

GROUP SWIM LESSONS

30 minute LESSONS

SWIM STARTERS (6-36 months)
SWIM BASICS (3-5 years)

Member \$55 | Non-Member \$75

40 minute LESSONS

SWIM STROKES (5-12 years)
TEEN/ADULT SWIM (13 years & up)

LATE REGISTRATIONS may be available. On the week prior to the start of the session, a \$10.00 late fee will be added to the session cost.

HARRISBURG YMCA

Thanks to the participation of the local community, the Cannon YMCA is able to provide summer swim lessons, serving the Harrisburg area at the Rocky River Crossing community outdoor pool.

For information on lessons at this location, contact the Swim Lessons Coordinator at 704.795.9622 x220 or swimlessons@cannonymca.org.

ROCKY RIVER CROSSING NEIGHBORHOOD POOL

Located at 4111 Rocky River Crossing Road, Harrisburg, NC 28075. Morning swim lessons for children ages 6 months to 12 years.

WEEKDAY SPRINT SESSIONS - 4 days a week (M-Th)

SESSION	SESSION DATES	(M) REGISTRATION	(Non-M) REGISTRATION
A	June 17-27	May 20-June 14	June 3-June 14
B	July 8-18	June 10-July 5	June 24-July 5
C	July 22-August 1	June 24-July 19	July 8-July 19
D	August 5-15	July 8-August 2	July 22-August 2

PARENT/CHILD LEVELS 30 Minutes	LESSON START TIME
Swim Starters	9:00am
PRESCHOOL LEVELS 30 Minutes	LESSON START TIMES
Water Acclimation	9:30am
Water Movement	10:00am
SWIM LEVEL 40 Minutes	LESSON START TIMES
Water Acclimation	10:30am
Water Movement	11:15am

ONE DAY A WEEK OR SPRINT SESSIONS AVAILABLE!

Our new ONE day a week session style allows you to get in swim lessons as well as family vacations and other activities. This style meets either Monday, Tuesday, Wednesday, Thursday, OR Saturday for 8 weeks in a row (totaling 8 lessons). You pick the best day for your family and stick to it.

For those wanting to knock it out quickly, we offer Sprint Sessions that take place Monday through Thursday for two weeks (totaling 8 lessons).

WEST CABARRUS YMCA

For information on lessons at this Branch, contact Kerri Foret, Swim Lessons Coordinator at 704.795.9622 x220 or swimlessons@cannonymca.org.

WEEKDAY SPRINT SESSIONS - 4 days a week (M-Th)

SESSION	SESSION DATES	(M) REGISTRATION	(Non-M) REGISTRATION
A	June 17-27	May 20-June 14	June 3-June 14
B	July 8-18	June 10-July 5	June 24-July 5
C	July 22-August 1	June 24-July 19	July 8-July 19

PARENT/CHILD LEVELS	LESSON START TIMES 30 Minutes
Water Discovery	9:00am
Water Exploration	9:35am
PRESCHOOL LEVELS	LESSON START TIMES 30 Minutes
Water Acclimation	10:10am
Water Movement	10:45am
Water Stamina	11:20am
SCHOOL AGE LEVELS	LESSON START TIMES 40 Minutes
Water Acclimation or Movement	9:15am
Water Stamina or Stroke Intro	10:00am
Stoke Development/Mechanics	10:45am

MAIN SUMMER SESSION - 1 day a week (M, T, W, Th or Sat)

SESSION DATES	REGISTRATION (M)	REGISTRATION (Non-M)
June 17-August 10	May 20-June 14	June 3-June 14

PARENT/CHILD LEVELS	LESSON START TIMES 30 Minutes				
	MON	TUE	WED	THU	SAT
Water Discovery		5:25pm	5:25pm		9:00am
Water Exploration	5:25pm			5:25pm	9:35am
PRESCHOOL LEVELS	LESSON START TIMES 30 Minutes				
	MON	TUE	WED	THU	SAT
Water Acclimation	5:00pm 6:10pm	5:35pm 6:45pm	6:10pm	5:00pm 6:45pm	9:35am 10:10am
Water Movement	5:35pm 6:10pm	6:10pm	5:00pm 6:45pm	5:35pm 6:10pm	9:00am 10:10am
Water Stamina	6:45pm	5:00pm	5:35pm	6:10pm	10:45am
Stroke Introduction		6:10pm	6:10pm		11:20am
SCHOOL AGE LEVELS	LESSON START TIMES 40 Minutes				
	MON	TUE	WED	THU	SAT
Water Acclimation	5:15pm		6:45pm	5:15pm	10:00am
Water Movement	5:15pm	6:00pm	6:45pm	5:15pm	10:00am
Water Stamina	6:00pm	6:00pm	5:15pm	6:00pm	10:45am
Stroke Introduction	6:00pm		5:15pm	6:00pm	10:45am
Stoke Development	6:45pm	5:15pm	6:00pm		11:30am
Stroke Mechanics	6:45pm	5:15pm	6:00pm		11:30am
TEEN/ADULT LEVELS	LESSON START TIMES 40 Minutes				
	MON	TUE	WED	THU	SAT
Swim Basics - Level 1					8:15am
Swim Strokes - Level 2	7:00pm				

KANNAPOLIS YMCA

For information on lessons at this Branch, contact Tara Larish at 704.939.9622 x119 or tlarish@cannonymca.org.

