



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEACHING THE COMMUNITY TO SWIM

## AQUATICS ADRIAN L. SHUFORD JR. BRANCH

### Swimming Lessons For ALL Ages

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, learn water safety and develop skills that last a lifetime. The YMCA has over 100 years of experience teaching kids and adults alike 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.

#### Winter Lesson Dates:

January 6-29

February 2-March 5 (closed 1 week)

\*Classes Tuesday and Thursday\*

#### Registration Dates:

December 10-January 3

January 4-January 31

#### Registration Fee:

YMCA Member \$95

Non-Member Pricing \$150

\*Financial assistance is available,  
call for more information.

#### Register today as classes do fill up quickly!

**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. This stage lays the foundation that allows for students to progress in future swimming.

**Water Movement:** Can the student do a front float on their 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 to swim to safety from a longer distance than in previous stages. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Stroke Introduction:** Can the student swim 10-15 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

Sarah Bai - Aquatics Director - [sarahb@ymcaccv.org](mailto:sarahb@ymcaccv.org)

Sarah Gilbert - Swim Lesson Coordinator - [sarahgi@ymcaccv.org](mailto:sarahgi@ymcaccv.org)

#### ADRIAN L. SHUFORD JR. BRANCH

1104 Conover Blvd East, Conover, NC 28613

(828) 464-6130 [www.ymcaccv.org](http://www.ymcaccv.org)

# Winter | SWIM LESSON REGISTRATION FORM

Swimmers Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zipcode: \_\_\_\_\_

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

Father's Name: \_\_\_\_\_

Are you a current YMCA Member? Yes/No

Using the table below, please find your child's age range and their skill level and circle the day and time you would like to attend classes (choose only one). Descriptions of the skill levels are on the front page.

Classes are twice a week, Tuesday and Thursday

	Preschool (3-5) Years	Youth (6-12 Years)
Water Acclimation	5:00-5:30pm	5:45-6:15pm
Water Movement	5:00-5:30pm	5:45-6:15pm
Water Stamina	5:00-5:30pm	5:45-6:15pm
Stroke Introduction		6:30-7:00pm
Stroke Development		6:30-7:00pm
Stroke Mechanics		6:30-7:00pm

Does this swimmer have any disabilities, handicaps, present injuries or limitations, allergies, hemophillia, heart condition, history of respiratory illness or any other significant medical condition? Yes / No

In the event of an act of nature (thunderstorms, power outages, tornadoes), 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.

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 myself 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 my child's photo or video legally taken for YMCA publicity without repayment.

I have read and understand the pool safety policy that is written above on the make-up of lessons.

Swimmer's or Parent/Guardian Signature

Date