



J. Fred Corriher Jr. YMCA  
**SWIM  
LESSONS**



1. **March 3 - March 27**
2. **March 31 - April 24**
3. **April 28 - May 22**
4. **June 2 - June 26**
5. **July 7 - July 31**
6. **August 4 - August 28**
7. **September 8 - October 2**
8. **October 6 - October 30**

**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)**

Brie Bivens / 704.857.7011 / [bbivens@rocabymca.org](mailto:bbivens@rocabymca.org)

## 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.**

#### 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. **5:35 p.m. - 6:05 p.m.**

#### 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.**

#### 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. **5:35 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

### EXPERATION:

**SESSIONS** must be used within 10 months of purchase.

