



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A LESSON OF A LIFETIME

Summer Swim Lessons
YMCA OF COLUMBIA



Visit ColumbiaYMCA.org

BUILDING SWIM SKILLS

Every year thousands of Midlands residents participate in swim lessons, water safety, lifeguard training and other aquatics programs offered by the YMCA of Columbia. Since 1912, the Y has been teaching these vital skills.

These lessons follow the YMCA of the USA Progressive Swim Lesson Program. Six levels of progressively challenging YMCA swim classes covering all the strokes, diving fundamentals and safety skills.



Ages 3-5

PIKE/EEL

These classes offer children their first experience in the pool without parental assistance.

Children will learn safe pool behavior, adjust to the water and develop independent movement. Participants learn basic paddle stroke and kicking skills, and learn to hold their faces in the water while blowing bubbles.



pike

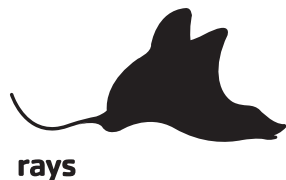


eel

RAY/STARFISH

This class is for the child who has advanced from the Eel class or who can swim the length of the pool with one float on the belt on their front, back and side, and can swim 15 feet on their front, back and side without a flotation device.

Starfish is the advanced class.



rays



starfish

POLLIWOG/GUPPY

Polliwog class is for the non-swimmer or beginner swimmers. Children will learn safe pool behavior, develop swim strokes and adjust to the water.

Guppy is the intermediate class level for children who can swim, as a paddle, 10 yards on their front, back and side without flotation.



polliwogs



guppies

MINNOW/ FLYING FISH/SHARK

Minnow - To enter this level, children should be able to front and back float for one minute, front alternating paddle with rhythmic breathing for 25 yards without float belt, front and back symmetrical paddle for 25 yards, side and back alternating paddle for 25 yards, kneeling dive.

Flying Fish - This class is for the swimmer who has advanced from Fish or who can swim four lengths of front crawl, back crawl, breaststroke, sidestroke, elementary backstroke and 25 yards (one length) of butterfly.

Shark - This class is for the swimmer who has advanced from Flying Fish or who can swim four lengths of front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke and butterfly.



minnows



flying fish



shark

DOWNTOWN YMCA

Please contact Heather Whiteside, 803-799-7159 or heatherwhiteside@columbiaymca.org with any summer swim lesson questions.

Cost:

Members: \$20 / person

Non-members: \$80 / person



Pre-School Levels	Date	Day	Time
Pike (Beginner) 3-5 years old	April 30 - June 4	Saturday	11:00-11:45 am
	June 11 - July 16	Saturday	11:00-11:45 am
	July 23-August 27	Saturday	11:00-11:45 am
	May 30 - June 9	M-Th	9:30-10:00 am
	June 13 - 23	M-Th	9:30-10:00 am
	June 27- Jul 7	M-Th	9:30-10:00 am
	July 11- July 21	M-Th	9:30-10:00 am
	July 25- Aug 4	M-Th	9:30-10:00 am
Eels (Adv. Beginner) 3-5 years old	April 30 - June 4	Saturday	11:00-11:45 am
	June 11 - July 16	Saturday	11:00-11:45 am
	July 23-August 27	Saturday	11:00-11:45 am
	May 30 - June 9	M-Th	10:15-10:45 am
	June 13 - 23	M-Th	10:15-10:45 am
	June 27- Jul 7	M-Th	10:15-10:45 am
	July 11- July 21	M-Th	10:15-10:45 am
	July 25- Aug 4	M-Th	10:15-10:45 am
Ray/Starfish (Intermediate & Advanced) 3-5 years old	April 30 - June 4	Saturday	11:00-11:45 am
	June 11 - July 16	Saturday	11:00-11:45 am
	July 23-August 27	Saturday	11:00-11:45 am
	May 30 - June 9	M-Th	11:00-11:30 am
	June 13 - 23	M-Th	11:00-11:30 am
	June 27- Jul 7	M-Th	11:00-11:30 am
	July 11- July 21	M-Th	11:00-11:30 am
	July 25- Aug 4	M-Th	11:00-11:30 am
Youth Levels	Date	Day	Time
Polliwog/Guppy Minnow/Fish Flying Fish/Shark (Beginner-Advanced) 6-12 years old	April 30 - June 4	Saturday	12:00-12:45 pm
	June 11 - July 16	Saturday	12:00-12:45 pm
	July 23-August 27	Saturday	12:00-12:45 pm
	May 30 - June 9	M-Th	1:40-2:20 pm
	June 13 - 23	M-Th	1:40-2:20 pm
	June 27- Jul 7	M-Th	1:40-2:20 pm
	July 11- July 21	M-Th	1:40-2:20 pm
	July 25- Aug 4	M-Th	1:40-2:20 pm
Polliwog/Guppy Minnow/Fish Flying Fish/Shark (Beginner- Advanced) 6-12 years old	April 30 - June 4	Saturday	12:00-12:45 pm
	June 11 - July 16	Saturday	12:00-12:45 pm
	July 23-August 27	Saturday	12:00-12:45 pm
	May 30 -June 9	M-Th	2:30-3:10 pm
	June 13 -23	M-Th	2:30-3:10 pm
	June 27- Jul 7	M-Th	2:30-3:10 pm
	July 11- July 21	M-Th	2:30-3:10 pm
	July 25- Aug 4	M-Th	2:30-3:10pm

NORTHWEST FAMILY YMCA

Please contact Kristin Shelton, 803-407-8007 or kristinshelton@columbiaymca.org with any summer swim lesson questions.

