



**Hartley Drive Family YMCA**  
**150 W Hartley Drive High Point, NC 27265**  
**869-0151**  
**www.hpymca.org**

**Parent/Child (ages 6mos - 3 years)**

**Shrimp:** 30 minute class designed to introduce parents and children into an aquatic environment. This class teaches basic water orientation as well as basic aquatic safety.

**Kippers:** Children will learn more independent skills in the water environment with assistance from their parents. Children learn basic swimming skills and continue to gain confidence in the water. The program provides opportunities for parents and children to interact and build strong social bonds.

**Perch:** Children will learn how to move independently in the water with guidance from parents. Children are encouraged to participate in water games with little or no assistance from their parents. This level is designed to help children prepare to work with an instructor on their own.

**Preschool (ages 3-5 years); 30 minutes long**

**PIKE:** This level helps children develop safe pool behavior, adjust to the water and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, boating safety and proper use of float belts and PFDs, and comfort with holding the face in the water while blowing bubbles and swimming.

**EEL:** This advanced beginner level is for swimmers who are comfortable in the water. They are taught to kick, dive, float and perform the progressive paddle stroke. Children can swim across the pool without assistance by the end of this level.

**RAY:** This level reviews skills learned in previous levels, improves stroke skills, and children learn more personal, safety and rescue skills, builds endurance by swimming on their front, back, and side and learn to tread water and basic diving skills. Children can swim across the pool on their front and back without assistance by the end of this level.

**STARFISH:** Children at this level review previously learned skills and refine their strokes. They also learn underwater swimming skills and can swim a length of the pool on their front, back and side at the end of this level.

**Youth (ages 6 years and up); 45 minutes long**

**POLLIWOG:** This is the beginning level for the school-age children. Swimmers get acquainted with the pool, the use of floatation devices and floating. By the end of the level, they should know the front paddle stroke, back paddle and some synchronized swimming.

**GUPPY:** Swimmers continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke and elementary backstroke.

**MINNOW and Fish:** Minnow is the initial intermediate level followed by the Fish level. Participants refine the lead-up strokes and continue to learn more diving skills, personal safety skills.



**Flying Fish & Shark:** Participants work on performing the crawl stroke, elementary backstroke, back crawl stroke and sidestroke with turns. They are also introduced to the butterfly stroke and also begin to focus on more distance as they become more efficient in the water.

**Young Adult (ages 12-15 years old); 45 minutes long**

The class is designed to help the beginner to intermediate swimmers improve their strokes.

**Adult (age 16 and older); 60 minutes long**

The class is designed to help you with your swimming goals. It can be for the beginner, the fearful or uncomfortable in the water, or those just wanting to learn how to swim the proper strokes.

**If you have any questions or would like more information contact**

**Sarah Martin @smartin@hpymca.org or @ 869-0151**

**YMCA MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.**



# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## Hartley Drive Family YMCA

### 2010 Spring / Summer Session Dates and Times



#### **TUESDAY - THURSDAY (Cost: \$38 for Members \$69 for Non-Members)**

(Please circle the session and time)

- May 4th to May 27th

- June 1st to June 10th (1/2 Session)

(\$19 for members, \$35 for non-members)

4-4:30pm

Pike/Eel

Ray/Starfish

4:30-5:15pm

Polliwog

Guppy

5:15-6pm

Minnow & Fish

Flying Fish & Shark

Young Adult

#### **TUESDAYS (Cost: \$29 for Members \$54 for Non-Members)**

- May 18th to June 1st (1/2 session)

\*( \$15 for members, \$27 for non-members)

10-10:30am

Shrimp/ Kipper

10:30-11am

Pike/Eel

#### **MONDAY/WEDNESDAY (Cost is \$29 for Members \$54 for Non-Members)**

- April 12th to April 28th

- May 3rd to May 19th

5:00-5:30pm

Pike/ Eel

Ray/Star fish

5:30-6:15pm

Polliwog/Guppy

Minnow/ Fish

#### **Cost:**

(twice a week = eight classes)

Members \$38

Non Members \$69

(once a week = six classes)

Members \$29

Non Members \$54

#### **SATURDAYS (Cost: \$29 for Members \$54 for Non-Members)**

- May 22nd to June 26th (skip May 29th)

- July 10th to August 14th

- August 21st to October 6th (skip Sep 4th)

10-10:30

Shrimp

10-10:45am

Polliwog

10:30-11am

Pike

Kipper

10:45-11:30am

Guppy

11-11:30am

Eel

Perch

11:30-12:15pm

Minnow & Fish

11:30-12pm

Ray/Starfish

#### **ADULT LESSONS (Cost: \$29 for Members \$54 for Non-Members)**

- May 24th to July 5th (skip May 31st)

- July 12th to August 16th

(Monday Evenings)

8:30pm- 9:15pm

#### **Summer Lessons Monday - Thursday (Cost: \$38 for members \$69 for Non-Members)**

- June 14th - June 24th

- June 28th - July 8th

- July 12th- July 22nd

- July 26th - August 5th

- August 9th - August 19th

4-4:30pm

Pike/Eel

Ray/Starfish

4:30-5:15pm

Polliwog

Guppy

5:15-6pm

Minnow & Fish

Flying Fish & Shark

Young Adult

#### **Parent Child Summer Lessons Monday - Thursday (Cost: \$38 for members \$69 for Non-members)**

- June 14th - June 24th

- July 12th- July 22nd

- August 9th - August 19th

4:00-4:30pm

Shrimp

4:30-5:00pm

Kipper

5:00-5:30pm

Perch

### Swim Lesson Registration Form

Swimmer's Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

Parent's Name \_\_\_\_\_ Parent's Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Ethnicity: \_\_\_\_\_

Please register me for: Level: \_\_\_\_\_ Time / Date: \_\_\_\_\_

I, the undersigned, acknowledge, agree, and represent that I have inspected and carefully considered the facilities and programs. I understand that even when every reasonable precaution is taken, accidents can happen. As a condition to participation by me or my children in YMCA activities, on my behalf and on behalf of my children, I waive and release any claims for loss or injury incurred or suffered which I or my children might make against the YMCA, its sponsors, officers, employees, volunteers, or contractors as a result of participating in YMCA activities or using its facilities. I further agree to indemnify the YMCA against and hold it harmless from loss incurred as a result of claims against it based upon alleged actions or omissions by my children or me. I have read this authorization, waiver, and release, understand it, and am voluntarily signing it.

Signature (Parent or Guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_