



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

**Winter II: January 11, 16, 23, 25, 30, February 1 (Deadline January 4)**

**Winter III: February 6, 8, 13, 15, 20, 22 (Deadline February 1)**

**Spring I: March 6, 8, 13, 15, 20, 22 (Deadline March 1)**

**Spring II: April 10, 12, 17, 19, 24, 26 (Deadline April 5)**

**Spring III: May 8, 10, 15, 17, 22, 24 (Deadline May 3)**

**Summer I: June 5, 7, 12, 14, 19, 21 (Deadline May 31)**

**Summer II: July 10, 12, 17, 19, 24, 26 (Deadline July 5)**

**Summer III: August 7, 9, 14, 16, 21, 23 (Deadline August 2)**

**Fall I: September 4, 6, 11, 13, 18, 20 (Deadline August 30)**

**Fall II: October 16, 18, 23, 25, 30, November 1 (Deadline October 11)**

**Fall III: November 6, 8, 13, 15, 20, 27 (Deadline November 1)**

**Winter I: December 4, 6, 11, 13, 18, 20 (Deadline November 29)**

## 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

### DATES

#### Tuesday/Thursday

- Winter III** (Feb 6-22)
- Spring I** (March 6-22)
- Spring II** (Apr 10-26)
- Spring III** (May 8-24)
- Summer I** (June 5-21)
- Summer II** (July 10-26)
- Summer III** (Aug 7-23)
- Fall I** (Sept 4-20)
- Fall II** (Oct 16-Nov 1)
- Fall III** (Nov 6-27)
- Winter I** (Dec 4-20)