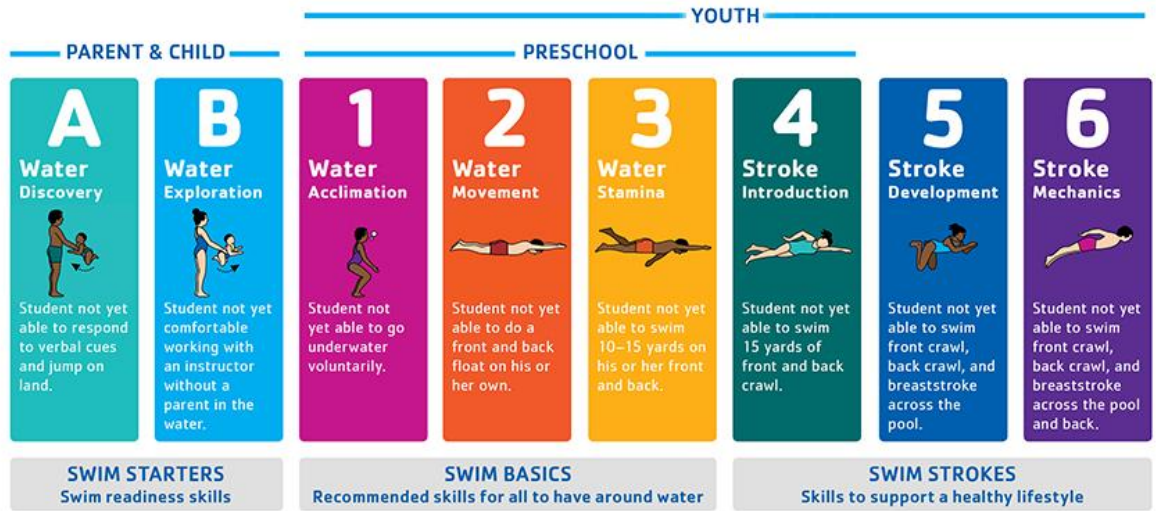




# SWIM STAGES



# STRONG SWIMMERS CONFIDENT KIDS

## Swim Lessons HOPKINS COUNTY FAMILY YMCA

### Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create meaningful, lasting change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

**INTRODUCING THE SWIM LESSON UPDATE:** All participants will take the Swim Skills Assessment at the first class and be placed in the appropriate stage.

### STAGE DESCRIPTIONS

**A / Water Discovery**  
Introduces infants and toddlers to the aquatic environment.

**B / Water Exploration**  
Parents work with children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**1 / Water Acclimation**  
Increased comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

**2 / Water Movement**  
Encourages forward movement in water and basic self-rescue skills performed independently.

**3 / Water Stamina**  
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

**4 / Stroke Introduction**  
Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

**5 / Stroke Development**  
Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

**6 / Stroke Mechanics**  
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

## SWIM LESSON SESSION DATES & FEES

SESSIONS (**DEADLINE: day of class**)

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 I: January 8 – January 24**

**Winter II: January 29 – February 14**

**Winter III: February 19 – March 7**

**Spring I: March 12 – March 28**

**Spring II: April 9 – April 25**

**Spring III: April 30 – May 16**

**Summer I: May 28 – June 13**

**Summer II: July 9 – July 25**

**Summer III: August 6 – August 22**

**Summer IV: August 27 – September 12**

**Fall I: September 17 – October 3**

**Fall II: October 8 – October 24**

**Fall III: November 5 – November 21**

**Winter I: December 3 – December 19**

## 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

**INTRODUCING THE SWIM LESSON UPDATE: All participants will take the Swim Skills Assessment at the first class and be placed in the appropriate stage.**

### DATES

#### Tuesday/Thursday

- Winter I** (Jan 8-24)
- Winter II** (Jan 29-Feb 14)
- Winter III** (Feb 19-Mar 7)
- Spring I** (Mar 12-28)
- Spring II** (Apr 9-25)
- Spring III** (Apr 30-May 16)
- Summer I** (May 28-Jun 13)
- Summer II** (Jul 9-25)
- Summer III** (Aug 6-22)
- Summer IV** (Aug 27-Sep 12)
- Fall I** (Sep 17-Oct 3)
- Fall II** (Oct 8-24)
- Fall III** (Nov 5-21)
- Winter I** (Dec 3-19)