

# REGISTER HERE

Please Print Legibly.

## Participant First & Last Name

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

Gender (circle one) M F Unspecified

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

## Contact Person Information:

\*all communications will be sent to the following:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Emergency Contact Information:

Name \_\_\_\_\_

Phone \_\_\_\_\_

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

Write your Session Dates Here: \_\_\_\_\_

## Please check the stage you are registering for:

### Swim Starters

A Water Discovery

### Swim Basics

1 Water Acclimation

2 Water Movement

3 Water Stamina

### Swim Strokes

4 Stroke Introduction

5 Stroke Development

I hereby consent to participate in this program and agree to release the Harrison Family YMCA, volunteers and sponsors from any claims that may arise from injuries suffered while participating in the program.

Signature \_\_\_\_\_

Date \_\_\_\_\_

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
ROCKY MOUNT, NC  
PERMIT NO. 290

HARRISON FAMILY YMCA  
1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622  
harrisonfamilyy.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS SAFE KIDS

Social Distancing Swim Lessons  
During COVID-19

## HARRISON FAMILY YMCA



Stage	Days/Times	Available Sessions
<b>Stage A</b>	Tuesdays/Thursdays 5:00 - 5:30 p.m.	1. July 7 - 30 2. Aug 4 - 27
<b>Stage 1</b>	Mondays/Wednesdays 5:00 - 5:30 p.m.	1. July 6 - 29 2. Aug 3 - 26
<b>Stage 2</b>	Mondays/Wednesdays 5:45 - 6:15 p.m.	1. July 6 - 29 2. Aug 3 - 26
<b>Stage 3</b>	Mondays/Wednesdays 6:30 - 7:00 p.m.	1. July 6 - 29 2. Aug 3 - 26
<b>Stage 4</b>	Tuesdays/Thursdays 5:45 - 6:15 p.m.	1. July 7 - 30 2. Aug 4 - 27
<b>Stage 5</b>	Tuesdays/Thursdays 6:30 - 7:00 p.m.	1. July 7 - 30 2. Aug 4 - 27

## SESSION FEES

YMCA Members: \$49

Community Members: \$64

## 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.

## WELCOME TO ALL

Financial Assistance is available to those who apply and qualify. Annual Campaign Funds are raised by staff and volunteers each year to help provide this program to the community. Please ask for a financial assistance form at the front desk or download and print from our website.

## THINGS TO NOTE

- **YMCA Members** will have registration priority during this time. Members must be currently active and in good standing. Members should register no later than 1 week prior to the session start date.
- **Community Members** will be added to a waiting list per session and stage. To be placed on the waiting list, please email [kbillups@rmyymca.org](mailto:kbillups@rmyymca.org). All on the waiting list will be filled in based on spots available following Member registrations, and will be notified 4 days prior to the session start date.

## LESSON SELECTOR: STAGE DESCRIPTIONS

For the full Lesson Selector, please visit [harrisonfamilyy.org/our-programs/swimming-aquatics/swim-lessons](http://harrisonfamilyy.org/our-programs/swimming-aquatics/swim-lessons)

**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.

**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.

## COVID-19 MODIFICATIONS

Parents, please be advised of new modifications for group lessons going forward to adhere to our state and local policies and guidelines.

- Private lessons will not be offered during this time.
- Stage 6 will not be offered during this time. If your child can swim 25 yd Freestyle and 25 yd Backstroke, they may be ready for our Racers Swim Team! Check here for details: [harrisonfamilyy.org/our-programs/swimming-aquatics/rmy-racers-swim-team](http://harrisonfamilyy.org/our-programs/swimming-aquatics/rmy-racers-swim-team)
- These lessons are not structured or intended to teach the parent/guardian how to swim. Time only allows for the child to rotate through skills. The parent/guardian is there for support and guidance.

### Parent In Water Requirement

**Stage A, 1, 2, & 3:** Parents/Guardians will be required in the water for swim lesson stages in which the child cannot swim completely independently. This is meant to minimize the contact between instructors, your child, and the other children in the class. This requirement is very important. Therefore, if you as a parent/guardian do not feel comfortable in the water, your child will be unable to take lessons during this time. A different parent/guardian may accompany your child throughout their sessions but it would be in the best interest of the child to have someone who is comfortable in the water and the same parent/guardian throughout to provide consistency.

**Stage 4 & 5:** These stages will not have the Parent in Water Requirement. At these stages, they won't need the support of the parent and the instructor will not have to provide close contact interaction to teach the lesson.

### READY TO REGISTER?

1. Determine your child's ability level and the appropriate Stage for your child by reviewing our Lesson Selector. \*Tip - if you are trying to decide between two stages, it's ALWAYS the best rule of thumb to "round down" to the stage where they would be the most comfortable in. Children learn to swim through repetition and in an environment where they feel the most comfortable.
2. Once you have determined the best Stage for your child, review our current session dates to the left.
3. Register your child online: [harrisonfamilyy.org/programs](http://harrisonfamilyy.org/programs)
4. Once you have registered, pack your bags! Your child (& you if you registered your child for Parent/Tot, Stage 1, 2, or 3) will need a swimsuit & towel. Feel free to bring goggles and a swim cap, however, they are not required.
5. Arrive at the Y dressed and ready to go at least 15 minutes prior to the start of your child's lesson.