

# AQUATICS

DATE(S)	DAY(S)	TIME	MBR	PRG
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## SWIM STARTERS (Parent\* & Child Lessons)

\*We define parent broadly to include all adults with primary responsibility for raising children.

### Swim Starters: A – Water Discovery (6 mos - 3 yrs)

Parents accompany children in this stage, infants and toddlers learn to be comfortable in the water and develop swim readiness skills, while parents learn about water safety, drowning prevention and the importance of supervision.

Jun 3 - Jun 25	SAT	9:00 AM - 9:45 AM	\$108	\$146
Jul 15 - Aug 5	SAT	9:00 AM - 9:45 AM		

### Swim Starters: B – Water Exploration (6 mos - 3 yrs)

Parents accompany children in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Jun 3 - Jun 25	SAT	10:00 AM - 10:45 AM	\$108	\$146
Jul 15 - Aug 5	SAT	10:00 AM - 10:45 AM		

## PRESCHOOL SWIM LESSONS (Levels 1-4)

### Swim Basics: 1 Preschool (3 - 5 yrs)

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Jun 3 - Jun 25	SAT	9:00 AM - 9:45 AM	\$108	\$146
Jun 19 - Jun 22	MON-THU	9:00 AM - 9:45 AM		
Jun 26 - Jun 29	MON-THU	9:00 AM - 9:45 AM		
Jul 10 - Jul 13	MON-THU	9:00 AM - 9:45 AM		
Jul 15 - Aug 5	SAT	9:00 AM - 9:45 AM		
Jul 17 - Jul 20	MON-THU	9:00 AM - 9:45 AM		
Jul 24 - Jul 27	MON-THU	9:00 AM - 9:45 AM		
Jul 31 - Aug 3	MON-THU	9:00 AM - 9:45 AM		
Aug 7 - Aug 10	MON-THU	9:00 AM - 9:45 AM		

### Swim Basics: 2 Preschool (3 - 5 yrs)

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Jun 3 - Jun 25	SAT	9:00 AM - 9:45 AM	\$108	\$146
Jun 19 - Jun 22	MON-THU	9:00 AM - 9:45 AM		
Jun 26 - Jun 29	MON-THU	9:00 AM - 9:45 AM		
Jul 10 - Jul 13	MON-THU	9:00 AM - 9:45 AM		
Jul 15 - Aug 5	SAT	9:00 AM - 9:45 AM		
Jul 17 - Jul 20	MON-THU	9:00 AM - 9:45 AM		
Jul 24 - Jul 27	MON-THU	9:00 AM - 9:45 AM		
Jul 31 - Aug 3	MON-THU	9:00 AM - 9:45 AM		
Aug 7 - Aug 10	MON-THU	9:00 AM - 9:45 AM		

### Swim Basics: 3 Preschool (3 - 5 yrs)

In this stage, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Jun 3 - Jun 25	SAT	9:00 AM - 9:45 AM	\$108	\$146
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Jun 26 - Jun 29	MON-THU	9:00 AM - 9:45 AM		
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Jul 17 - Jul 20	MON-THU	9:00 AM - 9:45 AM		
Jul 24 - Jul 27	MON-THU	9:00 AM - 9:45 AM		
Jul 31 - Aug 3	MON-THU	9:00 AM - 9:45 AM		
Aug 7 - Aug 10	MON-THU	9:00 AM - 9:45 AM		

## Swim Strokes: 4 Preschool (3 - 5 yrs)

Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

Water safety is reinforced through treading water and elementary backstroke.

Jun 3	-	Jun 25	SAT	11:00 AM	-	11:45 AM		
Jun 19	-	Jun 22	MON-THU	11:00 AM	-	11:45 AM		
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Jul 10	-	Jul 13	MON-THU	11:00 AM	-	11:45 AM		
Jul 15	-	Aug 5	SAT	11:00 AM	-	11:45 AM	\$108	\$146
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Jul 24	-	Jul 27	MON-THU	11:00 AM	-	11:45 AM		
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## SCHOOL AGE SWIM LESSONS (Levels 1-6)

### Swim Basics: 1 School Age (6 - 12 yrs)

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Jun 3	-	Jun 25	SAT	10:00 AM	-	10:45 AM	\$108	\$146
Jun 19	-	Jun 22	MON-THU	10:00 AM	-	10:45 AM		
Jun 26	-	Jun 29	MON-THU	10:00 AM	-	10:45 AM		
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Jul 24	-	Jul 27	MON-THU	10:00 AM	-	10:45 AM		
Jul 31	-	Aug 3	MON-THU	10:00 AM	-	10:45 AM		
Aug 7	-	Aug 10	MON-THU	10:00 AM	-	10:45 AM		

