



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

SWIM LESSONS REGISTRATION FORM

PARTICIPANT'S INFORMATION

Participant's Name: _____ Birthdate: _____

Age: _____ Female Male

Does the participant require any accommodations for this activity? Yes No

If "Yes" please explain: _____

PRIMARY CONTACT

Parent/Guardian Name: _____

Birthdate: _____ Email: _____

Home Phone: _____ Emergency Phone: _____

Address: _____ City/State/ZIP: _____

SECONDARY CONTACT

Parent/Guardian Name: _____ Emergency Phone: _____

YMCA SWIM LESSONS POLICIES

PARENT SUPERVISION

Parent/guardian must remain at the pool with children during their swim lesson. Parents of children enrolled in Swim Starters must get in the water with the child. No exceptions will be made.

INCLEMENT WEATHER

Inclement weather conditions such as thunderstorms will cause the pool to close. The pool will remain closed for 30 minutes after the storm ends. The swim instructors on duty will make all weather related decisions, and will always err on the side of caution. If conditions are questionable before lessons begin, call the Y to check on the status of your lesson. If a session is cancelled due to inclement weather, all efforts will be made to reschedule, however, rescheduled sessions are not guaranteed.

DISCLAIMER

I, hereby certify as the parent/guardian of the above named child, my approval to his/her participation in YMCA Swim Lessons. I assume all risks and hazards incidental to participation to and from activities and do hereby waive, release, absolve, indemnify, and agree to hold harmless the Family YMCA of Emporia-Greenville, CYC, the teachers, organizers, sponsors, supervisors, participants, and persons transporting child to or from activities from any claim arising out of any injury to myself, or my child, whether the result of negligence or from any other cause. I realize that the YMCA does not carry accidental insurance on any participant and is not responsible for claims arising from injuries during participation in YMCA activities.

MISSED CLASSES/CANCELLATIONS/REFUNDS

- No refunds will be issued if a child is absent. Make-up sessions will not be scheduled if a child is absent. Partial refunds will only be given if a cancelled session is not rescheduled. No refunds will be issued if your child is unable to attend a rescheduled lesson.
- In the event that a lesson cancelled by the YMCA is not rescheduled, a refund equal to the value of the canceled class will be issued.
- If a participant withdraws prior to the second class of any session start date, a 50% refund will be issued.
- No refunds will be distributed beyond the second class of any session start date without a doctor's note; if a doctor's note is provided, a refund for the prorated amount of the class fee (from the date the request was submitted) will be issued.

LATE ARRIVALS

As a courtesy to all participants, students who arrive later than 10 minutes after class starts will be unable to join the class.

MEDICAL AUTHORIZATION

I authorize the Y to obtain immediate medical care, consent to the hospitalization and performance of necessary diagnostic tests upon, the use of surgery and/or the administration of drugs to my child or warrant if an emergency occurs when parent cannot be located immediately. I understand that in an emergency, my child might be transported in a private vehicle.

FINANCIAL ASSISTANCE

To apply for Financial Assistance, download an application online or stop by our Member Services Desk.

I understand and accept the above policies.

X

Parent/Guardian Signature _____ Date _____

OFFICE
USE

Rec'd by _____ Date _____ Entered by _____ Date _____

SWIM LESSONS REGISTRATION FORM

PARTICIPANT'S INFORMATION

Participant's Name: _____

Select program and session/number of classes below.

SESSION SELECTION (CHECK ALL APPLICABLE)

- | | | | |
|--|--|--|---|
| Swim Starters: Stage A (Water Discovery) 8:30 – 9 a.m. | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |
| Swim Starters: Stage B (Water Exploration) 9 – 9:30 a.m. | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |
| Swim Basics: Stage 1 (Water Acclimation) 9:30 – 10 a.m. | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |
| Swim Basics: Stage 2 (Water Movement) 10 – 10:30 a.m. | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |
| Swim Basics: Stage 3 (Water Stamina) 10:30 – 11 a.m. | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |
| Swim Strokes: Stage 4 (Stroke Introduction) 11 – 11:30 a.m. | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |
| Swim Strokes: Stage 5 (Stroke Development) 11:30 – noon | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |
| Swim Strokes: Stage 6 (Stroke Mechanics) 12 – 12:30 p.m. | <input type="checkbox"/> Session 1 (June 25-July 6)* | <input type="checkbox"/> Session 2 (July 9-19) | <input type="checkbox"/> Session 3 (July 23-Aug. 2) |

*No lessons on July 4. Lessons will be held on Friday, July 6.



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PHOTO/ AUDIO VISUAL/NARRATIVE RELEASE

I am 18 years of age or older and, if not, my Mother/Father/Legal Guardian has also signed below.

My Consent. For my participation in activities to be conducted by the National Council of Young Men’s

Christian Associations of the United States of America (YMCA of the USA), and/or Family YMCA of Emporia-Greenville (YMCA), I give my consent, now and for all time, to YMCA of the USA, YMCA and collaborating third parties to make, reproduce, edit, broadcast or rebroadcast:

- video film or footage of me, sound track recordings of me
- photo reproductions of me
- any narrative account of my experience

My consent gives permission to use the above materials for publication, display, sale or exhibition in promotions, advertising, education and legitimate business uses. Use includes reproductions in any form and media, adaptations and/or revisions, throughout the world and forever.

I understand and agree there may be no compensation for this, and I will not make any claim for payment of any kind. I may, or may not be, identified in such reproductions; however, my name will not be used to endorse any particular commercial products or commercial services.

Ownership, Confidentiality, and Shared Use. With respect to any of the above uses, I further agree:

- All uses shall belong to YMCA of the USA and YMCA and either may share them with others;
- There is no obligation of confidentiality
- YMCA of the USA, YMCA, and collaborating third parties will not be liable for any use or disclosure to a third party
- YMCA of the USA and YMCA shall exclusively own all known or later existing rights to the uses worldwide.
- YMCA of the USA and YMCA can use any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account for any purpose and without compensation to me.

Release from Liability. I agree that my consent is irrevocable. I hereby release and discharge YMCA of the USA, YMCA, their related parties and those they have given permission to use the above, from any and all claims, actions, lawsuits or demands of any kind arising out of my consent, the use, or the shared use of the above materials.

Child’s Signature if 18 years of age or older: _____ Date: _____

Child’s Printed Name: _____ Child’s Age: _____

Address: _____

I am the Mother/Father/Legal Guardian of _____ (child’s name).

For the consideration contained herein, I hereby consent to the foregoing on behalf of my minor child.

Signature of Mother/Father/Legal Guardian: _____

Printed name: _____