



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.

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

6:15 – 7:00 PM

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

Fall I: September 19, 21, 26, 28 October 3, 5 (Deadline September 15)

Fall II: October 17, 19, 24, 26, November 7, 9 (Deadline October 13)

Winter I: December 5, 7, 12, 14, 19, 21 (Deadline November 30)

Winter II: January 9, 11, 16, 18, 23, 25 (Deadline January 4)

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.

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

DATES

Tuesday/Thursday

- Fall I** (Sept 19-Oct 5)
- Fall II** (Oct 17-Nov 9)
- Winter I** (Dec 5-21)
- Winter II** (Jan 9-25)

Parent/Guardian Signature

Date