



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 1:6

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.

Flying Fish

Must be able to swim 50 yards of strokes in Fish plus 25 yards of butterfly.

SWIM LESSON SESSION DATES & FEES

SPRING SESSIONS (Deadline: TWO DAYS prior to start date)

Member: \$30/session

Non-Member: \$50/session

Three Week Sessions

Tuesday/Thursday Evenings

6:00 – 6:45 PM

Spring I: March 1, 3, 8, 10, 15, 17 (Deadline February 27)

Spring II: March 22, 24, 29, 31 – NO LESSONS OVER SPRING BREAK – April 12, 14 (Deadline March 19)

Spring III: April 26, 28, May 3, 5, 10, 12 (Deadline April 23)

Six Week Sessions

Saturday Mornings

10:00-10:45am

Spring I: February 27, March 5, 12, 19, 26, April 2 (Deadline March 2)

Spring II: April 16, 23, 30, May 7, May 14, May 21 (Deadline April 14)

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
 Flying Fish

SESSION (select days of week)

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

Saturday Mornings, 10:00 – 10:45

DATES

Tuesday/Thursday

Spring I: March 1, 3, 8, 10, 15, 17

Spring II: March 22, 24, 29, 31, April 12, 14

Spring III: April 26, 28, May 3, 5, 10, 12

Saturday

Spring I: February 27, March 5, 12, 19, 26, April 2

Spring II: April 16, 23, 30, May 7, May 14, May 21