

EXPLORE BELOW THE SURFACE



Aquatics Guide

Sumter Family YMCA
510 Miller Road, Sumter
803-773-1404
www.ymcasumter.org



Swim Lessons

The YMCA offers an extensive learn-to-swim program for all ages. Whether you are a non-swimmer or looking for advanced techniques, the YMCA has a program for you. Learn about all of your swim lesson options on our website or seasonal flyers. Whether you are looking for a group lesson, private lesson or semi-private lesson, we have a class to suit your needs.

Infant & Toddler - Ages: 6 months to 3 years old

Through water discovery and water exploration, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences. Parents learn about water safety, supervision as drowning prevention, and the importance of supervision.

- Each swimmer must have at least one parent/guardian in the water.
- Children must be potty-trained or wear a swim diaper.

Preschool - Ages: 3 years to 5 years old (all levels combined)

- Level 1/2 is intended to help acclimate beginning swimmers to the water. Swimmers will gain an increased comfort with sliding, jumping in, underwater exploration and breathing. Swimmers will build confidence while learning personal water safety and achieving basic swimming competency.
- Level 2/3 develops increased comfort with underwater exploration and breathing, while encouraging forward progress in the water. This class will accommodate swimmers of both levels with a goal of water movement and water stamina. Swimmers will build confidence while learning personal water safety and achieving basic swimming competency.

Youth – Ages: 5 years to 12 years old (all levels combined)

- Level 1/2 helps to acclimate beginning swimmers to the water. Swimmers will gain an increased comfort with underwater exploration, breathing and water safety. This class lays the foundations for swim basics and beginning water movement.
- Level 2/3 develops forward progress and aquatic safety skills. This class will focus on water movement and stamina.
- Level 3/4 encourages building endurance for safety, while introducing stroke technique and rhythmic breathing.
- Swimmers level 4 – 6 are encouraged to try out for swim team or register for private lessons

Teen / Adult – Ages: 12 years and older

Swimmers who may be apprehensive to the water, as well as those looking to develop their strokes are taught through group drills and instruction tailored to their specific needs. Both Teen and Adult swimmers of all abilities will learn water movement and stroke technique, while developing skills that can prevent chronic disease, and foster a lifetime of physical activity.

Private and Semi-Private Swim Lessons

Experienced instructors are available to assist and motivate you during our private or semi-private lessons. Instructors time is scheduled in advanced therefore, these sessions are non-refundable without documentation from a physician.

30 minute: 6 mo. – 2 yrs. (with an adult) & up

45 minute: 8 year old minimum

60 minute: 10 year old minimum

Private 1:1 Ratio / Semi – Private 1:2 Ratio Up to 6 lessons may be purchased at a time

Lessons expire six months from the time of purchase

Flying Fish Swim Team

The Sumter YMCA Flying Fish gives everyone a great opportunity to achieve their potential! Our mission is to provide a safe environment where swimmers can learn, improve, and enjoy the sport of swimming.

On our year-round swim team, every member has a place and every swimmer is important to our success! We offer multiple competitive and developmental groups for swimmers. Swimmers gain experience through both YMCA and USA Swimming competitions. Many members enjoy our family and team-first atmosphere, which is easy to see at meets, social events and team practices.

Ages: 5 –21

Swim team fees are based on skill level and membership

Thinking about signing up?

Swim team evaluations are available by appointment Monday – Thursday. Contact Kelley Torres, Aquatics Director by email ktorres@ymcasumter.org with your swimmers requested date & swim experience.

We offer financial assistance to those who could otherwise not afford our programs and services. Financial Assistance is available for those who apply and qualify. Our Annual Campaign is a fundraising effort that supports financial assistance and subsidized programming. Contact member services to learn how to apply.

SAFE POOLS HAVE RULES



- Swimming without a lifeguard present is prohibited.
- Swimmers must shower before entering the water.
- Modest, full-coverage, water appropriate active wear must be worn while in the pool. **NO COTTON.**
- Swimmers must be potty-trained or wear a swim diaper.
- Swimmers ages 11 and under must have a guardian (16+) in the pool area at all times.
- Non-swimmers 52" and less must have a guardian (16+) in the water within arms-reach at all times.
- Lifeguards reserve the right to assess swimmers as they deem necessary for water competency.
- Swimmers that require a lifesaving device must have an adult swimmer within arms-reach.
- Swimmers must surface for a breath no later than 15 seconds or 2/3rds length of the pool.
- Swimmers should enter through steps, ladders or by sitting and scooting in at depths less than 6 feet.
- No diving or jumping in depths less than 6 feet (exception with instructor supervision).
- Swimmers under 36" may jump to an adult.
- Front or back flips from side or elevated surface are not allowed.
- No GLASS, FOOD, or OPEN DRINKS allowed in pool area.
- Personal speakers not permitted. Private waterproof listening devices encouraged.
- YMCA equipment that is available for member use should be treated with care.
- Running on the pool deck, locker rooms or hallways is prohibited.
- No sitting, hanging, or full body weight on lane lines.
- Inflatables of any kind are not allowed.
- Public displays of affection and horseplay not allowed.
- Splash Pad doors and fans will be opened and or closed at the discretion of the Aquatics team.
- The pool and pool deck will close for 30 minutes from the last sight or sound of lightning or thunder.
- The splash pad closes 30 minutes prior to the pool deck closing.
- The pool deck closes one hour prior to the building closing.
- On deck changes are not permitted, please use the locker room.
- Swimmers must be dry and dressed facility appropriate when leaving the pool area.
- **RESPECT LIFEGUARDS AT ALL TIMES.**

WE PROMISE TO:

- BE HERE TO KEEP YOU SAFE
- PROVIDE A WELCOMING ENVIRONMENT FOR ALL



The YMCA retains the right to revoke the membership or program privilege of any participant that violates the YMCA Code of Conduct or these rules.