



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!**

SPRING 2020 SWIM LESSON SESSIONS AND REGISTRATION DATES:

WINTER SESSION: January 6th – February 15th Registration Opens: November 1st *

SPRING SESSION I: February 24th – April 4th Registration Opens: January 15th *

SPRING SESSION II: April 13th – May 23rd Registration Opens: March 1st

*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

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 2020 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 2:30pm – 3:00pm
Tuesdays 4:30pm – 5:00pm
Tuesdays 6:30pm – 7:00pm
Wednesdays 5:30pm – 6:00pm
Thursdays 5:00pm – 5:30pm
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 7:00pm – 7:40pm
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 6:30pm – 7:00pm
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

Thursdays 7:00pm – 7:30pm
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.



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, not withstanding, 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 _____