



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CONFIDENCE

## Swim Lessons Reidsville Family YMCA



**Swim Starters:** Children ages 6 months–3 years old (with parents)

**Swim Basics:** Children ages 3–5 years old **OR** Children age 5–12

**Swim Strokes:** Children ages 3–5 years old **OR** Children age 5–12

**Swim Basics:** Adults aged 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!**

### Summer 2020 SWIM LESSON SESSIONS AND REGISTRATION DATES:

**July: T/TH** (2 weeks) July 21<sup>st</sup>–July 30<sup>th</sup>

**August: T/TH** (2 weeks) August 4<sup>th</sup>–August 13<sup>th</sup>

**Registration: 7/8–7/18**

**Registration: 7/8–8/1**

### **COST:**

Each Session Costs: **\$25 YMCA Members**      **\$35 Non-Members – Reidsville City Residents**  
**\$45 Non-Members – Non Reidsville City Residents**

**Register Online at [reidsvilleyymca.org](https://reidsvilleyymca.org) or at the YMCA front desk!**

Contact Cassy Velarde, Program Director at 336.342.3307 or [cassy.velarde@ymcagreensboro.org](mailto:cassy.velarde@ymcagreensboro.org) for details.

# Reidsville Family YMCA

## Summer 2020 Swim Lesson Schedule

Swim Starters – Stages A & B for Parent/Child participants; ages 6–36 months

Swim Basics and Swim Strokes – Stages 1–6; Ages 3–12

Stage	A & B – Water Discovery/ Exploration	1/2– Water Acclimation/Movement	2/3 – Water Movement/Stamina
July 21–30	<b>X</b>	3–5 years 5:15–5:45pm	6–12 years 6–6:30pm
August 4–13	6–36 months w/parent 5:15–5:45pm	3–5 years 6–6:30pm	6–12 years 5:15–5:45pm

<b>Adults 13+</b>	<b>August 4–13</b>	<b>6–6:30pm</b>
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For information on stages not currently offered at the Reidsville YMCA, please visit [ymcagreensboro.org](http://ymcagreensboro.org) to find a nearby branch with availability.

## REIDSVILLE 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

#### 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

#### 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

# COVID-19 Program Update:

The Reidsville YMCA is committed to providing you and your family with safe and quality programming. Therefore the following guidelines will be followed for our Summer Aquatic Programming and will adjust as state and federal guidelines change:

- Classes will be limited to 3 participants per class (MINIMUM OF 2 PARTICIPANTS REQUIRED TO RUN CLASS).
- Instructor will wear a face shield while leading class and will only remove it if the skill being taught requires the face to be uncovered (Ex./ proper breathing techniques, water submersion, etc.).
- Only one parent/guardian should accompany participant to the lessons.
- Parent/Guardian will have a seat to remain in during the swim lesson.
- Parent/Guardian and participant should enter the Y through the front doors, adults and participants 11 and older must wear a mask while entering. When participant is in the water, the mask is not required. Immediately following the lesson, parent/guardian and participant must leave via the side pool doors.
- Please arrive at least 5 minutes prior to class to get through health screen and temperature check at front entrance. To allow for the pool deck and equipment to be sanitized in between classes, please do not arrive any more than 15 minutes before the scheduled lesson.
- In case of COVID diagnosis or prevalent symptoms, participant will be offered a voucher for swim lessons at a later date. Vouchers or refunds will not be offered for other reasons.

## Additional Swim Lesson Policies

- A minimum of two students must register to hold a class. Cancellations will be done before the session begins.
- 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 non-covid related illness, injury, vacation, schedule conflict, etc.
- In the event of thunder/lighting the pool will close and not re-open until 30 minutes after the last sight of lightning 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.

Participant/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

# Reidsville Family YMCA Swim Lesson Registration Form

## SWIMMER INFORMATION

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

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

Adult Lesson Preferred Contact Number: \_\_\_\_\_

Parent Email: \_\_\_\_\_

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: \_\_\_\_\_

## 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 \_\_\_\_\_

Your signature is required on reverse of this form for program participation.

