



DIVE ON IN



Swim lessons

at the Foothills YMCA Beach!

864-654-9622 / info@Y4all.org / www.Y4all.org

Foothills YMCA MEMBERS = \$50 per session

Non-YMCA Members = \$60

We WILL have a Life Guard on duty with the swim instructor during each swim lesson.

For each session the swim lessons will take place on Monday, Tuesday, Wednesday & Thursday of each week.

The makeup day will be Friday of that week if needed.

SESSIONS: (Includes 8 lessons)

TIMES

LEVEL

Session 1	June 7 th – 17 th	4:30 – 5:15	Pollywogs & Eels
		5:30 – 6:15	Pollywogs & Eels
Session 2	June 21 th - July 1 st	4:30 – 5:15	Pollywogs & Eels
		5:30 – 6:15	Pollywogs & Eels
Session 3	July 5 th - 15 th	4:30 – 5:15	Pollywogs & Eels
		5:30 – 6:15	Pollywogs & Eels
Session 4	July 19 th - 29 th	4:30 – 5:15	Pollywogs & Eels
		5:30 – 6:15	Pollywogs & Eels
Session 5	Aug 2 nd - 12 th	4:30 – 5:15	Pollywogs & Eels
		5:30 – 6:15	Pollywogs & Eels

Space is limited to 6 swimmers per level per session call or stop by the office for a registration form!

Pollywogs (Beginner Swimmers): Many of these swimmers have never been in and around the water. Things to teach this group include holding their breath underwater, blowing bubbles out of their nose underwater, learning how to float on their backs, knowing how to use a kick board and a safe level of comfort in the water

Eels (Beyond Beginners): These students will learn proper techniques for kicking, freestyle and many forms of strokes. This group of swimmers has the very basic knowledge of swimming. Instructor will now focus on teaching proper stroke technique and proper side-breathing techniques. This group should be able to swim decent distances by the end of their 8 lessons.

