



Uptown YMCA
Aquatics Department
1420 Sumter St
Columbia SC, 29201

Non-Profit
Organization
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PAID

We Build Strong Kids, Strong Families, Strong Communities



Columbia Uptown YMCA
**2008 FALL AQUATICS
BROCHURE**



**WE BUILD STRONG KIDS, STRONG
FAMILIES, AND STRONG COMMUNITIES**

2008 YMCA Fall
SWIM PROGRAMS

Begin or Extend Your Child's Swimming
Experience at the Uptown YMCA

The YMCA is offering summer Swim Lessons to boys and girls ages 3-12. Qualified and trained instructors will assess and instruct each child through progressive swim classes.

There is a low student/teacher ratio in order to make better use of instruction time. Class size is limited due to the smaller ratios. Our goal is to progress children from their current level, teach basic water safety and make the class enjoyable. Classes are held in the uptown YMCA indoor heated pool.

The fee for each session is \$20.00 for YMCA family members and \$80.00 for nonmembers. The YMCA will accept cash, check, and most credit cards (Visa, MasterCard, American Express). The YMCA has a "no refund" policy for the YMCA Swim Lessons, but will transfer a child to a different session with a two weeks notice or we will credit to your account at the YMCA. Register now by returning the application with your check or in person at the Uptown YMCA, 1420 Sumter Street, Columbia SC 29201- First come, first served.

YMCA MEMBERS

There are several water aerobics classes that are offered at the YMCA. Please check out the monthly calendar to see which classes are best for you!!!

The YMCA offers **swim coaching** for those individuals needing to refine their strokes or are training for a triathlon. Please contact Whitney Rogers @ the Columbia Uptown YMCA.



2008 YMCA Summer
Aquatics Registrations

Child's First Name: _____ Middle Name/ Initial: _____

Last Name: _____ Preferred Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Male ___ Female ___ Date of Birth: _____ Age: _____ Home Phone: _____

Parent's First Name: _____ Last Name: _____

Male ___ Female ___ Date of Birth: _____ Age: _____ Home Phone: _____

In Case of Emergency notify: Name: _____

Relationship: _____ Phone: _____

This application is made with the express understanding the YMCA is not responsible for any sickness or injury that the applicant may receive while in attendance at YMCA classes and programs, during transport to and from YMCA classes and programs, and that the YMCA reserves the right to reject any and all applications. Applicant agrees to hold the YMCA harmless against any and all damages due to sickness or injury occurring while the applicant is in attendance at YMCA classes and programs or during transport to/from said classes and programs. Also, I give permission for photographs to be taken of program participant during normal classes and program activities to be used in YMCA promotional materials without thought of remuneration.

Parent/Guardian Signature: _____ Date: _____

Please Circle Aquatics Program: **Pre-School Swim Lesson** **Youth Swim Lesson**
Adult Swim Lesson **Mommy and Me**

E-mail Address for Confirmation: _____

First Choice:

Session: _____ Class/Level: _____ Group: _____ Date: _____ Time: _____

Second Choice:

Session: _____ Class/Level: _____ Group: _____ Date: _____ Time: _____

Office Use

Only:

Date: _____ Amt. Collected: _____ Class: _____ Staff Initials: _____

Columbia Uptown YMCA
1420 Sumter St
Columbia, SC 29201

Phone: 803.748.9187
Fax: 803.799.2897
E-mail: whitneyrogers@columbiaymca.org

SCUBA!!!!

The YMCA is now holding Scuba Classes!!! Come and get open water certified at the Y!

Call Whitney Rogers or Wateree Dive Center for more information @ 748-YMCA or 731-9344

Open Water Orientation and fitting -
Wateree Dive Center - Tuesday Sept. 9th - 6:00 - 9:00 pm

Open Water Class and Pool - Saturday Sept. 13 -
Downtown YMCA 10:00 to 6:00

Open Water Class only - Sunday Sept. 14 -
Wateree Dive Center 10:00-2:30 OW Pool only
Sunday Sept. 14 - Downtown YMCA 3:00-6:00

Open Water Dives - Saturday Sept 20 and 21 -
Lake Murray, Lexington side, Recreational Park
Meet at Dive Center - 9:00 to 4:00 both days

Mommy and me Swim Classes start August 9th at the Uptown YMCA

This program develops kids' skills and confidence. It strengthens bonds between parents and children and it not only provides valuable aquatics survival skills to community members, but it also helps promote positive values!!!



