

# WATER SAFETY SWIM LESSONS

FOR INFANTS 6 MONTHS OLD TO ADULTS

## CLASSES OFFERED:

8X 30 minute lessons

- Monday & Wednesday Mornings (June & July)
- Tuesday & Thursday Evenings (June)
- Saturday Mornings (June-July)

## COST:

1 Session = 8 Lessons

- \$35/Session
  - Military & First Responder Discount with ID: \$31.50
- For Scholarship Information  
Please Email  
breed@sumtersc.gov

**SIGNUPS  
OPEN  
ONLINE  
APRIL 1<sup>ST</sup>  
AT NOON**

Certified Red Cross WSI (Water Safety Instructors) Teach Participants To:

- Swim skillfully
- Behave safely in & around water
- Know what to do in an emergency
- Build lifelong water competency

**MORE INFO  
ONLINE:  
SUMTERSWIM.COM**



# PARENT/CHILD SWIM LESSON SCHEDULE

SIGNUPS OPEN ONLINE  
APRIL 1<sup>ST</sup> AT NOON

AGES 6MO - 3YRS

2026

**JUNE  
AM**

STARTING JUNE 1ST & ENDING JUNE 24TH  
MONDAY & WEDNESDAY MORNINGS  
FROM 9:30 - 10:00 AM

**JUNE  
PM**

STARTING JUNE 2ND & ENDING JUNE 25TH  
TUESDAY & THURSDAY EVENINGS  
FROM 5:15 - 5:45 PM

**JULY  
AM**

STARTING JULY 1ST & ENDING JULY 27TH  
MONDAY & WEDNESDAY MORNINGS  
FROM 9:30 - 10:00 AM

# ADULT/TEEN SWIM LESSON SCHEDULE

SIGNUPS OPEN ONLINE  
APRIL 1<sup>ST</sup> AT NOON

AGES 15+

2026

**JUNE -  
JULY  
WEEKEND  
ONLY**

STARTING JUNE 6TH & ENDING AUGUST 1ST  
SATURDAY MORNINGS (NO CLASS JULY 4TH)  
FROM 9:00 - 9:45 AM

# PRESCHOOL SWIM LESSON SCHEDULE

SIGNUPS OPEN ONLINE  
APRIL 1<sup>ST</sup> AT NOON

AGES 4-6

2026

**JUNE  
AM 1**

STARTING JUNE 1<sup>ST</sup> & ENDING JUNE 24<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 9:30 - 10:00 AM

**JUNE  
AM 2**

STARTING JUNE 1<sup>ST</sup> & ENDING JUNE 24<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 10:15 - 10:45 AM

**JUNE  
PM 1**

STARTING JUNE 2<sup>ND</sup> & ENDING JUNE 25<sup>TH</sup>  
TUESDAY & THURSDAY EVENINGS  
FROM 5:15 - 5:45 PM

**JUNE  
PM 2**

STARTING JUNE 2<sup>ND</sup> & ENDING JUNE 25<sup>TH</sup>  
TUESDAY & THURSDAY EVENINGS  
FROM 6:00 - 6:30 PM

**JUNE -  
JULY  
WEEKEND  
ONLY**

STARTING JUNE 6<sup>TH</sup> & ENDING AUGUST 1<sup>ST</sup>  
SATURDAY MORNINGS (NO CLASS JULY 4<sup>TH</sup>)  
FROM 10:00 - 10:30 AM

**JULY  
AM 1**

STARTING JULY 1<sup>ST</sup> & ENDING JULY 27<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 9:30 - 10:00 AM

**JULY  
AM 2**

STARTING JULY 1<sup>ST</sup> & ENDING JULY 27<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 10:15 - 10:45 AM

# YOUTH/TEEN SWIM LESSON SCHEDULE

SIGNUPS OPEN ONLINE  
APRIL 1<sup>ST</sup> AT NOON

AGES 7-15

2026

**JUNE  
AM 1**

STARTING JUNE 1<sup>ST</sup> & ENDING JUNE 24<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 10:15 - 10:45 AM

**JUNE  
AM 2**

STARTING JUNE 1<sup>ST</sup> & ENDING JUNE 24<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 11:00 - 11:30 AM

