

# Aquatics

## PENGUIN CLUB

[02604]

Penguin Club provides a great transition from lessons for those who might be interested in joining our competitive swim team in the future. This is a wonderful opportunity for young swimmers to continue to develop, improve and master the skills that are introduced in the YMCA Swim Lessons Program. Participants will learn advanced skills, including proper mechanics for freestyle, backstroke, breaststroke, butterfly, starts, turns, and finishes through swim team like drills. Swimmers must be five years of age or older and able to swim 25 yards of freestyle and backstroke.

*Duration: 1 hour each practice (Sat. 12:05p.m.)*

*Location: 8-Lane Bubble Pool*

*Dates: January 10th to March 14th*

**Prices: \$115 Full Member / \$330 Program Member**

**January 31st practice will be held Feb 1st**

## TEEN SWIM LESSONS

[02401]

Enjoy learning to swim with other teens!

*Mon. 7:45 – 8:30 pm Indoor Pool*

**Prices: Full Members: \$62 / Program Members: \$124**

## ADULT SWIM LESSONS

[02414]

*Wed. 7:45 – 8:30 pm Intermediate Adults (comfortable in water, may float and/or swim)*

*Thurs. 7:40 – 8:25 pm ALL LEVEL ADULT CLASS*

*Sat. 8:05 – 8:50 am ALL LEVEL ADULT CLASS*

**Prices: Full Members: \$62 / Program Members: \$124**

## PRIVATE SWIM LESSONS

[02414]

These classes are intended for participants who have special needs and/or are in need of Individualized assistance. Private lessons are recommended for people who are uncomfortable in a group lesson environment, or have repeated a level several times and require an opportunity to focus on completing specific skills in order to move on to the next level. Please complete a private lesson participant form to request registration. Forms are available at the welcome center or online at [www.ymcade.org](http://www.ymcade.org)

**Full Members Only**

**Private Lessons \$19 each**

**Semi Private Lessons \$15 each**

## HOME SCHOOL SWIM LESSONS

[02263]

Learn to swim and fulfill school requirements. Participants have the option of registering for the entire school year through our bank draft plan or registering session to session.

*Thurs. 10:35 – 11:20 am*

## OPEN KAYAKING

Open pool kayaking is for recreation, white water or sea kayakers. Open time is for practice in the off season for rolls and strokes. In a partnership with the Wilmington Trail Club and their paddlers club, instructors will be available during each open session for feedback and assistance. Participants are required to bring their own boat and gear. Group will meet at the 10-Lane Pool gate at 8 AM and will paddle at the indoor pool

**Full Members: \$5 per session**

**Program Members / Non-Members: \$15 per session**

**Time: Sunday's 8:00 am to 9:40 am (Indoor Pool)**



## SCUBA 12 years and up

[02902]

Our three-week National Association of Underwater Instructors (NAUI) certification program takes participants from classroom to pool in preparation for open water dives required for certification. Students will learn the fundamental knowledge and skills to scuba dive. Following the three-week program at the YMCA, students must complete five open water dives locally to become certified (not included in fee). Instruction by KBW Scuba and Aquatic Sports. Fee includes all instruction, life support equipment and course material to become certified. For more information about this program contact Keith Wrisley at [keith@kbwscuba.com](mailto:keith@kbwscuba.com)  
Tue/Thur 6:30-9:30 pm

**Full Member: \$360 / Program Member: \$410**

*Class I: January 6,8,13,15,20,&22*

*Class II: March 3,5,10,12,17,&19*

## ELLIS LIFEGUARDING

[02801]

Ellis & Associates Lifeguard Certification / Licensing is an international program which qualifies passing candidates to work as lifeguards in the USA and abroad, however, it does not certify / license individuals to lifeguard at waterfronts, lakes or rivers. Must be 15-year-old before course begins, and be able to perform surface dive in deep water, retrieve a ten pound brick, swim to side, tread water for one minute legs only and swim 100 continuous yards of freestyle or breaststroke in good form. Cost includes CPR, First Aid, book and registration/ licensing fees. Adults are encouraged to attend! Minimum of 8 students.

**Full Members: \$225 / Program Members: \$275 / Non-members: \$325**

**Class I: Registration closes 1/21**

*February 6th from 7:15 PM to 9:00 PM*

*February 20th from 6 PM to 10 PM*

*February 21st from 9 AM to 6 PM*

*February 22nd from 10 AM to 1 PM*

**Class II: Registration closes 2/18**

*March 6th from 7:15 PM to 9:00 PM*

*March 20th from 6 PM to 10 PM*

*March 21st from 9 AM to 6 PM*

*March 22nd from 10 AM to 1 PM*

## ELLIS RECERTIFICATION

[02806]

Participants will be issued an online code to complete an online renewal course during their first evening. Participants will be required to pass an online exam, written exam in class and demonstrate the ability to master all water skills.

**Full Members: \$100 / Program Members: \$150 / Non-members: \$175**

**Class I: Registration closes 1/21**

*February 6th from 5:30 PM to 7 PM*

*February 14th from 9 AM to 6 PM*

**Class II: Registration closes 2/18**

*March 6th from 5:30 PM to 7 PM*

*March 14th from 9 AM to 6 PM*