

Chapel Hill – Carrboro YMCA
Serving all of Orange County since 1967

KEY INFORMATION

Supervision

Children under the age of 12 are NOT allowed to be in the YMCA without a parent or guardian present. Children should never be dropped off at the YMCA for swim lessons. Parents should always enter the building escorting their children to lessons. Children MUST be picked up on the pool deck by a parent. Children should not be sent to or left in locker rooms without adult supervision. Children over the age of 3 must use the appropriate gender locker room. Family changing rooms are available.

Swim Test Procedure

This test is administered by the lifeguard. Children 12 and under must perform this “test” to be permitted to swim in deep water. To pass the Deep End (Penguin Band) Test, swimmers must be able to jump into deep water, swim 25 yards with face in the water (no goggles) with good forward moving kick and rotary arm movement AND tread water for 30 seconds.

Credits & Refunds

Program Change forms available at the Welcome Center. Cancellations must be submitted two weeks prior to the first day of the start of the program or two weeks prior to the desired end date of an ongoing program (i.e. after school, karate, swim team). Credits, transfers or refunds are not guaranteed. A separate form must be filled out for each individual transfer or cancellation. Cancellations will be processed in 3-5 business days from the date submitted. Deposits (summer camp only) and Registration Fees are nonrefundable and nontransferable.

Chapel Hill – Carrboro YMCA

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Important Information

1. We reserve the right to place children in the level that best fits with their abilities regardless of class registration.
2. Goggles during swim lessons are discouraged. Children need to be able to swim without goggles as is required by our Deep End Swim Test Procedure.
3. The YMCA is not responsible for determining the appropriate skill level for your child. Due to limited enrollment, refunds or credits will NOT be given if a child refuses to enter the water during his/her class.
4. Make-ups for classes missed because of illness, travel, etc., cannot be scheduled because of full enrollment.
5. Severe Weather and Storm Policy: The pool will close during thunder and lightning storms or severe weather. Lessons missed because of pool closing or severe weather will NOT be made up.
6. At least 4 participants are needed for a class to run.
7. To prevent children from being distracted, parents and guardians are encouraged to leave the pool area during class time. Lessons may be observed from the upstairs observation gallery. (Parents may watch the first and last class of each session on deck.)
8. Registration is available for all sessions. No one may register for more than one family.
9. If you register “in-house” you will need to know child’s name, age, phone number and skill level, sessions enrolling. You will also fill out a contract form.
10. Wait lists are maintained on classes that are full. If a space becomes available the YMCA will contact you via email. If you are contacted regarding a space please respond promptly so others may be contacted if you do not wish to use the spot.
11. If your child is already enrolled in a class please do not put them on a waitlist.
12. Please only place your child on the appropriate wait list.
13. Classes may be combined or cancelled if minimum participations are not met in each class.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A PURPOSE MUCH DEEPER THAN A POOL

SWIM LESSONS

Chapel Hill – Carrboro



JUMP RIGHT IN THE WATER'S JUST FINE

At the Y, we believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, thousands of youth right here in Chapel Hill and Orange County are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

We also believe the ability to swim is a critical life skill for everyone. In swim lessons, we use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Qualified instructors meet swimmers at their own level and celebrate all successes. By educating and partnering with swimmers, we're determined to prevent drowning in our community.

PRESCHOOL PROGRAM (3 - 5 years)

The Preschool Program provides children with a first pool experience without parental assistance in a safe, fun and positive learning environment. Throughout all levels, children are led through a progressive, multiphase program in learning the building blocks of swimming.

Pike/Eel

Prerequisite: Age 3 by the first day of class. Must be able to participate in a group without a parent involved.
Skills Taught: Basic paddle stroke, kicking, blowing bubbles in the water, floating, fundamentals, and pool safety. Will learn to go under water, float on front and back with support, and swim 10 yards with flotation device. Learn to float without flotation on front and back and swim without flotation for 5 yards.

Ray/Starfish

Prerequisite: Age 3 by the first day of class. Can comfortably swim on front with rhythmic breathing 10 yards and swim on back 10 yards using alternate arm movement without support.
Skills Taught: Increased swimming distance, stroke refinement, rhythmic breathing.

