



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!**

NEW YEAR 2021 SWIM LESSON SESSIONS AND REGISTRATION DATES:

January M/T/W (2 weeks) January 25th – February 3rd

Registration: January 11th – 22nd

February M/T/W (2 weeks) February 15th – 24th

Registration: January 11th – February 8th

COST:

Each Session Costs: **\$36** YMCA Members **\$48** Reidsville City Residents **\$60** Non-City Residents

Register at the YMCA front desk!

Contact Cassy Velarde, Regional Program Director at 336.342.3307 or cassy.velarde@ymcagreensboro.org for details.

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.

Reidsville Family YMCA

New Year 2021 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 – Water Acclimation	2 – Water Movement	3 – Water Stamina
January 25 th – February 3 rd	Available in Spring	3-5 years 5:30-6pm	6-12 years 6-6:30pm	Available in Spring
February 15 th – 24 th	Available in Spring	3-5 years 5:30-6pm	6-12 years 6-6:30pm	Available in Spring

For information on stages not currently offered at the Reidsville YMCA, please visit ymcagreensboro.org to find a nearby branch with availability.

Private swim lessons are also available for one-on-one instruction, advanced skills, and teens and adults.

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:

STAGE A: SWIM BASICS

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

Ages: 13+ **Length:** 30 minutes

Qualifications: None!

STAGE B: 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 seconds.

Swim Lesson Policies

- A minimum number of students must register to hold a class. Any cancellations will be done before the session begins.
- Most 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 vacation, schedule conflict, etc. If there is an illness or injury, notify
- 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.
- Children under 5 years old are not able to swim before or after their swim lesson without an adult in the water with them.

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: _____ *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:

I, in my legal capacity as the parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of YMCA of Greensboro, Inc. facilities, services, equipment and premises ("Facilities") and any participation in YMCA of Greensboro, Inc. programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that YMCA of Greensboro, Inc., its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or death sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

Media Release

In consideration of my Minor's use of facilities and participation in programs, I **GRANT PERMISSION** to use my minor child(ren) likeness in a photograph, video or other digital media ('photo') in any and all of its publications, including web-based publications, without payment or other consideration. I also understand and agree that all photos will become the property of the YMCA of Greensboro and will not be returned.

Participant/Guardian Signature: _____ Date _____

Your signatures are required on reverse of this form for program participation.