WEEKDAY SPRINT SESSION - 4 days a week (M-TH)

SESSION	SESSION DATES	REGISTRATION
A	June 17-27	May 1-June 9
B	July 8-18	June 1-June 30
C	July 29-August 8	June 15-July 21

PARENT/CHILD LEVELS	LESSON START TIMES 30 Minutes
Water Discovery/Exploration	9:00am or 6:00pm
PRESCHOOL LEVELS	LESSON START TIMES 30 Minutes
Water Acclimation	9:40am or 6:20pm
Water Movement	11:00am or 5:40pm
Water Stamina	10:20am or 5:00pm
SCHOOL AGE LEVELS	LESSON START TIMES 40 Minutes
Water Acclimation	9:10am or 5:10pm
Water Movement	11:20am or 5:50pm
Water Stamina	10:40am or 6:30pm
Stroke Introduction	9:50am or 7:10pm
Stroke Development/Mechanics	6:40pm

MAIN SUMMER SESSIONS - 1 day a week (Sat)

SESSION	SESSION DATES	REGISTRATION
D	June 22-August 3	May 15-June 16

PARENT/CHILD LEVELS	LESSON START TIME 30 Minutes
Water Discovery/Exploration	9:00am
PRESCHOOL LEVELS	LESSON START TIMES 30 Minutes
Water Acclimation	9:40am
Water Movement	10:20am
Water Stamina	11:00am
SCHOOL AGE LEVELS	LESSON START TIMES 40 Minutes
Water Acclimation	9:00am
Water Movement	9:40am
Water Stamina	10:20am
Stroke Introduction	11:00am
Stroke Development/Mechanics	11:00am

PRIVATE LESSONS

PRIVATE LESSONS

Member \$100 | Non-Member \$150

SEMI-PRIVATE LESSONS

Member \$60 | Non-Member \$90

Our Private and Semi-Private lesson structure is five 30-minute sessions built around your schedule.



Safe swimming and having fun. That's what it's all about at the Y.

Every day children learn the basics of swimming at the Y and enhance their skills. Our progressive lessons turn beginners into experts. Kids are having fun, being healthy, learning safety and building confidence all at the same time!

- We ensure **low instructor-to-student ratios** for more personal attention.
- We offer a **wide selection of classes and schedules** to fit your needs.
- Select from **parent/child lessons** for infants and toddlers, **preschool, youth and adult lessons**.
- **Private and Semi-Private lessons** are also available.

Choose the Y for swim lessons and learn life lessons too!



Swim Starters: Ages 6-36 months | 30 minutes

Stage A: Water Discovery - Introduces infants and toddlers to the aquatic environment.

Stage B: Water Exploration - Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Swim Basics: Ages 3-5 years | 30 minutes

Stage 1: Water Acclimation - Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2: Water Movement - Encourages forward movement in the water and basic self-rescue skills performed independently.

Stage 3: Water Stamina - Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Stage 4: Stroke Introduction - Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Swim Strokes: Ages 6-12 years | 40 minutes

Stage 1: Water Acclimation - Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2: Water Movement - Encourages forward movement in the water and basic self-rescue skills performed independently.

Stage 3: Water Stamina - Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Stage 4: Stroke Introduction - Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Stage 5: Stroke Development - Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Stage 6: Stroke Mechanics - Refines stroke technique for all major competitive strokes and encourages swimming as part of a healthy lifestyle.

EDUCATING AND SAVING LIVES

YMCA LIFEGUARD CERTIFICATION

The YMCA Lifeguard course includes certification in Lifeguard Training, First Aid, CPR for the Professional Rescuer and AED Essentials - all of which are required to be a lifeguard. To participate in the class, each participant must pass the prerequisites: Be at least 16 years old.



Complete a physical competency test. Tread water for two minutes. Swim 100 yards of front crawl. Swim 50 yards each of sidestroke, breaststroke, and elementary backstroke. Perform a head first and feet first surface dive and retrieve an object from the bottom of the pool. Perform 100 compressions of CPR.

COST

\$175 CERTIFICATION

\$90 RECERTIFICATION/CROSSOVER

DATES AND TIMES

Please visit our website for more information on available dates and times.

Kannapolis: Tara Larish at 704.939.9622 x119 or tlarish@cannonymca.org

West Cabarrus: Will McCormick at 704.795.9622 x218 or wmccormick@cannonymca.org

SWIM ASSESSMENT



ASSESS

Children ages 12 and younger must take a swim assessment to determine swimming ability. Assessment includes:

- Swimming 25 yards (or length of pool) in a strong fashion on front without touching the wall or floor.
- Tread water for one minute immediately following completion of the swim.
- Jump in water over their head, return to the surface and exit the pool safely.

Swim assessment must be completed at every visit to any pool at any location.



MARK

Upon successfully completing the swim assessment, child will receive a **green wristband** which allows:

- Ages 6-12 may swim in the entire pool and use the slide at West Cabarrus.
- Children under the age of 6, regardless of ability, must be within arm's reach of an adult at all times.
- If a swim assessment was declined or not successful, child will receive a **red wristband**.



PROTECT

• Ages 10-12 must have a parent/guardian present in the pool area if the child does not pass the test and they do not want to wear a PFD. Parent/guardian of children that do pass the swim test or choose to wear a PFD must remain in the building, but are not required to stay in the pool area.

- Ages 6-9 must have a parent/guardian within arm's reach of them if they have not passed the swim assessment and do not want to wear a PFD.
 - Parent/guardian must be in the pool actively engaged with their child if they do not pass the swim test and are wearing a PFD.
 - Parent/guardian must remain in the pool area for children that pass the swim assessment.
- Ages 0-5 must have a parent/guardian within arm's reach regardless if they have successfully completed the swim assessment. Children not passing the test must wear a Coast Guard approved PFD.

Lifeguards on duty reserve the right to test any individual regardless of age to ensure everyone's safety.

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE WITH EVERY STROKE

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