



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING SWIM

CORPENING MEMORIAL YMCA  
Weekly Spring Swim Lessons

Spring into the pool and prepare for summer!

**Members: \$42**

**Non-Members: \$59**

**Financial assistance is available**

**Registration ends:**

**Spring 1: 2/15/19**

**Spring 2: 4/12/19**

## Guardian & Child Swim Lessons

Swim starters: 6-36 months  
Seven 30 minute lessons  
Stages A&B

## Preschool Swim Lessons

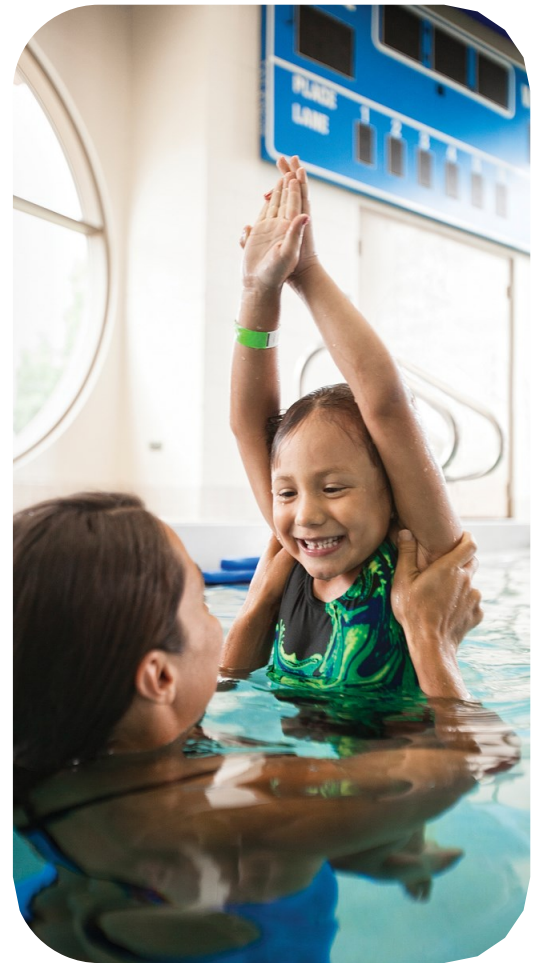
Swim basics: 37 months-5 years  
Seven 30 minute lessons  
Stages 1&2

## Youth Swim Lessons

Swim basics & strokes: 6-13 years  
Seven 40 minute lessons  
Stages 1-4

## Adult Swim Lessons

Swim basics & strokes: 14+ years  
Seven 40 minute lessons  
Stages 1-3, 4-6



For more information contact Molly Heintzelman  
at 828 559 2416 or [mheintzelman@ymcawnc.org](mailto:mheintzelman@ymcawnc.org)

# WINTER SWIM LESSONS

YMCA Members \$42

Non-members \$59



Spring 1: February 25-April 13

Spring 2: April 22-June 8

STAGE	AGE	DAY	TIME
<b>A / B Water Discovery</b>	6-36 months	Tuesday Thursday	4:30-5:00 p.m. 5:15-5:45 p.m.
<b>Stage 1 Water Acclimation</b>	Ages 3-5	Tuesday Thursday Thursday Saturday	4:30-5:00 p.m. 5:15-5:45 p.m. 5:50-6:20 p.m. 11:50-12:20 p.m.
	Ages 6-14	Tuesday Thursday Saturday	4:30-5:10 p.m. 5:50-6:30 p.m. 11:05-11:45 a.m.
<b>Stage 2 Water Movement</b>	Ages 3-5	Tuesday Thursday Saturday	5:50-6:20 p.m. 5:15-5:45 p.m. 10:30-11:00 a.m.
	Ages 6-14	Tuesday Thursday Thursday Saturday	5:05-5:45 p.m. 5:05-5:45 p.m. 6:25-7:05 p.m. 12:25-1:05 a.m.
<b>Stage 3 Water Stamina</b>	Ages 3-5	Thursday	5:50-6:20 p.m.
	Ages 6-14	Tuesday Tuesday Thursday	5:05-5:45 p.m. 5:50-6:30 p.m. 6:25-7:05 p.m.
<b>Stage 4 Stroke Introduction</b>	Ages 6-14	Tuesday Thursday	6:25-7:05 p.m. 6:35-7:15 p.m.
<b>Stage 5 Stroke Development</b>	Ages 6-14	Tuesday	6:35-7:15 p.m.
<b>Stage 6 Stroke Mechanics</b>	Ages 6-14	Tuesday	6:35-7:15 p.m.
<b>Adult Lessons Stroke Development</b>	Ages 15+	Stages 1-3: Saturday Stages 4-6: Saturday	1:10-1:50 p.m. 1:55-2:35 p.m.



## PRIVATE SWIM LESSONS

Classes are 30 minutes. Private lessons are scheduled for one-on-one instruction. Four classes. **Director approval required.** Private: Members \$100, non-members \$125. Semi-private: Members \$75, non-members \$100



**CORPENING MEMORIAL YMCA**  
828 659 9622  
» ymcaenc «

FOR A BETTER US.