

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 _____

Please check the session dates you are registering for:

- June 13th - 23rd
- June 27th - July 7th
- July 11th - 21st
- July 25th - August 4th

Please check the stage you are registering for:

- A Water Discovery
- B Water Exploration
- 1 Water Acclimation
- 2 Water Movement
- 3 Water Stamina
- 4 Stroke Introduction
- 5 Stroke Development
- 6 Stroke Mechanics

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. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

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

Group Swim Lessons

Summer 2022

HARRISON FAMILY YMCA



SESSION DATES

*Mondays – Thursdays

Stage	Session Dates	Session Times
A Water Discovery	1. June 13th – 23rd 2. June 27th – July 7th 3. July 11th – 21st 4. July 25th – August 4th	9:00–9:30 am 5:00–5:30 pm 9:00–9:30 am 5:00–5:30 pm
B Water Exploration	1. June 13th – 23rd 2. June 27th – July 7th 3. July 11th – 21st 4. July 25th – August 4th	9:30 – 10:00 am 5:30 – 6:00 pm 9:30 – 10:00 am 5:30 – 6:00 pm
1 Water Acclimation	1. June 13th – 23rd 2. June 27th – July 7th 3. July 11th – 21st 4. July 25th – August 4th	10:00 – 10:30 am 6:00 – 6:30 pm 10:00 – 10:30 am 6:00 – 6:30 pm
2 Water Movement	1. June 13th – 23rd 2. June 27th – July 7th 3. July 11th – 21st 4. July 25th – August 4th	10:30 – 11:00 am 6:30 – 7:00 pm 10:30 – 11:00 am 6:30 – 7:00 pm
3 Water Stamina	1. June 13th – 23rd 2. June 27th – July 7th 3. No Session Available 4. July 25th – August 4th	5:00 – 5:30 pm 9:00 – 9:30 am No Session Available 9:00 – 9:30 am
4 Stroke Introduction	1. June 13th – 23rd 2. June 27th – July 7th 3. No Session Available 4. July 25th – August 4th	5:30 – 6:00 pm 9:30 – 10:00 am No Session Available 9:30 – 10:00 am
5 Stroke Development	1. June 13th – 23rd 2. June 27th – July 7th 3. No Session Available 4. July 25th – August 4th	6:00 – 6:30 pm 10:00 – 10:30 am No Session Available 10:00 – 10:30 am
6 Stroke Mechanics	1. June 13th – 23rd 2. June 27th – July 7th 3. No Session Available 4. July 25th – August 4th	6:30 – 7:00 pm 10:30 – 11:00 am No Session Available 10:30 – 11:00 am

SESSION FEES

YMCA Members: \$49 and Community Members: \$64

*June 27 – July 7th Sessions will not hold lessons on July 4th. The price for this session will reflect the 1 less lesson.
YMCA Members: \$43.00 and Community Members: \$56.00

*If space is not available when registering, you will be added to a waitlist.

LESSON SELECTOR: STAGE DESCRIPTIONS

For the full Lesson Selector, visit: www.harrisonfamily.org/youth/swimming/group-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.
- **B/Water Exploration:** 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.

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 lower stage. Children learn to swim best 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 & times on our separate schedule at the front desk or online.
3. Register your child online: harrisonfamily.org/programs
4. Once you have registered, pack your bags! Your child (& you if you registered your child for Parent/Tot) 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 in order to receive a program participant card if you are not a member.

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 rescheduled or refunded.

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.

