



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# CONFIDENCE WITH EVERY STROKE



## Swim Lessons at the Bryan YMCA

**Swim Starters:** For all children ages 6-36 months (with parents)!

**Swim Basics:** For all students ages 3 & up!

**Swim Strokes:** For all students ages 3 & up!

### YMCA SWIM LESSON PHILOSOPHY:

At the Y, we believe that swimming is a LIFE SKILL. The YMCA Swim Lesson Program is designed to offer high-quality instruction in a safe, student-centered, and flexible environment. At the Y, we are **BUILDING STRONG SWIMMERS and CONFIDENT KIDS!**

### FALL 2019 SWIM LESSON SESSIONS AND REGISTRATION DATES:

**FALL SESSION I:** August 26<sup>th</sup> – October 5<sup>th</sup> Registration Opens: July 15<sup>th</sup> \*

**FALL SESSION II:** October 14<sup>th</sup> – November 23<sup>rd</sup> Registration Opens: September 15<sup>th</sup> \*

\*Spaces are limited!

### COST:

Each Six-Week Session Costs      **\$36** for YMCA Members      **\$60** for Potential Members

**Register at the YMCA front desk or online at [bryanymca.org](http://bryanymca.org)**

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

# BRYAN FAMILY YMCA 2019 Lesson Schedule

Please select one day and time below to attend!

## **PARENT/TOT STAGE A: WATER DISCOVERY**

**For children 6-36 months and their parents!**

Fridays 11:00am – 11:30am  
Saturdays 8:00am – 8:30am

## **PARENT/TOT STAGE B: WATER EXPLORATION**

**For children 6-36 months and their parents!**

Fridays 11:30am – 12:00pm  
Saturdays 8:30am – 9:00am

## **PRESCHOOL STAGE 1: WATER ACCLIMATION**

**For children ages 3-5**

Mondays 5:00pm – 5:30pm  
Tuesdays 4:30pm – 5:00pm  
Wednesdays 5:30pm – 6:00pm  
Thursdays 6:30pm – 7:00pm  
Fridays 10:30am – 11:00am  
Saturdays 9:00am – 9:30am  
Saturdays 11:00am – 11:30am

## **PRESCHOOL STAGE 2: WATER MOVEMENT**

**For children ages 3-5**

Tuesdays 6:00pm – 6:30pm  
Wednesdays 5:00pm – 5:30pm  
Thursdays 4:00pm – 4:30pm  
Saturdays 9:30am – 10:00am  
Saturdays 10:30am – 11:00am

## **PRESCHOOL STAGE 3: WATER STAMINA**

**For children ages 3-5**

Mondays 3:00pm – 3:30pm  
Thursdays 6:00pm – 6:30pm  
Saturdays 10:00am – 10:30am

## **PRESCHOOL STAGE 4: STROKE INTRODUCTION**

**For children ages 3-5**

Tuesdays 6:30pm – 7:10pm  
Saturdays 11:30am – 12:10pm

## **GRADESCHOOL STAGE 1: WATER ACCLIMATION**

**For children ages 6-12**

Tuesdays 4:00pm – 4:30pm  
Wednesdays 6:00pm – 6:30pm  
Thursdays 5:00pm – 5:30pm  
Saturdays 7:30am – 8:00am  
Saturdays 10:00am – 10:30am

## **GRADESCHOOL STAGE 2: WATER MOVEMENT**

**For children ages 6-12**

Tuesdays 5:00pm – 5:30pm  
Wednesdays 4:30pm – 5:00pm  
Thursdays 5:30pm – 6:00pm  
Saturdays 10:30am – 11:00am

## **GRADESCHOOL STAGE 3: WATER STAMINA**

**For children ages 6-12**

Tuesdays 5:30pm – 6:00pm  
Thursdays 4:30pm – 5:00pm  
Saturdays 11:00am – 11:30am

## **GRADESCHOOL STAGE 4: STROKE INTRODUCTION**

**For children ages 6-12**

Wednesdays 6:30pm – 7:10pm  
Saturdays 11:30am – 12:10pm

## **GRADESCHOOL STAGE 5: STROKE DEVELOPMENT**

**For children ages 6-12**

Saturdays 12:15pm – 12:55pm

## **TEEN and ADULT: SWIM BASICS**

**For teens and adults ages 13 and over**

Fridays 1:00pm – 1:30pm  
Saturdays 12:15pm – 12:45pm

## **TEEN and ADULT: SWIM STROKES**

**For teens and adults ages 13 and over**

Saturdays 12:50pm – 1:30pm

# YMCA SWIM LESSON PROGRAM OVERVIEW

## SWIM STARTERS:

### STAGE A: WATER DISCOVERY

Introduces infants and toddlers to the aquatic environment.

