



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON HANDBOOK FOR CHILDREN'S LESSONS

The Family YMCA of Emporia-Greenville believes in stressing community development through programs that build strong kids and strong families. The Y is guided by five basic core values: Caring, Honesty, Respect, Responsibility and Faith.

LOCATION

Swim Lessons will be held at the Hampton Inn: 898 Wiggins Road, Emporia, VA 23847.

STAFF

All instructors have been trained in basic swim instruction. Their training includes CPR, AED and First Aid certification. A certified lifeguard will be present at every lesson.

WHAT WILL BE PROVIDED?

All swim aids for class

WHAT DO I NEED TO BRING?

- Towels
- Goggles/Ear Plugs (if needed)
- Swim Suit

PARENT/CHILD EXPECTATIONS

- Parents must remain at the pool with their children at all times.
- Parents and children are expected to leave the pool area immediately after lessons conclude.
- Parents must be prepared to enter the water with children enrolled in the Shrimp category, if so requested.
- Parents are expected to stay out of the water for other age groups.
- Children are expected to come dressed and ready to swim.
- Parents are expected to provide any discipline needed during class time.

INCLEMENT WEATHER POLICY

Inclement weather conditions such as thunderstorms are an extreme weather condition that will cause the pool to close. The pool will remain closed for thirty minutes after the storm ends. The swim instructors on duty will make all weather related decisions, and will always err on the side of caution. If conditions are questionable before lessons begin, call the Y to check on the status of your lesson. If a session is cancelled due to inclement weather, all efforts will be made to reschedule, however, rescheduled sessions are not guaranteed.

FIND YOUR CHILD'S CORRECT SWIM LESSON:

SHRIMP (2-4 YEAR OLDS)

Designed to help 2 – 4 year olds get comfortable in the water.

POLLIWOGS (AGES 4-7)

Can your child:

- Fully submerge face for 3 seconds
- Blow bubbles
- Demonstrate kicking on back and front
- Demonstrate front crawl arm pattern
- Demonstrate support float on front and back

If your child **CANNOT** perform all of these skills, enroll him/her in Polliwogs. If your child **CAN** perform all of these skills, enroll him/her in Minnows.

MINNOWS (AGES 7-9)

Can your child:

- Hold his/her breath and fully submerge head for 3 seconds
- Retrieve an object from the pool bottom in chest deep water by submerging under water
- Jump from the side into chest deep water and recover without support
- Get out at the side of the pool
- Swim five yards on front with or without float (with or without support)
- Swim five yards on back with or without float (with or without support)

If your child **CANNOT** perform all of these skills, enroll him/her in Polliwogs. If your child **CAN** perform all of these skills, enroll him/her in Sharks.

SHARKS (AGES 9-13)

Can your child:

- Jump into deep water from the side of the pool without support
- Perform a kneeling dive into water
- Swim front crawl ten yards
- Swim back crawl ten yards
- Tread water



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SHRIMP (LIMIT 4 PER SESSION)

This class is designed for children who have very little experience with the water. Children at this age may react to water in a variety of ways. Some may spend a good part of the week tightly clutching the parent; others will want to do the drills and games on their own. Parents should be ready to deal with some crying from your child and/or other children. If the crying or displeasure with any of the activities becomes excessive, the parent is expected to space themselves and their child from the group to calm the child. The skills taught are designed to be fun, while challenging the child to overcome their fears. **Parents must be ready to get in the water, if so requested.** Goals for this group are making the water a place to have fun instead of a place of fear. Children who attempt floating skills, blowing bubbles, and are willing to be submerged are excelling at this age.

POLLIWOGS (LIMIT 5 PER SESSION)

This class is designed to teach the child to do some very basic skills without the use of flotation devices. Children will be challenged to fully submerge for three plus seconds and recover items from the bottom of the shallow end. Some basic stroke work may be taught to advanced children at this level.