PARENT & CHILD PROGRAM (6 months - 3 years)

This program is for children 6 months - 3 years of age WITH a parent or guardian in the water. It consists of 30-minute sessions of water enrichment and aquatics readiness activities. The objective is to get parent and child comfortable in the water. Classes are designed to allow children to have fun in the water while parents guide them to learn new aquatic skills. Please note: All children who are not potty-trained MUST wear a swimming diaper AND a bathing suit OR plastic pants.

YOUTH PROGRAM

(6 - 12 years) *age 6 by the first day of class

The Youth Program provides a foundation in swimming skills and incorporates safety, and sound techniques in a safe, fun and positive learning environment. Throughout all levels, youth are led through a progressive, multiphase program in learning the building blocks of swimming.

Polliwog

Prerequisite: Age 6 by first day of class

Course Objectives: Introduction to front crawl (freestyle), backstroke, kicking, and water safety skills. Completion of this level includes swimming 12.5 continuous yards unassisted on front.

Guppy

Prerequisite: Age 6 by first day of class. Can comfortably swim 12.5 yards of front crawl without support and without stopping.

Course Objectives: Begin to increase swimming distance, continued stroke development of front crawl including (rotary/rhythmic) breathing, backstroke, rudimentary breast stroke and side stroke.

Minnow/Fish

Prerequisite: Can comfortably swim 25 yards freestyle and 25 yards backstroke without stopping, and tread water for at least 30 seconds. Completion of Guppy level.

Course Objectives: Continue to increase swimming distance concentrating on form, technique and stroke refinement of freestyle and back stroke, rudimentary development of backstroke, rudimentary breast stroke, elementary back stroke and side stroke.

Flying Fish/Shark

Prerequisite: Completion of Fish level which includes 50 continuous yards of skilled freestyle and backstroke, and 50 continuous yards of efficient elementary backstroke, breast stroke and sidestroke.

Course Objectives: To increase proficiency and endurance of all previously introduced strokes and master the butterfly stroke in addition to increasing swimming distance and technique in all strokes.

Starting Blocks

This program is designed for swimmers preparing for swim team who are 6 -14 years old. Swimmers improve their stroke quality, endurance, and prepare for swim team. Participants will learn swimming terminology, how to participate in a team and develop a willingness to accept coaching critique. An intrasquad meet is held at the end of the session. Swimmers will be evaluated on the first day of class.

Prerequisite: Must have completed Minnow level. Swim 25 yds. freestyle with basic breathing, 25 yds backstroke with arms coming out of the water and steady kick, rudimentary breast stroke, basic diving skill.

ADULT SWIM PROGRAMS

This program is for adults 14 yrs of age and older who want to learn to swim as well as for those individuals who need to improve on fundamental skills to begin a program of fitness swimming or improve technique.

Beginner & Intermediate Lessons

Pre-requisites: Must be 14 years of age or older (have approval of Aquatics Director if younger than 14) and have a strong desire to learn and improve.

Course Objectives: Components of the classes will include: floating, breath control, rhythmic breathing, fundamental skill development, deep water orientation, endurance, equipment usage, individual development, fellowship, fun!

Novice Fitness Swimmer

Pre-requisites: comfortable swimming distance 200 yards or more during a workout.

Course Objectives: Comfortable with your swimming? Then wet your workout - Novice Fitness Swimmer is designed for people who enjoy the fellowship with a group while swimming laps. A coach on deck will plan your workouts, including tips, technical skills, stroke improvement, endurance and fitness.

Triathlete & Masters Swim

Pre-requisites: comfortable swimming distance 300 yards or more during a workout.

Course Objectives: Add something new to your routine and meet and network with fellow athletes. A coach on deck will plan your workouts, including tips, technical skills, stroke improvement and increase speed and distance. This group is designed for more advanced swimmers.

PRIVATE SWIM LESSONS

Private lessons are designed to give more individual attention to swimmers and help them be more successful. Private lesson request forms are available at the Welcome Center. Private lessons are half hour sessions. **Due to the nature of pool space availability there is no guarantee your request for private lessons can be filled.**

Please Note: We reserve the right to place children in the level that best fits with their abilities regardless of class registration. Goggles during swim lessons are discouraged. Children need to be able to swim without goggles as is required by our Swim Test Procedure.