### Swim Basics: 2 School Age (6 - 12 yrs)

In this stage, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

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Jul 24	-	Jul 27	MON-THU	10:00 AM	-	10:45 AM		
Jul 31	-	Aug 3	MON-THU	10:00 AM	-	10:45 AM		
Aug 7	-	Aug 10	MON-THU	10:00 AM	-	10:45 AM		

### Swim Basics: 3 School Age (6 - 12 yrs)

In this stage, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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Jul 24	-	Jul 27	MON-THU	10:00 AM	-	10:45 AM		
Jul 31	-	Aug 3	MON-THU	10:00 AM	-	10:45 AM		
Aug 7	-	Aug 10	MON-THU	10:00 AM	-	10:45 AM		

### Swim Strokes: 4 School Age (6 - 12 yrs)

Students in this stage develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

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Jul 24	-	Jul 27	MON-THU	11:00 AM	-	11:45 AM		
Jul 31	-	Aug 3	MON-THU	11:00 AM	-	11:45 AM		
Aug 7	-	Aug 10	MON-THU	11:00 AM	-	11:45 AM		

## Swim Strokes: 5 School Age (6 - 12 yrs)

Students in this stage work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues

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Aug 7 - Aug 10	MON-THU	11:00 AM - 11:45 AM		

## Swim Strokes: 6 School Age (6 - 12 yrs)

In this stage, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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## SWIM TEAMS

### Summer Mini-League

Our Summer Mini-League Swim Team is a great opportunity for young swimmers to participate on a swim team, to fine tune their strokes and skills, and to participate in swim meets against other local YMCA teams. Please note, practice days and times will change on June 12. This season runs from May 2-June 24.

**Pre-requisite:** All must be strong swimmers with their green band.

<b>BEGINNER (5 - 8 yrs)</b>				
May 2 - Jun 8	TUE/THUR	4:00 PM - 5:00 PM	\$220	\$297
Jun 12 - Jun 24	MON-THU	8:00 AM - 9:00 AM		
<b>INTERMEDIATE (8 - 11 yrs)</b>				
May 2 - Jun 8	TUE/THUR	5:00 PM - 6:00 PM	\$220	\$297
Jun 12 - Jun 24	MON-THU	7:30 AM - 9:00 AM		
<b>ADVANCED (11 - 18 yrs)</b>				
May 2 - Jun 8	TUE/THUR	6:00 PM - 7:00 PM	\$220	\$297
Jun 12 - Jun 24	MON-THU	7:30 AM - 9:00 AM		

### For More Information or Swim Assessment:

David Williamson, Aquatics Director, 704 716 6929 | david.williamson@ymcacharlotte.org

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## PRIVATE AND SEMI-PRIVATE SWIM LESSONS (3+ yrs)

Whether you are interested in getting comfortable in the water for the first time, want to improve your form or swim faster, we can develop a program to suit your needs.

### Private Swim Lessons (1 instructor | 1 participant)

	30 min session(s)		
By Appointment	Single Lesson	\$45	\$58
	4 Lessons	\$160	\$208

### Semi-Private Swim Lessons (1 instructor | 2 participants)

	30 min session(s)		
By Appointment	4 Lessons	\$140 Per Individual	\$182 Per Individual

### Small Group Swim Lessons (1 instructor | 3 participants)

	30 min session(s)		
By Appointment	4 Lessons	\$108 Per Individual	\$130 Per Individual

## AQUATIC INDIVIDUAL FITNESS TRAINING (16+ yrs)

This training program is in place to develop, a cutting edge, client specific, goal oriented program, using the properties of the water

### Private Instruction (1 instructor | 1 participant)

	55 min session(s)		
By Appointment	Single Lesson	\$45	\$58
	4 Lessons	\$160	\$208

### Semi-Private Instruction (1 instructor | 2 participants)

	55 min session(s)		
By Appointment	4 Lessons	\$140 Per Individual	\$182 Per Individual

### Small Group Instruction (1 instructor | 3 participants)

	55 min session(s)		
By Appointment	4 Lessons	\$108 Per Individual	\$130 Per Individual

**Questions About-Private, Semi-Private, Small Group, Group Lessons, & Water Fitness Please Contact:**

Rian Burchfiel, Aquatics Coordinator, 704 716 6853 | [Rian.burchfiel@ymcacharlotte.org](mailto:Rian.burchfiel@ymcacharlotte.org)