**Ages:** 6-36 months **Length:** 30 minutes

**Qualifications:** None!

### STAGE B: WATER EXPLORATION

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

**Ages:** 6-36 months **Length:** 30 minutes

**Qualifications:** None (although, completion of the water Discovery Class is recommended)!

## SWIM BASICS:

### STAGE 1: WATER ACCLIMATION

In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.

**Ages:** 3-12 **Length:** 30 minutes

**Qualifications:** None!

### STAGE 2: WATER MOVEMENT

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water.

**Ages:** 3-12 **Length:** 30 minutes

**Qualifications:** (1) able to go under water & comfortably open eyes without goggles, (2) able to float on front & back with minimal assistance, (3) able to jump in the pool, submerge & return to the wall with assistance.

### STAGE 3: WATER STAMINA

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.

**Ages:** 3-12 **Length:** 30 minutes

**Qualifications:** (1) able to float on front & back unassisted, (2) able to push off the wall on stomach with face submerged for 10 feet unassisted, (3) able to Swim-Float-Swim 15 feet unassisted, (4) able to jump into deep water and return to the wall unassisted.

## SWIM STROKES:

### STAGE 4: STROKE INTRODUCTION

In this class, children are introduced to basic swimming strokes.

**Ages:** 3-12 **Length:** 40 minutes

**Qualifications:** (1) able to submerge & retrieve an object in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds, (5) able to swim to wall & exit.

### STAGE 5: STROKE DEVELOPMENT

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

**Ages:** 5-12 **Length:** 40 minutes

**Qualifications:** (1) able to front crawl & back crawl 25 yards, (2) able to swim breaststroke kick and dolphin kick 15 yards, (3) able to tread water using multiple kicks for 1 minute.

### STAGE 6\*: STROKE MECHANICS

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.

**Ages:** 5-12 **Length:** 40 minutes

**Qualifications:** (1) able to swim front crawl with bent arm recovery & rotary breathing for 25 yards, (2) able to swim back crawl with stroke rotation for 25 yards, (3) able to swim butterfly with over arm recovery, (4) able to swim breaststroke for 25 yards achieving stroke rhythm, (5) able to dive from kneeling position.

\*Stage 6 is not currently offered at the Bryan Family YMCA. If you feel that your child is ready for Stage 6, please contact the GCY Swim Team Office at 336-478-9635 or email Coach Herndon directly to discuss program options at [brad.herndon@ymcagreensboro.org](mailto:brad.herndon@ymcagreensboro.org)

## FOR TEENS & ADULTS:

### TEEN/ADULT: SWIM BASICS

Students learn personal water safety and basic swimming competency in shallow water.

**Ages:** 13+ **Length:** 30 minutes **Qualifications:** None!

### TEEN/ADULT: SWIM STROKES

Focuses on swimming techniques, breathing, and fundamental safety and aquatic skills.

**Ages:** 13+ **Length:** 40 minutes

**Qualifications:** (1) able to submerge touch the bottom in chest deep water, (2) able to swim front crawl 15 yards while taking a breath, (3) able to Swim-Float-Swim 15 yards, (4) able to jump in & tread water for 30 seconds.

# Bryan YMCA Swim Lesson Registration Form

## SWIMMER INFORMATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Stage: \_\_\_\_\_ Time: \_\_\_\_\_ Session: \_\_\_\_\_

## PARENT / GUARDIAN INFORMATION

### Guardian #1 (person who will be contacted in case of class cancellation)

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Guardian #2 Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## IMPORTANT MEDICAL INFORMATION

### RELEASE AND WAIVER OF LEGAL LIABILITY:

THIS IS YOUR RELEASE AND WAIVER OF LIABILITY (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately. This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

1) **GENERAL RELEASE:** I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

2) **ASSUMPTION OF RISK:** I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all of the risks.

3) **MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA.A) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.

4) **INSURANCE: YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE.** You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.

5) **PHOTOGRAPHIC RELEASE:** I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

**HAVING READ, UNDERSTOOD, AND AGREE WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.**

Participant/Guardian

Signature: \_\_\_\_\_ Date \_\_\_\_\_