Cost:

Members: \$20 / person

Non-members: \$80 / person

Adult Classes: Members: \$40 / person,

Non-members: \$100 / person



Pre-School Levels	Date	Day	Time	
Water Babies (6 months - 36 months)	May 7-June 11	Saturday	9-9:30 am	
	June 18-July 23	Saturday	9-9:30 am	
	July 30-Sept 3	Saturday	9-9:30 am	
	May 2-12*	M-Th	10:15-10:45 am	
	May 16-26*	M-Th	10:15-10:45 am	
	June 6-16**	M-Th	10:15-10:45 am	
	June 20-30**	M-Th	10:15-10:45 am	
	July 5-14	M-Th	10:15-10:45 am	
	July 18-28	M-Th	10:15-10:45 am	
	Aug. 1-11	M-Th	10:15-10:45 am	
Pike (Beginner), Eels (Adv. Beginner), Ray/Starfish (Intermediate & Advanced) 3-5 years old	May 7-June 11	Saturday	9:50-10:10 am	
	June 18-July 23	Saturday	9:50-10:10 am	
	July 30-Sept 3	Saturday	9:50-10:10 am	
	May 2-12*	M-Th	Classes occur at one of the following times: 9-9:30 am, 11-11:30 am, 3-3:30 pm, 4:30-5 pm, 6-6:30 pm	
	May 16-26*	M-Th		
	June 6-16**	M-Th		
	June 20-30**	M-Th		
	July 5-14	M-Th		
	July 18-28	M-Th		
	Aug. 1-11	M-Th		
Youth Levels	May 7-June 11	Saturday	10:40-11:20 am	
	June 18-July 23	Saturday	10:40-11:20 am	
	July 30-Sept 3	Saturday	10:40-11:20 am	
	Polliwog/Guppy Minnow/Fish Flying Fish/Shark (Beginner-Advanced) 6-12 years old	May 2-12*	M-Th	Classes occur at one of the following times: 9:35-10:05am, 11:35- 12:05 pm, 3:45-4:15 pm, 5:15-5:45 pm, 6:45-7:15 pm
		May 16-26*	M-Th	
		June 6-16**	M-Th	
		June 20-30**	M-Th	
		July 5-14	M-Th	
		July 18-28	M-Th	
		Aug. 1-11	M-Th	
Adults (Ages 13 and up)	May 7-June 11	Saturday	12-12:45 pm	
	June 18-July 23	Saturday	12-12:45 pm	
	July 30-Sept 3	Saturday	12-12:45 pm	

* Swim meets will occur during these sessions and make up sessions will be on Fridays.

JEEP ROGERS FAMILY YMCA

Please contact Shelley Henderson, 803-451-8439 or shelleyhenderson@columbiaymca.org with any summer swim lesson questions.

