

# REGISTER HERE!

Participant's Name: \_\_\_\_\_

D/O/B: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_

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

Emergency Contact Name & #: \_\_\_\_\_

I do  I do not give permission for me/my child to be photographed and/or interviewed for promotional purposes

Session Dates: \_\_\_\_\_

\*Must fill out new registration form anytime you wish to register for more sessions.

\*Please check the stage(s) you are registering for

## Swim Starters

- A Water Discovery
- B Water Exploration

## Swim Basics

- 1 Water Acclimation
- 2 Water Movement
- 3 Water Stamina

## Swim Strokes

- 4 Stroke Introduction
- 5 Stroke Development
- 6 Stroke Mechanics

**WELCOME TO ALL:** Financial Assistance is available to those who apply & qualify. Please ask the Front Desk for an application. Annual Campaign Funds are raised each year to provide this to our community. Thank You to our donors!

**Refunds & Cancellations:** If cancelled by the Y, a 100% refund will be processed. If cancelled by participant, 15% of the program fee will be non-refundable. If a lesson is cancelled due to weather or other uncontrollable circumstances, a makeup lesson or future credit will be offered. Missed classes due to illness, scheduling conflicts, vacations and other activities will not be made up.

**Waiver of Liability:** I understand and agree that neither the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury I or my child/ward may suffer during or resulting from my or my child/ward's participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my or my child/ward's participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I or my child/ward can safely participate in this program and whether there are precautions or limitations to my or his/her participation.



## HARRISON FAMILY YMCA

1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622

[harrisonfamilyY.org](http://harrisonfamilyY.org)

Participant's/Parent's Signature



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

## GROUP SWIM LESSONS

Fall 2019 Schedule  
HARRISON FAMILY YMCA



Stages	Session Dates	
<b>A Water Discovery</b>	Saturdays 9:00 - 9:30 am	Oct. 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7
<b>B Water Exploration</b>	Saturdays 9:30 - 10:00 am	Oct. 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7
<b>1 Water Acclimation</b>	Mon/Wed 5pm September 9th - October 2nd	Tues/Thurs 5:30pm September 10th - October 3rd
	Mon/Wed 5pm October 7th - 30th	Tues/Thurs 5:30pm October 8th - 31st
	Mon/Wed 5pm November 4th - 27th	Tues/Thurs 5:30pm November 5th - 26th
	Mon - Thurs 5pm December 2nd - 12th	
	Mon/Wed 5pm January 6th - 29th	Tues/Thurs 5:30pm January 7th - 30th
<b>2 Water Movement</b>	Mon/Wed 5pm September 9th - Oct. 2nd	Tues/Thurs 5:30pm September 10th - Oct. 3rd
	Mon/Wed 5pm October 7th - 30th	Tues/Thurs 5:30pm October 8th - 31st
	Mon/Wed 5pm November 4th - 27th	Tues/Thurs 5:30pm November 5th - 26th
	Mon - Thurs 5pm December 2nd - 12th	
	Mon/Wed 5pm January 6th - 29th	Tues/Thurs 5:30pm January 7th - 30th
<b>3 Water Stamina</b>	Mon/Wed 5:30pm September 9th - Oct. 2nd	Tues/Thurs 6pm September 10th - Oct. 3rd
	Mon/Wed 5:30pm October 7th - 30th	Tues/Thurs 6pm October 8th - 31st
	Mon/Wed 5:30pm November 4th - 27th	Tues/Thurs 6pm November 5th - 26th
	Mon - Thurs 5:30pm December 2nd - 12th	
	Mon/Wed 5:30pm January 6th - 29th	Tues/Thurs 6pm January 7th - 30th
<b>4 Stroke Introduction</b>	Mon/Wed 5:30pm September 9th - Oct. 2nd	Tues/Thurs 6pm September 10th - Oct. 3rd
	Mon/Wed 5:30pm October 7th - 30th	Tues/Thurs 6pm October 8th - 31st
	Mon/Wed 5:30pm November 4th - 27th	Tues/Thurs 6pm November 5th - 26th
	Mon - Thurs 5:30pm December 2nd - 12th	
	Mon/Wed 5:30pm January 6th - 29th	Tues/Thurs 6pm January 7th - 30th
<b>5 Stroke Development</b>	Mon/Wed 6pm September 9th - Oct. 2nd	
	Mon/Wed 6pm October 7th - 30th	
	Mon/Wed 6pm November 4th - 27th	
	Mon - Thurs 6pm December 2nd - 12th	
	Mon/Wed 6pm January 6th - 29th	
<b>6 Stroke Mechanics</b>	Mon/Wed 6pm September 9th - Oct. 2nd	
	Mon/Wed 6pm October 7th - 30th	
	Mon/Wed 6pm November 4th - 27th	
	Mon - Thurs 6pm December 2nd - 12th	
	Mon/Wed 6pm January 6th - 29th	

**Y Member fees: \$49**

**Non-Member fees: \$64**

## STAGE DESCRIPTIONS

**\*Please ask front desk for lesson selector form to determine stage placement for your child.**

**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: (1) Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit (2) 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. This stage lays the foundation that allows for a student's future progress in swimming.

⇒ **2/Water Movement:** 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:** 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 introduces rhythmic breathing and integrated arm and leg action.

**Swim Strokes:** Having mastered the fundamentals, students learn additional water safety skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

⇒ **4/Stroke Introduction:** Students 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 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

⇒ **6/Stroke Mechanics:** Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.