

SWIMMING LESSONS - Descriptions

Parent/Child: Ages 6 months to 2.5 years. Parents learn various ways to help children get acclimated in the water utilizing songs and games.

Pike: Ages 3 to 5 years. Swimmers have not taken a class or are not yet comfortable putting their face in the water. Swimmers learn to build self-confidence and are introduced to skills that will help move them through the water without assistance.

Eel: Ages 3 to 5 years. Swimmers have passed Pike class or are comfortable putting their face in the water. Swimmers continue to build endurance, self-confidence, and coordination moving in the water without assistance.

Ray: Ages 3 to 5 years. Swimmers have passed Eel class or are able to swim 5 feet in the water without assistance. Swimmers begin to learn strokes on both front and back.

Polliwog: Ages 6 to 12 years. Swimmers have not taken a class or are unable to swim 5 feet without assistance. Swimmers will become comfortable in the water and learn how to paddle on their front, back and sides with a floatation device.

Guppy: Ages 6 to 12 years. Swimmers have passed the Polliwog class or are able to swim 5 feet without assistance. Swimmers continue to gain self-confidence in the water, in addition to swimming without a floatation device on their front, back and side. Front alternating paddle is also introduced.

Swim Lesson Fees:

30 minute classes (Parent-child, Pike, Eel, Ray)
Family Member: \$35
Potential Member: \$70

45 minutes classes (Polliwog, Guppy, Minnow, Adult)
Family Member: \$50
Potential Member: \$85

Monday/Wednesday Lessons

Fall Session II: November 28 – December 21
Registration Opens:
Family Member: October 28
Potential Member: October 31

Wellness

Pike 3:30-4:00
Eel 4:00-4:30
Ray 4:30-5:00
Polliwog 5:00-5:45
Guppy 5:45-6:30
Adult 7:35-8:20

Winter Session I: January 9 – February 6
(Classes will not be held on January 16)
Registration Opens:

Family Member: December 9
Potential Member: December 12

Wellness

Pike 3:30-4:00
Eel 4:00-4:30
Ray 4:30-5:00
Polliwog 5:00-5:45
Guppy 5:45-6:30
Adult 7:35-8:20

Winter Session II: February 20 – March 14
Registration Opens:

Family Member: January 20
Potential Member: January 23

Wellness

Pike 3:30-4:00
Eel 4:00-4:30
Ray 4:30-5:00
Polliwog 5:00-5:45
Guppy 5:45-6:30
Adult 7:35-8:20

Saturday Morning Lessons

Winter Session I: January 14 – March 3
Registration Opens:

Family Member: December 3
Potential Member: December 6

Wellness

Parent-child (6-18m): 9:30-10:00
Parent-child (19-36m): 10:00-10:30, 10:30-11:00
Pike 9:30-10:00
Eel 10:00-10:30
Ray 10:30-11:00
Polliwog 9:30-10:15
Guppy 10:15 –11:00

Monday through Thursday Lessons

Winter Session I: January 9 – January 20
(Class will be held January 9- 12 and January 17-20)
Registration Opens:

Family Member: December 9
Potential Member: December 12

Wellness

Pike 3:30-4:00, 4:05-4:35, 4:40-5:10
Eel 5:15-5:45, 5:50-6:20
Polliwog 3:30-4:15, 4:20-5:05
Guppy 5:10-5:55

Winter Session II: January 23 – February 2
Registration Opens:

Family Member: December 20
Potential Member: December 23

Wellness

Pike 3:30-4:00, 4:05-4:35
Eel 4:40-5:10 5:15-5:45
Ray 5:50-6:20
Polliwog 3:30-4:15, 4:20-5:05
Guppy 5:10-5:55

Winter Session III: February 6 – February 16
Registration Opens:

Family Member: January 6
Potential Member: January 9

Wellness

Pike 3:30-4:00, 4:05-4:35
Eel 4:40-5:10 5:15-5:45
Ray 5:50-6:20
Polliwog 3:30-4:15, 4:20-5:05
Guppy 5:10-5:55

Winter Session IV: February 21 – March 1
(Classes will be held February 21 -24 and February 27 -March 1)
Registration Opens:

Family Member: January 21
Potential Member: January 24

Wellness

Pike 3:30-4:00, 4:05-4:35, 4:40-5:10
Eel 5:15-5:45, 5:50-6:20
Polliwog 3:30-4:15, 4:20-5:05
Guppy 5:10-5:55

Winter Session V: March 5 – March 15
Registration Opens:

Family Member: February 5
Potential Member: February 8

Wellness

Pike 3:30-4:00, 4:05-4:35, 4:40-5:10
Eel 4:40-5:10, 5:15-5:45
Polliwog 3:30-4:15, 4:20-5:05
Guppy 5:10-5:55
Ray 5:50-6:20

Additional Pool Activities

YMCA Winter Swim Team – (East Shore Athletic Club)

Fees: \$320 M, \$420 PM

There is a \$40 discount when paid in full

Pre-requisites: 1 lap freestyle and 1 lap backstroke.

If pre-requisites are not met please speak with the coach to set up a time to try out.

Registration: Ongoing

Season: November 4th 2011 – March 5th 2012

Practices are held at the East Shore Athletic Club Indoor

Pool: Monday–Thursday, 5:30- 7:30pm

Various swim meet opportunities

YMCA Interim Swim Team- (Oakbrook)

Fees: \$115 M, \$165 PM

Registration: Begins February 1

Pre-requisites: 1 lap freestyle and 1 lap backstroke.

If pre-requisites are not met please speak with the coach to set up a time to try out.

Season: March 5 – April 30

Practice: Monday– Thursday 5:00 – 7:00pm

Masters Swim Team - (Oakbrook)

Fees: \$50/session/M, \$75/session/PM

Pre-requisites: 500 yard freestyle

Ages: 18 and better

Registration: February 1

Session 1: March 1 – April 30

Practices at the Oakbrook Pool:

Monday, Wednesday, Friday 5:00-6:30 AM

Saturday 7:00-8:30 AM

Various swim meet opportunities with US Masters sanctioned events

Private/Semi-Private Swim Lessons

Each package includes 6 lessons, each lasting 30 minutes, scheduled around your preference!

Private Swim Lessons: One on One instruction with a certified swim lesson instructor.

Fees: \$75 M, \$105 PM

Semi-Private Swim Lessons: A ratio of two participants per one certified swim lesson instructor.

Fees: \$105 M, \$150 PM

YMCA Parties

Private parties – scheduled after the pool has closed, allowing your party to be the only persons utilizing the pool facility.

Fees: \$150 FM, \$225 PM

Party options:

Wellness

2:30 – 4:30 (Private)

For inquiries about scheduling, or to rent the pool during the week, please contact Cherie Bennett, Aquatics Coordinator, cherieb@summervilleymca.org.

**Please visit SummervilleYMCA.org for pool and water aerobics schedules.*



LOCATIONS:

Wellness Center Pool

Downtown Branch

208 W. Doty Street, Summerville, SC 29483

843-871-9622 ex. 100

Oakbrook Outdoor Pool

Oakbrook Branch

900 Crosscreek Drive

Summerville, SC 29485

843-821-1028