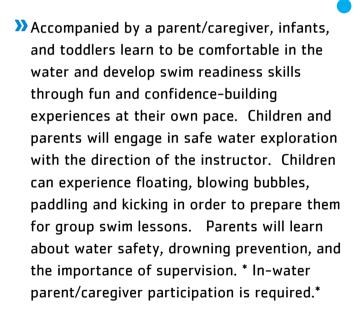
SWIM LESSONS



GROUP LESSONSAGE GROUPS

- Parent and Child: 6 Months 4 Years old
- >> Learn To Swim: 5 years 14 years old
-) Adults: 15 years and up

PARENT AND CHILD



- >>> 6mths-18mths: Saturdays: 8:30 am- 9:00 am
- >> Over 18mths: Saturdays: 9:30 am- 10:00 am
- Fee (Member/*Non-member): \$60/*\$80



LEARN - TO -SWIM

Primary focus for all swim lessons is safety in, out and around the water, whether that be in an indoor or outdoor swimming pool in a lake and the ocean, etc.. Within the learn-to-swim group, we focus on building skill in a progressive manner so that skills can continue to grow in difficulty and complexity. Students will progress through all 6 levels of the Red Cross Learn-to-Swim program. Each lesson will cover a safety topic, review prior skills and introduce new skills. Students will learn competitive and survival swimming strokes as well as many ways of entering and exiting the water safely.

Each swimmer will progress at their own pace through the Learn-to- Swim levels. With small group sizes, consistent teachers and proven curriculum, your swimmer will find success in swim lessons.

- >>> Monday & Wednesday, or
- >>> Tuesday & Thursday

Fee (Member/*Non-member): \$80/*\$100

ADULT WATER SAFETY AND COMFORT



- This class teaches basic aquatic skills, swimming strokes and water safety concepts to older teens and adults who are novices. Instructors will focus on life-saving skills such as keeping the head above water for an extended period of time and strokes to get ones self out of the water.
- >>> Thursdays: 11:45am-12:15pm, or
- >> Saturdays 10:30am-11:00am

Fee (Member/*Non-member): \$60/*\$80

ADULT STROKE CLASS

- This class seeks to help older teens and adults improve on existing skills to become more comfortable in the water, to prepare for specific aquatic activities, or both. This class will also help proficient swimmers refine swimming strokes with the goal of participating in a fitness swimming program or event.
- >> Wednesdays: 6:30 pm 7:15 pm

Fee (Member/*Non-member): \$60/*\$80