MINNOWS (LIMIT 5 PER SESSION)

Children at this age should be able to tread water and swim at least ten yards. Deep diving retrievals and front/back crawl will be attempted at this level. Underwater maneuvering will also be emphasized at this level.

SHARKS (LIMIT 6 PER SESSION)

Sharks basically know how to swim...they just want to swim better! Front crawl, back crawl, breast stroke, and underwater strokes will be taught along with some fun activities.

FEES

Member: \$30/session (includes t-shirt)

Non-Member: \$50/session (includes t-shirt)

SESSIONS SCHEDULE

SESSION	DATE	SHRIMP	POLLIWOGS	MINNOWS	SHARKS
1	JULY 10 - 13	1:00- 1:30	1:45- 2:30	2:45-3:30	3:45- 4:30
2	JULY 17 - 20	1:00- 1:30	1:45- 2:30	2:45-3:30	3:45- 4:30
3	JULY 24 - 27	1:00- 1:30	1:45- 2:30	2:45-3:30	3:45- 4:30
4	JULY 31- AUG. 3	1:00- 1:30	1:45- 2:30	2:45-3:30	3:45- 4:30
5	AUGUST 7 - 10	1:00- 1:30	1:45- 2:30	2:45-3:30	3:45- 4:30

Each session consists of four consecutive days of lessons. Friday will be used as an inclement weather makeup day.

Children may sign up for one time slot in one session. Parents may sign children up for additional sessions throughout the summer.

REFUND POLICY

No refunds will be issued if a child is absent. Partial refunds will be given only if a cancelled lesson is not rescheduled. No refunds will be issued if your child is unable to attend rescheduled lesson.



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SWIM LESSONS CHILDREN'S REGISTRATION FORM

Child's Name: _____ Age: _____ DOB: _____

Shirt Size (Please circle) Youth Sizes: YS YM YL Adult Sizes: S M L XL XXL Other: _____

Address: _____ City: _____ State: _____ Zip: _____ M/F: _____

Parent's/Guardian's Name: _____

Home/Cell Phone: _____ Work Phone: _____

Emergency Contact other than Parent/Guardian: _____

Emergency Contact Phone: _____

PHOTO AUTHORIZATION: I authorize the Y to photograph and video my child during these events and to use this information to promote Y activities, etc.

MEDICAL AUTHORIZATION: I authorize the Y to obtain immediate medical care, consent to the hospitalization and performance of necessary diagnostic tests upon, the use of surgery, and/or the administration of drugs to my child or warrant if an emergency occurs when parent cannot be located immediately. I understand that in an emergency, my child might be transported in a private vehicle.

MEDICAL INFORMATION: Circle if child has had problems with any of the following and give additional comment below:

Frequent Colds	Hearing Difficulty	Asthma	Physical Handicap	Behavior Problem
Vision Difficulty	Speech Difficulty	Fainting	Constipation/Diarrhea	Seizures

Allergies (food, medicine, bee sting, etc.): _____

Additional information about your child (includes serious illness, accidents, operations, medications, etc. with dates):

Special restrictions or considerations:

DISCLAIMER: I, hereby certify as the parent/guardian of the above named child, my approval to his/her participation in the YMCA Swim Lessons. I assume all risks and hazards incidental to participation to and from activities and do hereby waive , release, absolve, indemnify and agree to hold harmless the Family YMCA of Emporia-Greenville, Hampton Inn, the teachers, organizers, sponsors, supervisors, participants, and person transporting child to or from activities from any claim arising out of any injury to my child, whether the result of negligence or from any other cause. I realize that the YMCA does not carry accidental insurance on any participant and is not responsible for claims arising from injuries during participation in YMCA activities. I understand that sessions cancelled due to inclement weather may not be rescheduled. I have read and am aware of all YMCA policies regarding swim lessons.

PARENT/GUARDIAN SIGNATURE

DATE

TURN OVER FOR SESSION SELECTION



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