**JUNE  
PM**

STARTING JUNE 2<sup>ND</sup> & ENDING JUNE 25<sup>TH</sup>  
TUESDAY & THURSDAY EVENINGS  
FROM 6:00 - 6:30 PM

**JUNE -  
JULY  
WEEKEND  
ONLY**

STARTING JUNE 6<sup>TH</sup> & ENDING AUGUST 1<sup>ST</sup>  
SATURDAY MORNINGS (NO CLASS JULY 4<sup>TH</sup>)  
FROM 10:00 - 10:30 AM

**JULY  
AM 1**

STARTING JULY 1<sup>ST</sup> & ENDING JULY 27<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 10:15 - 10:45 AM

**JULY  
AM 2**

STARTING JULY 1<sup>ST</sup> & ENDING JULY 27<sup>TH</sup>  
MONDAY & WEDNESDAY MORNINGS  
FROM 11:00 - 11:30 AM

## Many Americans in Over Their Heads in the Water

Can you swim well enough to save your life?

**85%** of Americans say they can swim.



**But...**

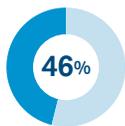
less than half of Americans can perform all of the 5 basic skills that could save their life in the water.

Only **56%** can perform all 5 of these basic water safety skills.

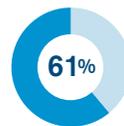


1. Step or jump into the water over your head.
2. Return to the surface and float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to the exit without stopping.
5. Exit from the water. If in a pool, be able to exit without using the ladder.

### Who can perform all 5 basic water safety skills in order?



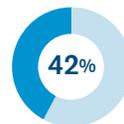
of **parents of children ages 4–17** say *their child* can perform them.



of **men** say they can perform them.



of **African Americans** say they can perform them.



of **women** say they can perform them.

**Every day**, an average of 10 people die in the U.S. from unintentional drowning.\*



The American Red Cross wants to **reduce drowning rates across the country**, focusing on communities that are most at risk.

**Make sure adults and children can swim; know how to make safe choices in and around the water; and know how to respond to a water emergency. Go to [redcross.org/watersafety](https://redcross.org/watersafety) to learn more.**



**Website:** [www.sumterswim.com](http://www.sumterswim.com)

**Email:** [aquatics@sumtersc.gov](mailto:aquatics@sumtersc.gov)

**Phone:** 774 – 3998

**Address:** 1115 S. Lafayette Dr.

## SWIMMING LESSONS

### FREQUENTLY ASKED QUESTIONS

#### Where do we go?

Swim lessons are held at the City of Sumter Aquatics Center. Address: 1115 South Lafayette Drive. The AC is directly to the left of the South Hope Center. Program participants can check in at our Admissions Window (you will see it as soon as you walk in our front doors). You will check in at the Admissions Window for your first swim lesson. For lessons 2-7, you will enter the AC and take a right after the Admissions Window to sit under our covered pavillion area. Instructors will call for swimmers under the pavillion area when it is time to start swim lessons.

#### Where can I watch my participant swim?

**PRESCHOOL & YOUTH/TEEN LESSONS:** You can sit under our covered pavillion area or in the parking lot. All participants under the age of 16 must have a parent or guardian check their child in for lessons and stay for the entire lesson (whether under our pavillion area or in parking lot). **Being on any other area of the pool deck during lessons distracts not only your participant's progress, but the progress of the entire class. If parents interrupt or distractions occur, you may be asked to wait for your participant in the parking lot.**

**PARENT/CHILD LESSONS:** Each infant needs one adult minimum in the water with them to participate in Parent/Child swim lessons. If you have multiple children registered for swim lessons at the same time, please plan for multiple adults to attend (reminder again that any child ages 6 months to 3 years registered to take Parent/Child swim lessons must have at least one parent present in the water with them). **Infants must wear swim diapers. Disposable diapers are not allowed in the pool.** Stop by the admissions window and we will give you a swim diaper at no charge if you do not have one.

#### WEATHER POLICY:

#### Will there be make-up classes if the Aquatics Center must cancel one of our lessons?

Yes, at the discretion of our Aquatics Director. **We will contact you via email with cancellation details and the date and time of make-up lessons. We will contact you via the email that you provided during online swim lesson registration.** In the case of inclement weather that results in a pool closure and cancellation of swim lessons, we do our best to send out an email to notify parents 30-45 minutes before lessons are schedule to start. On iffy-weather days please check the email that you registered for swim lessons with as this is how we will contact you. We are committed to rescheduling all swim lessons cancelled due to inclment weather, etc.

