



## **POLK COUNTY YMCA Swim Lesson Sessions Summer 2021**

### **Location:**

Gibson Park Pool  
236 Park St, Columbus, NC 28722

Class length is 45 minutes. Classes of 2 or less may be combined while still teaching appropriate skills. Classes of only one student will be 1/2 hour in length.

**Stage 1 Water Acclimation:** In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water. If your child will go underwater voluntarily they may be ready for Stage 2.

**Stage 2 Water Movement:** In this class, children are taught skills that focus on buoyancy and movement in the water and learn how to safely exit in the event of falling in a body of water. If your child can do a front and back float on his or her own they are ready for Stage 3.

**Stage 3 Water Stamina:** In this class, children focus on swimming longer distances. In the event of falling into a body of water the children learn to swim to safety.

### **What happens if it rains during swimming lessons?**

We will do our best to make up that day during the two-week timeframe of the lessons.

#### **MONDAY-THURSDAY SESSIONS**

**Pre-School (Ages 3-5) TIME: 5:00-5:45PM**

**Youth (Ages 6-13) TIME 5:45-6:30PM**

**Stages 1-3 Available for each session**

**Cost: \$55.00**

**Days:**

Mondays-Thursdays (Two Weeks)

**Dates:**

June 7-June 17

June 21-July 1

July 5-July 15

July 19-July 29

#### **TUESDAY/THURSDAY SESSIONS**

**Pre-School (Ages 3-5) TIME: 10:00-10:45AM**

**Youth (Ages 6-13) TIME 11:00-11:45AM**

**Stages 1-3 Available for each session**

**Cost: \$55.00**

**Days:**

Tuesdays and Thursdays (Four Weeks)

**Dates:**

June 8-July 1

July 6-July 29

August 3-August 26

**Register Online at:  
[www.spartanburgymca.org](http://www.spartanburgymca.org)**