

# Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

## Sessions:

- I June 1-11
- II June 15-25
- III June 29– July 9
- IV July 13-23
- V July 27-August 6



## Lesson Information:

- Each session runs Monday through Thursday for two weeks.
- Each lesson will be 45 minutes long.
- There are no make up lessons, unless the lesson is cancelled by the YMCA.
- Lessons are non-refundable and non-transferable, due to instructor ratio.
- Lessons are \$55/member  
\$80/non-member
- Parent/Child Classes are \$25/member  
\$45/non-member



## Class Times:

- 7am—Polliwogs, Adult
- 8am—Pike, Ray, Polliwogs
- 9am—Minnows, Eel, Starfish, Ray
- 10am—Guppy, Fish, Pike, Polliwogs
- 11am—Pike, Ray, Polliwogs, Shrimp
- 12pm—Minnows, Eel, Starfish, Ray
- 1pm—Guppy, Fish, Pike
- 2pm—Pike, Ray, Polliwogs
- 3pm—Minnows, Eel, Starfish, Polliwogs
- 4pm—Guppy, Fish, Shrimp, Pike
- 5pm—Pike, Ray, Polliwogs
- 6pm—Minnows, Eel, Starfish, Pike, Polliwogs Shrimp
- 7pm—Guppy, Fish, Polliwog, Adult

## Registration:

Members may register for any session beginning on May 1st. Non-members may register 2 weeks prior to the start of each session. Please register at the front desk of the Olive Branch Family YMCA. Registration ends the Friday before each session begins.



## Private and Semi-Private swim lessons:

Private and Semi-Private swim lessons are also available. Please contact Kathy Davis for more information.

**If you have any questions please  
Contact Kathy Davis at 662-890-9622 or  
kdavis@ymcamemphis.org**

## Class Descriptions



**Parent/Child:** 6 months-3yrs

**Shrimp**- A parent or guardian participates and accompanies the child by the direction of the instructor. This class is a fun class to get your young children acclimated to the water.



**Preschool I:** 3-5yrs

**Pike**- Students are taught how to be comfortable in the water. They will learn bobs, blowing bubbles, kicking, arm movements, floating, and they will begin to work on front and backstrokes.



**Eel**- Students will be required to complete 5 bobs by session end. They will be working in rhythmic breathing, kicking, over arm recovery, floating, jumping from wall and work on arm movements.



**Preschool II:** 3-5yrs

**Rays**-10 bobs must be completed by session end. Rotary breathing will be taught will kicking, along with the front and back float without bubble, back float and glide with kick, jump from the wall in the 5 foot depth, introduce kneeling dive, front crawl and back stroke.



**Starfish**-15 bobs must be completed by session end along with good arm movements, kicking and rotary breathing. They must accomplish a good front and back float. The elementary backstroke will be introduced.



**Youth I:** 6-12yrs

**Polliwogs** - Swimmers will be taught bobs, front and back float, glide with kick, they will be introduced to arm movements and rotary breathing.



**Guppy** - Swimmers will learn to front float for 1 minute. Kick 50 yards front and back. Swim 25 yards front crawl non-stop. Elementary backstroke, back crawl and kneeling dives will be introduced



**Youth II:** 6-12yrs

**Minnows**- Endurance is increased in the front crawl and backstroke. Good form in the elementary backstroke will be accomplished. Standing dive will be introduced. Breaststroke will be introduced.



**Fish** - Front crawl in good form non-stop for 200 yards must be accomplished along with backstroke and elementary backstroke in good form. Breaststroke will be worked on. Dolphin kick will be introduced.



**Adult:** 13 and up (Flying Fish, Shark, Porpoise)

These lessons are for those who have never learned to swim and have always wanted to know how. Water acclimation and basic swimming skills are taught in this class. Will work with all skill levels and stroke development.

### 2009 Summer Swim Lessons Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_\_

Parent(s) Name \_\_\_\_\_ Home Phone Number \_\_\_\_\_

Cell Phone Number \_\_\_\_\_ Enrolled in Summer Camp? YES NO

Email Address \_\_\_\_\_

Preferred Class Name and Time \_\_\_\_\_

Second Choice Class Name and Time \_\_\_\_\_

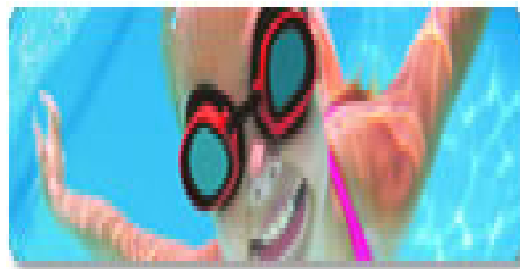
Preferred Session \_\_\_\_\_

(If your first preference is not available you will be notified)

Previous Experience \_\_\_\_\_

Medical Concerns \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone Number \_\_\_\_\_



I hereby release the YMCA of Memphis & the Mid-South and its leadership from accident and liability obligation. I understand that the goals and objectives of the YMCA Youth Sports Program are based on fun, fair play and skill development. As parents, we may not always agree with coaches and officials in games. I pledge that we will conduct ourselves in a manner that is reflective of our YMCA Sports Program. I give permission, without obligation, to the YMCA to take film footage, photographs or tape recordings that may include my child's image or voice for purpose of promotion or interpretation of YMCA programs. YMCA staff will make an effort to accommodate any request, but we cannot guarantee coach request or practice days/times.

Signature \_\_\_\_\_

Date \_\_\_\_\_