BUILDING CONFIDENCE

Swim Lessons
MARY PERRY RAGSDALE FAMILY YMCA

Swim Starters: Children ages 6months–3 years old (with parents)
Swim Basics: Children ages 3–5 years old OR Children age 5–12 OR Teens/Adults ages 13+
Swim Strokes: Children ages 3–5 years old OR Children age 5–12 OR Teens/Adults ages 13+

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!

Winter/Spring 2020 SWIM LESSON SESSIONS AND REGISTRATION DATES: (Includes online and over the counter)

April M/W 4/13–4/29 Registration: 3/2–4/9 Session: 3–Week
April T/TH 4/12–4/30 Registration: 3/2–4/9 Session: 3–Week
May M/W 5/4–5/20 Registration: 4/10–5/1 Session: 3–Week
May T/TH 5/5–5/21 Registration: 4/10–5/1 Session: 3–Week
Saturday C 4/18–5/23 Registration: 3/2–4/15* Session: 6–Week

*Please note Saturday ONLINE REGISTRATION WILL END APRIL 9TH. Over the counter will be open until April 15th.

COST:
Each 3 week Mon/Wed or T/TH Session Costs $36 Members or $60 for Potential Members.
Each 6 week Saturday Session Costs $36 Members or $60 for Potential Members.

PORPOISE CLUB COST:
Each 3–week Monday or Wednesday ONLY session costs $24 Members or $36 for Potential Members.
Each 3–week Mon/Wed session costs $48 Members or $72 for Potential Members.

Register at the YMCA front desk or online at Ragsdaleymca.org
Contact Justine Intiso, Aquatics Director at 336.882.9622 or Justine.Intiso@ymcagreensboro.org for details.
# Mary Perry Ragsdale Family YMCA

## Winter/Spring 2020 Swim Lesson Schedule

### Swim Starters—Stages A and B for Parent Child participants; Ages 6-36 months.

<table>
<thead>
<tr>
<th>Stage</th>
<th>A—Water Discovery</th>
<th>B—Water Exploration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>9:30am-10:00am</td>
<td>10:15am-10:45am</td>
</tr>
</tbody>
</table>

### Swim Basics and Swim Strokes—Stages 1-6; Ages 3-12

<table>
<thead>
<tr>
<th>Stage</th>
<th>1—Water Acclimation</th>
<th>2—Water Movement</th>
<th>3—Water Stamina</th>
<th>4—Stroke Introduction</th>
<th>5—Stroke Development</th>
<th>6—Stroke Mechanics</th>
<th>Porpoise Club</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W Ages 3-5</td>
<td>5:30pm-6:00pm or 6:00pm-6:30pm</td>
<td>6:00pm-6:30pm</td>
<td>6:15pm-6:45pm</td>
<td>6:00pm-6:40pm</td>
<td>6:00pm-6:40pm or 6:40pm-7:20pm</td>
<td>6:50pm-7:30pm</td>
<td>6:50pm-7:30pm or 5:45pm-6:45pm</td>
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<tr>
<td>M/W Ages 5-12</td>
<td>5:30pm-6:00pm or 6:00pm-6:30pm</td>
<td>6:00pm-6:30pm</td>
<td>6:15pm-6:45pm</td>
<td>6:00pm-6:40pm or 6:40pm-7:20pm</td>
<td>6:50pm-7:30pm</td>
<td>6:50pm-7:30pm</td>
<td>5:45pm-6:45pm</td>
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<tr>
<td>T/TH Ages 3-5</td>
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<td>6:15pm-6:45pm</td>
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<td>6:50pm-7:30pm</td>
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<tr>
<td>T/TH Ages 5-12</td>
<td>6:00pm-6:30pm</td>
<td>6:15pm-6:45pm</td>
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<tr>
<td>Saturday Ages 3-5</td>
<td>10:15am-10:45am</td>
<td>10:15am-10:45am or 11:00am-11:30am</td>
<td>10:15am-10:45am or 11:00am-11:30am</td>
<td>11:00am-11:40am</td>
<td>11:00am-11:40am</td>
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<tr>
<td>Saturday Ages 5-12</td>
<td>10:00am-10:30am</td>
<td>10:00am-10:30am or 11:00am-11:30am</td>
<td>10:00am-10:30am or 11:00am-11:30am</td>
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### Swim Basics and Swim Strokes for Teen and Adult; Ages 13+

<table>
<thead>
<tr>
<th>Stage</th>
<th>Swim Basics</th>
<th>Swim Strokes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed Teen Ages 13-17</td>
<td>6:40pm-7:10pm</td>
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<tr>
<td>T/TH Teen Ages 13-17</td>
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<td>6:50pm-7:30pm</td>
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<tr>
<td>Mon/Wed Adult 18+</td>
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<td>6:50pm-7:30pm</td>
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<tr>
<td>T/TH Adult 18+</td>
<td>6:40pm-7:10pm</td>
<td>6:50pm-7:30pm</td>
</tr>
<tr>
<td>Saturday Adult 18+</td>
<td>9:00am-9:30am</td>
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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.
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.

FOR TEENS & ADULTS:
SWIM BASICS
Students learn personal water safety and basic swimming competency in shallow water.
Ages: 13+ Length: 30 minutes
Qualifications: None!

SWIM STROKES
Focuses on exploring body positions, blowing bubbles, 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 second

Porpoise Club is a unique swim training program that includes instruction to prepare for competitive swimming, such as stroke improvement, starts & turns, and speed and endurance training.
Participants should be able to swim at least one length on front and back and have a basic understanding of freestyle, backstroke and breaststroke. These skills will be tested on the first day and if they cannot be met, participants will be placed in the appropriate swim lesson level.

It is recommended swimmers complete at least Stage 5 before entering the Porpoise Club program. For ages 5-12.
Ragsdale YMCA Swim Lesson Registration Form

SWIMMER INFORMATION
First Name: ___________________________  Last Name: ___________________________
Date of Birth: __/__/____  Age: ______  Gender: __________________
Address: ________________________________________________________________  City: ______________________  State: ______ Zip: ______

PARENT / GUARDIAN INFORMATION
Stage: ______________  Time: ______________  Session: ______________
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

_______________________________________________________________________________________________________________

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 (“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.

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, 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 __________
Swim Lesson Policies

A minimum of three students must register to hold a class. Cancellations will be done before the session begins.

Classes are limited in space based on age and skill level.

All classes have prerequisites and the Y reserves the authority to move participants to different levels as they or we see appropriate. If space is not available in the necessary class a voucher will be issued for future registration.

Parents’ must remain on the pool deck for any child under the age of 13 in swim lessons.

If the YMCA cancels a class during a regularly scheduled session we will make every effort to make up the class or issue a voucher.

Vouchers or make-up lessons are not given due to illness, injury, vacation, schedule conflict, ect.

In the event of thunder/lighting the pool will close and not re-open until 30 minutes after the last sight of lighting or sound of thunder.

In the event the pool is contaminated the Y pool will close until the water has been cleared and sanitized, this may result in the pool being closed for up to 24 hours.

Class schedules are subject to change.

Parent/Guardian Signature: ___________________________ Date: ___________________________