Location: 1420 Sumter Street, Columbia SC
Telephone number: 748-YMCA



What class does my child belong in?

CLASS PREREQUISITES

YMCA Pre-School Program for children 3 to 5 years old.



PIKE – (3 to 5 years)

No prerequisites required. Water Readiness.

No prior skill needed.



EEL – (3 to 5 years)

Skills required

a beginner class. Children MUST feel comfortable putting their face in the water. Float on front and back with flotation device.



RAY/STARFISH (3 to 5 years)

Skills Required

An Intermediate/Advanced Class. Children must be able to swim without a flotation device, float on front and back, jump into the water, and swim a distance of 15 feet.

YMCA Youth Aquatic Program for Children ages 6 years and up.



POLLIWOG – (6 AND UP)

A beginner class.

Skills Required

No skills required.



GUPPY – (6 and up)

An intermediate/Beginner Class

Skills Required

Blow Bubbles

Put face in the water.

Float and paddle without assistance.



MINNOW/FISH – (6 and up)

Intermediate Class

Skills required

25 yards front crawl & paddle without assistance

25 yards back crawl without assistance

Tread water for 30 second

Can dive



FLYING FISH/SHARK -*Intermediate/Advanced Class* (6 and up)

Skills Required

Swim 2 lengths of front crawl, back crawl & breaststroke in good form.

Survival float for 7 minutes

Tread water 3 minutes



Calendar of Upcoming Swim Lessons

PLEASE REVIEW CAREFULLY

VALUABLE INFORMATION ABOUT SWIM LESSONS

- Individual make-up classes are NOT available.
 - Availability in the correct class is not guaranteed.
 - There is a **NO REFUND** Policy.
- There is a Credit Policy: Must give a written 24-hours notice of cancellation before the first class or practice for a full credit.

Fall Saturday Swim Lessons

Preschool (Ages 3-5)

- August 9th—September 6th Saturday 11:00-11:45am
- September 20th— October 18th Saturday 11:00-11:45am
- November 1st —November 29th Saturday 11:00-11:45am

Youth (Ages 6-12)

- August 9th—September 6th Saturday 12:00-12:45am
- September 20th— October 18th Saturday 12:00-12:45am
- November 1st —November 29th Saturday 12:00-12:45am

Fall Evening Swim Lessons

Pre-school (Ages 3-5)

- August 19th—September 11th Tues. & Thurs. 6:30-7:00pm
- September 23rd-October 16th Tues. & Thurs. 6:30-7:00pm
- October 28th-November 20th Tues. & Thurs. 6:30-7:00pm

Youth (Ages 6-12)

- August 19th—September 11th Tues. & Thurs. 7:00-7:30pm
- September 23rd-October 16th Tues. & Thurs. 7:00-7:30pm
- October 28th-November 20th Tues. & Thurs. 7:00-7:30pm



Calendar of Upcoming Adult Swim Lessons

Adult Swim Lessons

Adult Level I & II (Beginner—Advanced)

- August 5th—August 28th Tues. & Thurs. 7:30-8:15pm
- September 9th—October 2nd Tues. & Thurs. 7:30-8:15pm
- October 14th—November 6th Tues. & Thurs. 7:30-8:15pm

The fee for each session is \$20.00 for YMCA members and \$80.00 for nonmembers. The YMCA will accept cash, check, and most credit cards (Visa, MasterCard, American Express). The YMCA has a “no refund” policy for the YMCA Swim Lessons, but will transfer a child to a different session with a two weeks notice or we will credit to your account at the YMCA. Register now by returning the application with your check or in person at the Uptown YMCA, 1420 Sumter Street, Columbia SC 29201- First come, first served.

POOL PARTY!

Come and celebrate your special occasion at the YMCA Pool!!!!!!



Deposit: \$30.00 to hold the date

Rental: \$100.00

Lifeguards: \$20.00 per guard (2 guards minimum)