



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# JUNE & JULY SWIM LESSON REGISTRATION

Members: \$35    Potential Members: \$60

Participant Name: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M F Member \_\_\_\_\_ Non-Member \_\_\_\_\_

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

Special Health Needs: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Father's Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

**Session Dates: June 3<sup>rd</sup>-26<sup>th</sup>                      July 8<sup>th</sup>-31<sup>st</sup>**

**Circle One**

Check Swim Level: See back for Swim Level Explanation/Class Description

**SWIM STARTERS:**

_____ A Water Discovery	Parent/Child	Monday/Wednesday 11:00am-11:30am
_____ B Water Exploration	Parent/Child	Monday/Wednesday 11:00am-11:30am

**SWIM BASICS:**

_____ 1 Water Acclimation	Preschool or School Age	Monday/Wednesday 11:30am-12:00pm
_____ 2 Water Movement	Preschool or School Age	Monday/Wednesday 11:30am-12:00pm
_____ 3 Water Stamina	Preschool or School Age	Monday/Wednesday 11:00am-11:30am

**SWIM STROKES:**

_____ 4 Stroke Introduction	Preschool or School Age	Monday/Wednesday 11:30am-12:00pm
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**Group Lessons:** You will receive 8 lessons. Lessons are scheduled to Monday & Wednesdays for a four-week session. Ratios for each class is stated on Group lesson description sheet. Classes will be filled on a first come first served basis. All participants will be contacted the week prior to your scheduled session.

**Agreement:**

I hereby certify that myself or my child is in normal health and capable of safe participation in the YMCA of Hannibal Aquatics Program. I assume all risks and hazards incidental to conduct of this program and for the transportation to and from the program. I hereby authorize the YMCA of Hannibal to obtain medical treatment for myself or my children in the event that parents and the emergency contact provided cannot be reached. I support the play, family involvement and volunteer leadership. I also give the YMCA of Hannibal permission to use photos taken during any programs for media use. I understand that paid fees are non-refundable and non-transferable. I also understand that my child may not attend swim lessons until all enrollment paperwork is complete. Payments can be made to YMCA of Hannibal.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

FOR OFFICE USE ONLY

Date \_\_\_\_\_ Amount Paid \_\_\_\_\_ Check# \_\_\_\_\_ Cash \_\_\_\_\_ Staff \_\_\_\_\_  
 Put in Daxko \_\_\_\_\_

## YMCA OF HANNIBAL SWIM LESSON PROGRAM

REGULAR MONTH TO MONTH GROUP SWIMMING LESSONS:



**FOR YOUTH DEVELOPMENT®  
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**These are offered for ages 6mths to 10years. Classes are offered monthly on Monday & Wednesday nights. Times are based on age and skill level. Prices are \$35 for YMCA members and \$60 for a non-member. Payment is due at the time of registration. Registration deadline is by the Saturday before the session is scheduled to start. Min of 3 individuals required for class to run. The YMCA will contact you if there are any cancellations in classes.**

## **GROUP LESSON CLASSES OFFERED**

### **SWIM STARTERS**

Accompanied by a parent, infants and toddler 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, 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 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.

**NO REFUNDS WILL BE GIVEN. Credits may be given prior to the first day of class. A late/charge fee of \$10 will be assessed for registrations after the Saturday before the session begins. Any registration on the day of the session or after the session starts must be approved by the Aquatics Director. Make-ups will only be given if a class is cancelled or rescheduled by the YMCA. Fridays will be reserved as make-up days. There are no individual make-ups. The YMCA will contact you if there are any cancellations in classes.**