



PRIVATE LESSONS

» Private swim lessons are available for both adults and children who prefer personalized instruction outside of a group setting.

Private lessons may be split into

Fee

(Member/*Non-member): \$180/\$220

The cost covers (6) 45-minute Session Swim Lessons.

Lessons times are coordinated with swim instructor availability.

For Private Lessons Register By Calling 252-291-9622
or stopping by the front desk

REGISTER ONLINE



CONTACT US

www.foundationymca.org

233 Nash Street N,

Wilson NC 27893

252-291-9622

FOUNDATION YMCA

SWIM LESSONS



WWW.FOUNDATIONYMCA.ORG

GROUP LESSONS AGE 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

- » 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 at their own pace. Children and parents will engage in safe water exploration with the direction of the instructor. Children can experience floating, blowing bubbles, paddling and kicking in order to prepare them for group swim lessons. Parents will learn about water safety, drowning prevention, and the importance of supervision. * In-water parent/caregiver participation is required.*
- » 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.

**Lessons Start at 5:00pm

- » 30 Minute Lessons Monday & Wednesday
- » 30 Minute Lessons 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