



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**THE WORLD IS 71% WATER  
YOUR CHILDREN ARE 100% CURIOUS**

## **Swim Lessons HOPKINS COUNTY FAMILY YMCA**

### **The Y is America's Swim Instructor.**

- **1 million kids each year**
- **2,700 locations**
- **2,200 pools**
- **10,000 Communities**
- **100 years of experience**

Teaching children how to be safe around water is not a luxury; it is a necessity. YMCA Swim Lessons can help children learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity of water.

All Swim Lessons Groups will review the following safety tips:

- **Pool Rules**
- **Reach, Throw, Don't Go**
- **Call 911 & CPR**
- **Backyard Pools**
- **Life Jackets & Pool Drains**
- **Boating & Open Water**

### **PARENT/CHILD LESSONS**

Ages 6 months – 3 years  
Class ratio 1:10

A positive first experience in the water that encourages a bond of trust between adult and child. This group also teaches adults how to supervise and guide a child in the water.

### **PRESCHOOL LESSONS**

Ages 3 – 5 years  
Class ratio 1:4

#### **Pike**

Beginner level; little or no swimming experience.

#### **Eel**

Must be willing to participate, comfortable in water and able to swim 5 feet on front, back and side.

#### **Ray**

Must be able to jump into deep water and swim 15 feet on front, side and back.

### **YOUTH LESSONS**

Ages 6 – 12 years  
Class ratio 1:6

#### **Polliwog**

Beginner level; little swimming experience. Group will learn to swim in deep water.

#### **Guppy**

Must be able to swim in deep water. Must be able to swim 20 feet on front, back and side. This group begins working on stroke development.

#### **Minnow**

Must be able to swim 25 yards on front, back and side. Upon completing Minnow, students can join the Swim Team.

#### **Fish**

Must be able to swim 25 yards of freestyle, backstroke, breaststroke. Begin working on butterfly.

#### **MADY Mantas Swim Team**

Meets for practice from 6-7pm on Monday, Tuesday & Thursday.

## SWIM LESSON SESSION DATES & FEES

### SESSIONS (Deadline: FOUR DAYS prior to start date)

Member: \$30/session

Non-Member: \$50/session

#### Three Week Sessions

##### Tuesday/Thursday Evenings

6:00 – 6:45 PM

PLEASE PAY ATTENTION TO SESSION DATES; WE PLAN AROUND HOLIDAYS, SCHOOL BREAKS & SWIM MEETS

**Winter I: December 6, 8, 15, 20, 22, 27 (Deadline Dec 2)**

**Winter II: January 10, 12, 19, 24, 26, February 2 (Deadline Jan 6)**

**Winter III: February 14, 16, 21, 23, 28, March 2 (Deadline Feb 10)**

We offer swim lessons each month.

#### Six Week Sessions

##### Saturday Mornings

10:00-10:45am

PLEASE PAY ATTENTION TO SESSION DATES; WE PLAN AROUND HOLIDAYS, SCHOOL BREAKS & SWIM MEETS

**Winter II: January 14, 21, 28, February 4, 11, 18 (Deadline Jan 10)**

**Winter III: February 25, March 4, 11, 18, 25, April 1 (Deadline Feb 21)**

We offer swim lessons each month.

## SWIM LESSON REGISTRATION FORM

Name \_\_\_\_\_

Male  Female DOB \_\_\_/\_\_\_/\_\_\_ Age \_\_\_

Member **\$30**  Non-Member **\$50**

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I, \_\_\_\_\_  
(Parent/Guardian) of \_\_\_\_\_ (Participant), do hereby  
agree to hold free from any and all liability the Hopkins County Family YMCA  
and its officers, employees and volunteers. I do hereby waive all rights and  
claims for all injuries or damages incurred. I do declare the participant to be  
physically sound, having medical approval to participate in the activities of  
the YMCA Aquatics Program.

\_\_\_\_\_  
Parent/Guardian Signature/Date

### SWIM LESSON LEVEL (select skill level)

Parent/Child:

Preschool:  Pike  Eel  Ray

Youth:  Polliwog  Guppy  
 Minnow  Fish

### SESSION (select days of week)

Tuesday/Thursday Evenings, 6:00 – 6:45

Saturday Mornings, 10:00 – 10:45

### DATES

#### Tuesday/Thursday

**Winter I** (Dec 6-27)

**Winter II** (Jan 10-Feb 2)

**Winter III** (Feb 14-Mar 2)

#### Saturday

**Winter I** (Nov 19-Jan 7)

**Winter II** (Jan 14-Feb 18)

**Winter III** (Feb 25-Apr 1)