#### What time should we arrive for swim lessons?

Please arrive 5-10 minutes early, but no more than 10 minutes. This helps lower distractions and ensures that your participant is ready to go on time. Please sit with your participant under our covered pavillion area once checking in -- your instructor will provide further instructions.



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### When do my swim lessons start? What is the class schedule?

Please check your account statement or email receipts if you are unsure which session you registered for. You will have an email receipt from the email that you used to register for swim lessons with. If additional help is needed, please email us at: [aquatics@sumtersc.gov](mailto:aquatics@sumtersc.gov).

### What should I bring to swim lessons?

If your child needs goggles, ear wax, or nose plugs for swim lessons please bring your own. We will provide all other assisting materials. If your child is not potty trained, please bring a cloth swim diaper to be used when in the pool. Disposable diapers are NOT allowed in the pool. We are happy to provide a swim diaper at no charge at our Admissions window prior to the start of swim lessons.

\*Link to affordable reusable vinyl diapers on Amazon: <https://a.co/d/29ewgda>

### What will my swimmer learn during their 8 lessons?

Go to our website under swim lessons and select your group tab (ex: Parent & Child Group Curriculum) to read about the American Red Cross curriculum overview and specific skills taught during swim lessons. <https://www.sumtersc.gov/aquatics-center/swim-lessons>

### Can we swim before or after swim lessons?

We welcome all patrons to enjoy our public open swim during the designated hours. Only registered swim lesson participants will be allowed in the pool during lesson time.

We ask parents to please assist instructors with getting your child out of the pool when class ends.

### Can I request a make-up lesson if my child needs to be absent for one or more classes?

We allow make-up swim lessons only if the Aquatics Center cancels lessons (inclement weather, chemical/mechanical repairs, etc). We do not allow make-up swim lessons should a participant need to cancel for personal reasons (sick, vacation, etc).

### Can we choose or switch swim instructors?

You cannot switch instructors due to gender preference or favoritism. Each instructor is assigned to their specialty level and age to provide the best possible swim lessons.

### Can I take photos?

You are more than welcome to take photos of your participant, but be mindful of other children, their parents, and AC staff. You may not interrupt class to take pictures. Do not tag anyone you do not personally know and do not tag AC staff members.

**We have photo props at the AC! Please ask a swim instructor or staff member to bring it to you anytime!**



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### What to eat before swim lessons?

For the safety and comfort of each participant please refrain from eating 1 hour prior to lesson time. Children should avoid dairy 1-2 hours prior to their lesson time so please plan accordingly. You are welcome to bring a snack for after lessons.

### How many lessons do we need to take before my child/participant can swim?

Every participant learns at a different rate. Our trained professionals will work with you to ensure success for your aquatic goals. Consistency is key with swim lessons! We highly recommend continuing aquatic education by signing up for more lessons and/or practicing your skills outside of lessons. Please talk with your Instructor for skills and drills that your swimmers can practice outside of swim lessons at the AC.

### Want to know more about the Instructors that lead swim lessons?

Swim Lesson Instructors have been certified through the American Red Cross as Water Safety Instructors, which is an extremely difficult 28 hour course. Water Safety Instructors (WSI) are trained to teach individuals of different ages and abilities to swim, as well as to teach water safety concepts and progressions. They are responsible for planning, preparing, and teaching Red Cross Learn-To-Swim and Water Safety programs. Their training includes lesson planning and management strategies, best-practice teaching methods, and techniques for communicating with families. WSI are also trained to examine injured persons and administer first aid or cardiopulmonary resuscitation if necessary. WSI are always accompanied by additional lifeguards on deck during swim lessons.

Have questions about the certified Water Safety Instructors? Contact Aquatics Director Grayce Howard, who is also an American Red Cross Instructor and Instructor Trainer that actually certified the Aquatics Center WSI. Contact Grayce by emailing [ghoward@sumtersc.gov](mailto:ghoward@sumtersc.gov).

### Follow us on social media!

Facebook: [City of Sumter Aquatics Center](#)

Instagram: [@sumterswim](#)