



WEST CABARRUS

MONDAY/WEDNESDAY SWIM LESSONS

SESSION #	SESSION DATES	(M) REGISTRATION	(NM) REGISTRATION
14	September 24-October 17	September 1-September 16	September 7- September 16
16	October 22-November 14	October 1- October 14	October 7-October 14
18	November 26-December 19	November 1- November 18	November 7- November 18

MORNING SWIM LESSONS

EVENING SWIM LESSONS

Swim Starters	9:00-9:30am	Water Acclimation	5:00-5:30pm
Water Acclimation	9:40-10:10am	Water Movement	5:40-6:10pm
Water Movement	10:20-10:50am	Water Stamina	6:20-6:50pm
Water Stamina	11:00-11:30am	Stroke Development	7:00-7:40pm
		Stroke Mechanics	7:00-7:40pm

WEEKDAYS	Member	Non-Member
30 minutes	\$40	\$60
40 minutes	\$50	\$75

TUESDAY/THURSDAY SWIM LESSONS

SESSION #	SESSION DATES	(M) REGISTRATION	(NM) REGISTRATION
14	September 25-October 18	September 1-September 16	September 7- September 16
16	October 23-November 15	October 1- October 14	October 7-October 14
18	November 27-December 20	November 1- November 18	November 7- November 18

MORNING SWIM LESSONS

EVENING SWIM LESSONS

Water Acclimation	9:00-9:30am	Swim Starters	5:00-5:30pm
Water Movement	9:40-10:10am	Water Acclimation	5:00-5:30pm
Water Stamina	10:20-10:50am	Water Movement	5:40-6:10pm
		Water Stamina	6:20-6:50pm
		Stroke Introduction	7:00-7:40pm

WEEKDAYS	Member	Non-Member
30 minutes	\$40	\$60
40 minutes	\$50	\$75

SATURDAY SWIM LESSONS

SESSION #	SESSION DATES	(M) REGISTRATION	(NM) REGISTRATION
15	September 29-November 3	September 8-September 23	September 15-September 23
17	November 10-December 22	October 15-November 2	October 22-November 2

MORNING AND AFTERNOON SWIM LESSONS

Swim Starters	9:00-9:30am	Stroke Introduction	11:20-12:00pm
Water Acclimation	9:30-10:00am	Stroke Development	12:10-12:50pm
Water Movement	10:10-10:40am	Stroke Mechanics	12:10-12:50pm
Water Stamina	11:00-11:30am	Teen/Adult	12:10-12:50pm

SATURDAY	Member	Non-Member
30 minutes	\$40	\$60
40 minutes	\$50	\$75

On the week prior to the start of the session, a \$10 late fee will be added to the session cost if space is available.

PRIVATE/SEMI-PRIVATE LESSONS

Private Lessons: Members: \$100 | Non-Members: \$150

Semi-Private Lessons: Members: \$60 | Non-Members: \$90

Private and semi-private lessons consist of five 30-minute lessons. The lessons are scheduled based on instructor availability and your schedule.

Adaptive private lessons for children and adults with varying cognitive and physical abilities are available by request. Please contact the Aquatics Department at the West Cabarrus Y for more information and pricing.

CLASS DESCRIPTIONS

Swim Starters | 6 months - 36 months

Introduces infants and toddlers to the aquatic environment. Focuses on exploring body positions, blowing bubbles and fundamental safety.

Preschool | 3-5 year olds

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.

School Age | 5-12 year olds

Stage 4: Stroke Introduction

Introduces basic stroke technique in front 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 side stroke.

Stage 6: Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

CONTACT

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