



J. Fred Corriher Jr. YMCA

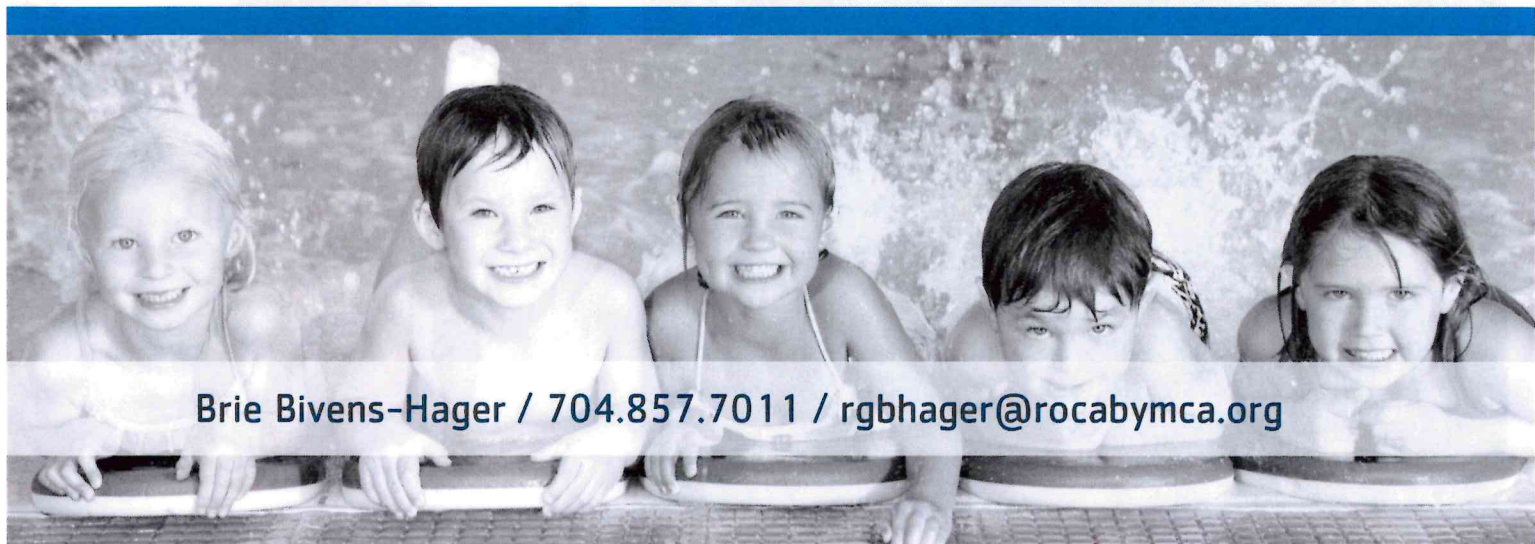
# SWIM LESSONS



- |                 |                |                  |                     |
|-----------------|----------------|------------------|---------------------|
| 1. <b>March</b> | 3. <b>May</b>  | 5. <b>July</b>   | 7. <b>September</b> |
| 2. <b>April</b> | 4. <b>June</b> | 6. <b>August</b> | 8. <b>October</b>   |

**Members: \$75 Non-members: \$110**

**Classes will meet 2 days a week for 4 weeks. Register for only one class per session. Register on-line at [www.rocabymca.org](http://www.rocabymca.org)**



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## 3-5 yrs - GROUP LESSONS

### MON/WED

#### Stage 1: Water Acclimation

In Stage 1, students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim and jump, push, turn, grab. **5:00 p.m. - 5:30 p.m.**

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#### Stage 2: Water Movement

In Stage 2, students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim and jump, push, turn, grab. **6:10 p.m. - 6:40 p.m.**

**6 kids per class**

## 6-12 yrs - GROUP LESSONS

### TUES/THURS

#### Stage 2: Water Movement

In Stage 2, students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim and jump, push, turn, grab. **5:00 p.m. - 5:30 p.m.**

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In Stage 2, students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim and jump, push, turn, grab. **5:35 p.m. - 6:05 p.m.**

#### Stage 3: Water Stamina

In Stage 3 students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim and jump, push, turn, grab. They also learn how to swim for longer periods of time to help increase their overall water safety endurance. **6:10 p.m. - 6:40 p.m.**

**8 kids per class**

## PRIVATE LESSONS

### INDIVIDUAL

#### 1 SESSION

30 minutes

Members: \$40.00

Non-members: \$50.0

#### 5 SESSIONS

30 minutes each

Members: \$140.00

Non-Members: \$220.00

### 2 PERSON

#### 5 SESSIONS

30 minutes each

Members: \$160.00

Non-Members: \$240.00

