STRONG SWIMMERS CONFIDENT KIDS

Summer 3 Group Swim Lessons
July 7 – July 17
(Mon-Thurs)
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.

REGISTRATION FEE
YMCA Members: $70
Non–Members: $145
*Financial Assistance is available; please call for more information.
YMCA REGISTRATION DATES
June 14 – July 5

CITY OF HICKORY VOUCHER DATES
June 23 – June 26

CITY OF HICKORY
Participants who live within the Hickory city limits should go to the Highland Recreation Center or on the city website during the City Registrations Dates to obtain a swim lesson voucher. Residents must bring the voucher with them to the Y to register.

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 stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

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 stage 1. 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 stage 2, 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. In stage 3, 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 in stage 4 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. Students in stage 5 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. In stage 6, 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:
Sean Aberle | Aquatics Director
seana@ymcacv.org

HICKORY FOUNDATION YMCA
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828 324 2858 | www.ymcacv.org

2025 SUMMER 3 SWIM LESSONS | Registration Form

Swimmer's Name: _____ Age: _____ Date of Birth: _____ Gender: ☐ M ☐ F

Email Address: _____ Phone Number: _____

Address: _____ City: _____ Zip: _____

Mother's Name: _____ Date of Birth: _____

Father's Name: _____ Date of Birth: _____

Are you a current YMCA Member? ☐ Yes ☐ No

STAGES / AGES	PLEASE CHECK PREFERRED	
Water Exploration / 6 mths – 3 yrs	☐ 5:30pm – 5:50pm	☐ 6:30pm – 6:50pm
Water Acclimation / 3–5 yrs	☐ 4:30pm – 5:00pm	☐ 6:00pm – 6:30pm
Water Acclimation / 6–12 yrs	☐ 5:00pm – 5:30pm	☐ 6:30pm – 7:00pm
Water Movement / 3–5 yrs	☐ 4:30pm – 5:00pm	☐ 6:00pm – 6:30pm
Water Movement / 6–12 yrs	☐ 5:00pm – 5:30pm	☐ 6:30pm – 7:00pm
Water Stamina / 3–5 yrs	☐ 4:30pm – 5:00pm	☐ 6:00pm – 6:30pm
Water Stamina / 6–12 yrs	☐ 5:00pm – 5:30pm	☐ 6:30pm – 7:00pm
Stroke Introduction / 6–12 yrs.	☐ 5:30pm – 6:00pm	☐ 7:00pm – 7:30pm
Stroke Development / 6–12 yrs.	☐ 5:30pm – 6:00pm	☐ 7:00pm – 7:30pm
Stroke Mechanics / 6–12 yrs.	☐ 5:30pm – 6:00pm	☐ 7:00pm – 7:30pm
Teen/Adult / 13–99 yrs.	☐ 6:30pm – 7:00pm	☐ 7:30pm – 8:00pm

Does this swimmer have any disabilities, handicaps, present injuries or limitations, allergies, hemophilia, heart condition, history of respiratory illness or any other significant medical condition? o Yes o No If yes, please explain: _____

In the event of an act of nature (thunderstorms, power outages, tornadoes, etc.) 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. All lessons that have been halfway completed on assigned class days will be considered complete and no make-up will occur.

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

By signing below, I indicate that I have read and understand the above information regarding pool safety and make-up of lessons.

Parent/Guardian Signature (If swimmer under 18): _____ **Date:** _____