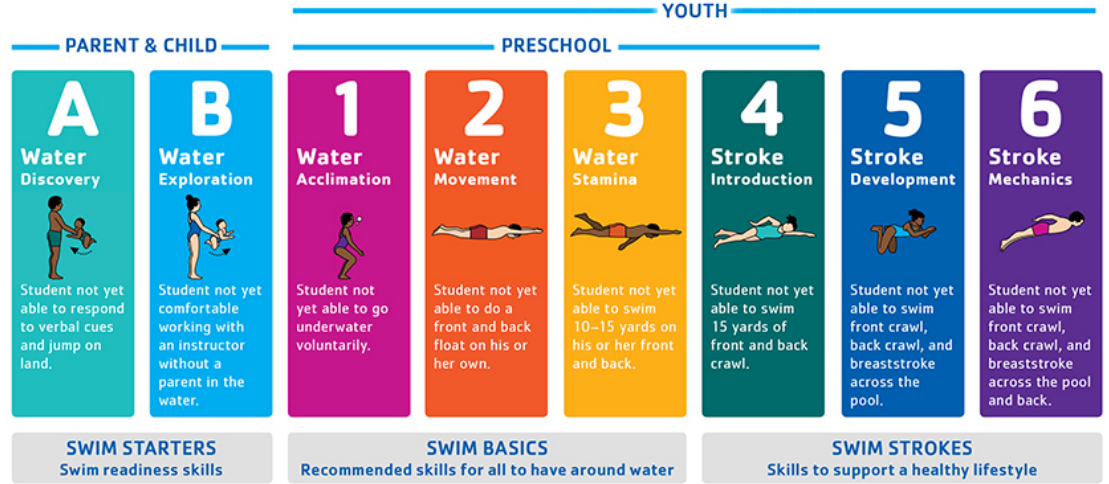




# SWIM STAGES



# 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 ages 3 through 12 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. \*Parent & Child

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

**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

Member: \$45/session

Non-Member: \$65/session

Ages 3 through 12

### Tuesday/Thursday Evenings

6:15 – 7:00 PM

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

### Last Session of 2019

**Winter I:** November 19 – December 10 (deadline: 11/14)

### 2020 Sessions

**Session Two:** February 11 – March 5 (deadline: 2/7)

**Session Three:** March 17 – April 16 (deadline 3/13)

**Session Four:** April 28 – May 21 (deadline: 4/24)

**Session Five:** June 2 – 25 (deadline: 5/29)

**Session Six:** July 7 – 30 (deadline: 7/3)

**Session Seven:** August 11 – September 3 (deadline: 8/7)

**Session Eight:** September 15 – October 15 (deadline: 9/11)

**Session Nine:** October 27 – November 19 (deadline: 10/23)

**Session Ten:** December 1 – 29 (deadline: 11/27)

## SWIM LESSON REGISTRATION FORM

Name \_\_\_\_\_

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

Member **\$45**  Non-Member **\$65**

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.

**INTRODUCING THE SWIM LESSON UPDATE: All participants ages 3 through 12 will take the Swim Skills Assessment at the first class and be placed in the appropriate stage.**

### DATES

#### Tuesday/Thursday

- Session One** (Jan 7-30)
- Session Two** (Feb 11-Mar 5)
- Session Three** (Mar 17-Apr 16)
- Session Four** (Apr 28-May 21)
- Session Five** (June 2-25)
- Session Six** (Jul 7-30)
- Session Seven** (Aug 11-Sept 3)
- Session Eight** (Sept 15-Oct 15)
- Session Nine** (Oct 27-Nov 19)
- Session Ten** (Dec 1-29)

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

\_\_\_\_\_  
Date