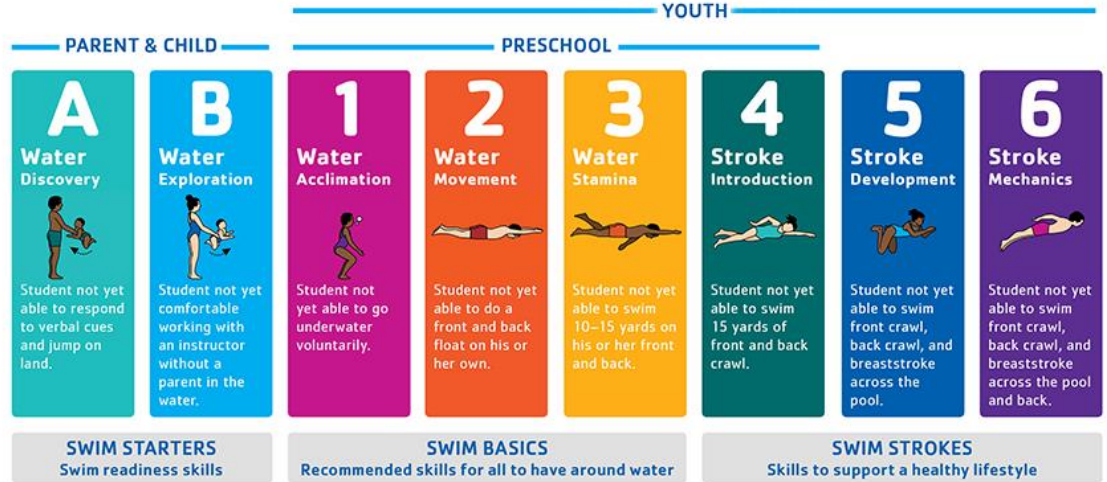




SWIM STAGES



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: \$50

Non-Member: \$70

Ages 3 through 12

Tuesday/Thursday Evenings

6:15 – 7:00 PM

PLEASE PAY ATTENTION TO SESSION DATES: WE SCHEDULE MAKE-UP DATES AND PLAN AROUND HOLIDAYS, SCHOOL BREAKS & SWIM MEETS

DATES

NOTE: for the month of January we altered the usual Tuesday / Thursday line-up, due to swim meets. To indicate if a session is on a Monday or Friday there will be an **M** or **F** next to the date.

January: 4th, 7thF, 10thM, 13th, 18th, 20th, 21stF, 24thM, 27th Make-up: 29thSat (deadline 6pm on 1/4/22)

February: 1st, 3rd, 8th, 10th, 15th, 17th, 22nd, 24th Make-up: 28thM (deadline 6pm on 2/1/22)

March: 1st, 3rd, 8th, 10th, 15th, 17th, 22nd, 24th Make-up: 28thM (deadline 6pm on 3/1/22)

SWIM LESSON REGISTRATION FORM

Name _____

Male Female DOB __/__/__ Age _____

Member \$50 Non-Member \$70

Ask about financial assistance options at the Welcome Center.

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.

Ask how you can save **BIG** on lessons!
We offer discounts for enrolling
multiple participants and enrolling in
multiple lessons!

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.

Parent/Guardian Signature

Date