



Hartley Drive Family YMCA

150 W Hartley Drive High Point, NC 27265

869-0151

www.hpymca.org

Parent/Child (ages 6mos - 3 years) A 30 minute class for children and their parents to get both the child and parent comfortable in the water. The child will become aware of the differences between moving through the water while the parent becomes aware of how to teach his or her child to be safe in and around the water. The child will be exposed to games that use basic movements in the water, such as kicking, arm strokes, and breath control. Activities are based on the developmental abilities of the child.

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



Y SWIM LESSONS™

We build strong kids, strong families, strong communities.



Hartley Drive Family YMCA

2010 Spring Session Dates and Times

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

(Please circle the session and time)

- January 12th to February 4th
- February 9th to March 4th
- March 9th to April 1st
- April 6th to April 29th

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)

- January 12th to February 16th
- February 23rd to March 30th
- April 1st to May 11th

10-10:30am

- Shrimp/ Kipper

10:30-11am

- Pike/Eel

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)

- January 9th to February 13th
- February 20th to March 27th
- April 10th to May 15th
- June 5th to June 26th

10-10:30

- Shrimp

10:30-11am

- Pike
- Kipper

11-11:30am

- Eel
- Perch

11:30-12pm

- Ray/Starfish

10-10:45am

- Polliwog

10:45-11:30am

- Guppy

11:30-12:15pm

- Minnow & Fish
- Flying Fish & Shark

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

- January 11th to February 15th
- February 22nd to March 29th
- April 12th to May 17th
- May 24th to July 5th

Monday (Evenings) 8:30-9:00

Adult Lessons

Children progress at different rates; therefore it can be common for a child to repeat a level.

Registration period ends the Friday before the session begins. The Aquatic Director must approve late registrations.

Transfer Policy: At the close of the registration period there is a \$5.00 fee to transfer from class to class or session to session.

Cancellation Policy: If the participant cancels after the registration period, a \$10 cancellation fee will be applied.

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 _____

No make-up classes for missed classes!

