



# FUN WITH A SPLASH OF CONFIDENCE

**February 24 – April 6**  
**Winter Session 2 Swim Lessons**  
**HICKORY FOUNDATION YMCA**

Swimming is a life skill as well as great exercise and a challenging sport. We use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. The YMCA has over 100 years of experience teaching kids and adults how to swim, providing a safe and rewarding place to enjoy aquatics. Believe it or not, now is the perfect time for you or your child to learn how to swim! The YMCA of Catawba Valley's swim lessons are progressive so everyone continues enhancing their skills in each lesson.

**Classes fill up quickly – Register Today!**

## REGISTRATION FEE

YMCA Members: \$70

Non-Members: \$145

\*Financial Assistance is available;  
please call for more information.

## REGISTRATION DATES

January 6 – February 23

## CITY OF HICKORY

## REGISTRATION DATES

February 12 – February 16

**Water Exploration:** Is the student comfortable working with an instructor without a parent in the water? If the answer is not yet, then begin in Water Exploration. In Water Exploration, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. A parent is required to be in the water with their child in this stage.

**Water Acclimation:** Will the student go underwater voluntarily? If the answer is not yet, then begin in Water Acclimation. Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Water Acclimation. This stage lays the foundation that allows for a student's future progress in swimming.

**Water Movement:** Can the student do a front and back float on his or her own? If the answer is not yet, then begin in Water Movement. In this stage 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.

**Water Stamina:** Can the student swim 10–15 yards on his or her front and back? If the answer is not yet, then begin in Water Stamina. Here 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.

**Stroke Introduction:** Can the student swim 15 yards of front and back crawl? If the answer is not yet, then begin in Stroke Introduction. Students will 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.

**Stroke Development:** Can the student swim front crawl, back crawl, and breaststroke across the pool? If the answer is not yet, then begin in Stroke Development. Here students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**Stroke Mechanics:** Can the student swim front crawl, back crawl, and breaststroke across the pool and back? If the answer is not yet, then begin in 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.

## **FOR MORE INFORMATION:**

**Ryan Pegarsch | Aquatics Director**  
**RyanP@ymcacv.org**

## **HICKORY FOUNDATION YMCA**

**701 1st St NW | Hickory NC 28601**  
**828 324 2858 | [www.ymcacv.org](http://www.ymcacv.org)**

# 2024 WINTER 2 SWIM LESSONS | Registration Form

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: ☐ M ☐ F

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

| STAGE (AGES)                      | PLEASE CHECK PREFERRED TIME<br>(SELECT ONE) (Tuesday or Thursday or Saturday) |  |  |
|-----------------------------------|---|--|--|
| Water Exploration (6mths – 3 yrs) | <input type="checkbox"/> Tues 5:40 – 6:00pm                                   | <input type="checkbox"/> Sat 9:30 – 9:50am   |  |
| Water Acclimation (3–5 yrs)       | <input type="checkbox"/> Tues 6:00 – 6:30pm                                   | <input type="checkbox"/> Thurs 5:40 – 6:10pm | <input type="checkbox"/> Sat 9:40 – 10:10am  |
| Water Movement (3–5 yrs)          | <input type="checkbox"/> Tues 6:10 – 6:40pm                                   | <input type="checkbox"/> Thurs 6:20 – 6:50pm | <input type="checkbox"/> Sat 10:20 – 10:50am |
| Water Stamina (3–5 yrs)           | <input type="checkbox"/> Tues 6:40 – 7:10pm                                   | <input type="checkbox"/> Thurs 7:00 – 7:30pm | <input type="checkbox"/> Sat 11:15 – 11:45am |
| Water Acclimation (6–12 yrs)      | <input type="checkbox"/> Tues 6:00—6:30pm                                     | <input type="checkbox"/> Thurs 5:30—6:00pm   | <input type="checkbox"/> Sat 10:30 – 11:00am |
| Water Movement (6–12 yrs)         | <input type="checkbox"/> Tues 6:40 – 7:10pm                                   | <input type="checkbox"/> Thurs 6:10 – 6:40pm | <input type="checkbox"/> Sat 11:15 – 11:45am |
| Water Stamina (6–12 yrs)          | <input type="checkbox"/> Tues 7:20 – 7:50pm                                   | <input type="checkbox"/> Thurs 7:00 – 7:30pm | <input type="checkbox"/> Sat 12:00 – 12:30pm |
| Stroke Introduction (6 – 12 yrs)  | <input type="checkbox"/> Tues 7:00 – 7:30pm                                   | <input type="checkbox"/> Sat 11:45 – 12:15pm |  |
| Stroke Development (6 – 12 yrs)   | <input type="checkbox"/> Thurs 7:00 – 7:30pm                                  | <input type="checkbox"/> Sat 12:00 – 12:30pm |  |
| Stroke Mechanics (6 – 12 yrs)     | <input type="checkbox"/> Tues 7:00 – 7:30pm                                   | <input type="checkbox"/> Sat 12:00 – 12:30pm |  |

Does this swimmer have any disabilities, handicaps, present injuries or limitations, allergies, hemophilia, heart condition, history of respiratory illness or any other significant medical condition? ☐ Yes ☐ No If yes, please explain: \_\_\_\_\_

In the event of an act of nature (thunderstorms, power outages, tornadoes, etc.) the YMCA policy is to close the pool areas for the safety of our members, guests and staff. Should an event occur we will do our best to make that missed time up but all lessons may not be able to be made up due to time constraints. All lessons that have been halfway completed on assigned class days will be considered complete and no make-up will occur.

I fully assume and understand the risks of myself or my child participating in the swim lesson program including death or injury due to falls, collisions with other participants or spectators, obstructions, sudden illness and all other risks. I attest that I or my child is physically fit to participate. I authorize program staff to provide medical attention at my expense should I or my child appear in need. For injuries myself or my child sustain, including death, I agree to save and hold harmless the YMCA of Catawba Valley, volunteers, program staff, suppliers, contractors and anyone else connected with the organization of this program, from any claim or lawsuit that may be brought at any time by me, family, estate, heirs or assigns arising from mine or my child's participation in this program or the instruction received.

I understand there is a registration deadline, which the YMCA of Catawba Valley must enforce, and that there will be no refunds as the program is conducted.

I give permission to have mine or my child's photo or video legally taken for YMCA publicity purposes without repayment.

By signing below, I indicate that I have read and understand the above information regarding pool safety and make-up of lessons.

Parent/Guardian Signature (If swimmer under 18): \_\_\_\_\_ Date: \_\_\_\_\_