FUN WITH A SPLASH OF CONFIDENCE

FALL 4

October 27 - November 19

(Tuesdays AND Thursdays)

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. 8 lessons included!

REGISTRATION FEE

YMCA Members: $95

Non-Members: $150

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

REGISTRATION DATES

September 28 - October 25

Classes fill up quickly—Register today!

Visit our front desk or register online at ymcacv.org

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:

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HICKORY FOUNDATION YMCA

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2026 - FALL 4 SWIM LESSONS

STAGE (AGES)	TIMES OFFERED	
Parent/Child - Water Exploration (6mos-3yrs)	5:30pm – 5:50pm	
Level 1 - Water Acclimation (3-5yrs)	5:30pm – 6:00pm	6:40pm – 7:10pm
Level 2 - Water Movement (3-5yrs)	5:30pm – 6:00pm	6:40pm – 7:10pm
Level 3 - Water Stamina (3-5yrs)	5:30pm – 6:00pm	
Level 1 - Water Acclimation (6-12yrs)	6:05pm – 6:35pm	7:15pm – 7:45pm
Level 2 - Water Movement (6-12yrs)	6:05pm – 6:35pm	
Level 3 - Water Stamina (6-12yrs)	6:05pm – 6:35pm	
Level 4 - Stroke Introduction (6-12yrs)	6:05pm – 6:35pm	
Level 5 - Stroke Development (6-12yrs)	6:40pm – 7:10pm	
Level 6 - Stroke Mechanics (6-12yrs)	6:40pm – 7:10pm	