Cost: Members: \$20 / person, Non-members: \$80 / person

Adult Classes: Members: \$40 / person, Non-members: \$100 / person



Pre-School Levels	Date	Day	Time
Pike (Beginner) 3-5 years old	June 4 - July 9	Saturday	9:15-9:55 am
	July 16 - August 20	Saturday	9:15-9:55 am
	June 6 - June 16	M-Th	9:00-9:30 am
	June 20 - June 30	M-Th	9:00-9:30 am
	July 5 - July 14	M-Th	9:00-9:30 am
	July 18 - July 28	M-Th	9:00-9:30 am
	June 7 - June 22	Tues/Wed	5:00-5:45 pm
	June 28 - July 13	Tues/Wed	5:00-5:45 pm
July 19 - Aug 3	Tues/Wed	5:00-5:45 pm	
Eels (Adv. Beginner) 3-5 years old Ray/Starfish (Intermediate & Advanced) 3-5 years old	June 4 - July 9	Saturday	10:00-10:40 am
	July 16 - August 20	Saturday	10:00-10:40 am
	June 6 - June 16	M-Th	9:35-10:05 am
	June 20 - June 30	M-Th	9:35-10:05 am
	July 5 - July 14	M-Th	9:35-10:05 am
	July 18 - July 28	M-Th	9:35-10:05 am
	June 7 - June 22	Tues/Wed	5:00-5:45 pm
	June 28 - July 13	Tues/Wed	5:00-5:45 pm
July 19 - Aug 3	Tues/Wed	5:00-5:45 pm	
Polliwog/Guppy (Beginner-Advanced) 6-12 years old	June 4 - July 9	Saturday	10:45-11:25 am
	July 16 - August 20	Saturday	10:45-11:25 am
	June 6 - June 16	M-Th	10:10-10:40 am
	June 20 - June 30	M-Th	10:10-10:40am
	July 5 - July 14	M-Th	10:10-10:40am
	July 18 - July 28	M-Th	10:10-10:40 am
	June 7 - June 22	Tues/Wed	6:00-6:45 pm
	June 28 - July 13	Tues/Wed	6:00-6:45 pm
July 19 - Aug 3	Tues/Wed	6:00-6:45 pm	
Minnow/Fish Flying Fish/Shark (Beginner- Advanced) 6-12 years old	June 4 - July 9	Saturday	11:30am-12:10 pm
	July 16 - August 20	Saturday	11:30am-12:10 pm
	June 6 - June 16	M-Th	10:45-11:15 am
	June 20 - June 30	M-Th	10:45-11:15 am
	July 5 - July 14	M-Th	10:45-11:15 am
	July 18 - July 28	M-Th	10:45-11:15 am
	June 7 - June 22	Tues/Wed	6:00- 6:45 pm
	June 28 - July 13	Tues/Wed	6:00- 6:45 pm
July 19 - Aug 3	Tues/Wed	6:00- 6:45 pm	
Adult Lessons Water Babies Lessons	June 4 - July 9	Saturday	8:30-9:05 am
	July 16 - August 20	Saturday	8:30-9:05 am

ORANGEBURG COUNTY YMCA

Please contact Todd Heinecke, 803-268-9622
or toddheinecke@columbiaymca.org with any
summer swim lesson questions.

Cost: Members: \$20 / person, Non-members: \$80 / person



Pre-School Levels	Date	Day	Time
WaterBabies	June 4 - June 25	Saturday	Saturday times 10:00-11:00 am
	July 2 - July 23	Saturday	
	July 30 - Aug 20	Saturday	
	June 6 - June 16	M-Th	Weekday times 10:00-10:30 am, 5:00-5:30 pm
	June 20 - June 30	M-Th	
	July 5 - July 14	M-Th	
	July 18 - July 28	M-Th	
	Aug 1 - Aug 11	M-Th	
Pike (Beginner) 3-5 years old Eels (Adv. Beginner) 3-5 years old 12 slots per class	June 4 - June 25	Saturday	Saturday times 9:00-10:00 am, 10:00-11:00 am, 10:00-11:00 am
	July 2 - July 23	Saturday	
	July 30 - Aug 20	Saturday	Weekday times 11:00-11:30 am, 11:30-12:00 pm, 12:00- 12:30 pm, 12:30-1:00 pm, 4:00-4:30 pm, 4:30-5:00 pm
	June 6 - June 16	M-Th	
	June 20 - June 30	M-Th	
	July 5 - July 14	M-Th	
	July 18 - July 28	M-Th	
	Aug 1 - Aug 11	M-Th	
Ray/Starfish (Intermediate & Advanced) 3-5 years old 12 slots per class	June 4 - June 25	Saturday	Sat classes 11:00-12:00pm
	July 2 - July 23	Saturday	
	July 30 - Aug 20	Saturday	
	June 6 - June 16	M-Th	Weekday times 1:00-1:30 pm, 1:30-2:00 pm, 5:00-5:30 pm, 5:30-6:00 pm
	June 20 - June 30	M-Th	
	July 5 - July 14	M-Th	
	July 18 - July 28	M-Th	
	Aug 1 - Aug 11	M-Th	
Polliwog/Guppy (Beginner-Advanced) 6-12 years old 16 slots per class	June 4 - June 25	Saturday	Sat classes 9:00-10:00 am 10:00-11:00 am
	July 2 - July 23	Saturday	
	July 30 - Aug 20	Saturday	Weekday times 11:00-11:30 am, 11:30-12:00 pm, 12:00- 12:30 pm, 12:30-1:00 pm
	June 6 - June 16	M-Th	
	June 20 - June 30	M-Th	
	July 5 - July 14	M-Th	
	July 18 - July 28	M-Th	
	Aug 1 - Aug 11	M-Th	
Minnow/Fish (Intermediate - Advanced) 6-12 years old 16 slots per class	June 4 - June 25	Saturday	Sat classes 11:00-12:00 pm
	July 2 - July 23	Saturday	
	July 30 - Aug 20	Saturday	
	June 6 - June 16	M-Th	Weekday times 1:00-1:30 pm, 1:30-2:00 pm, 5:00-5:30 pm, 5:30-6:00 pm
	June 20 - June 30	M-Th	
	July 5 - July 14	M-Th	
	July 18 - July 28	M-Th	
	Aug 1 - Aug 11	M-Th	
Adult Lessons 20 slots per class	June 4 - June 25	T or Th	Tues classes 11:00-12:00 pm
	July 2 - July 23	T or Th	
	July 30 - Aug 20	T or Th	8:00-9:00 pm