



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Swim Lessons

At the Y, we believe that the ability to swim is a critical life skill for every child, teen, and adult. In group swim lessons, we use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Qualified instructors meet kids at their own level, help families set achievable goals and celebrate all successes. By educating and partnering with parents, we're determined to prevent drowning in our community.

## Registration

Members may register anytime at the Welcome Center, but by the Thursday preceding the session you wish to enroll in. Non-members may register up to two weeks prior to the start of each session. Late registrations may sometimes be accepted, but are subject to an additional fee. Lessons are non-refundable and non-transferable (unless cancelled by the YMCA) and must have a certain number of participants, due to instructor ratios.

## Fees

Members:	Parent/Child	\$40	Pre-school, Youth, or Adult	\$55	Late	\$15
Non-Members:	Parent/Child	\$55	Pre-school, Youth, or Adult	\$80	Late	\$15

## Sessions

New sessions start each month. Each session runs on Tuesdays and Thursdays (except during holiday weeks) for four weeks and includes eight lessons. Parent/Child lessons are 30 minutes and pre-school youth, and adult lessons are 45-minutes. There are no make-up lessons, unless cancelled by the YMCA.

Session I: September 6 – September 29

Session II: October 4 – October 27

Session III: November 1 – November 29 (skip Thanksgiving Day)

## Contact

Kathy S. Davis

Aquatics Director

[kdavis@ymcamemphis.org](mailto:kdavis@ymcamemphis.org)

## OLIVE BRANCH FAMILY YMCA

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## Lesson Descriptions

### Parent/Child (ages 6 months – 3 years)

Shrimp: Ideal for allowing children to acclimate to the water with their parent/guardian(s).

### Pre-School I (ages 3 – 5 years)

Pike: Learn bobs, blowing bubbles, kicking, arm movements, floating, begin to work on front and backstrokes for comfort in the water.

Eel: Rhythmic breathing, kicking, over arm recovery, floating, jumping from wall, and work on arm movements. Must complete 5 bobs.

### Pre-School II (ages 3-5 years)

Ray: Rotary breathing while kicking, front and back float without bubbles, back float and glide with kick, jump from wall into deep water, kneeling dive, front crawl and back stroke. Must complete 10 bobs.

Starfish: 15 bobs must be completed along with goof arm movements, Kicking and rotary breathing. Must accomplish good front and back Floats. Elementary backstroke is introduced.

### Youth I (ages 6 – 12 years)

Polliwog: consecutive bobbing, front and back float, glide with kick, arm movements and rotary breathing.

Guppy: Front float for 1 minute, kick 50 yards front and back, swim 25 yards with front crawl non-stop, elementary backstroke, back crawl, kneeling dives.

### Youth II (ages 6 – 12 years)

Minnow: Increased endurance in front crawl and backstroke, good form accomplished in elementary backstroke, standing dive, breaststroke.

Fish: Front crawl non-stop for 200 yards, good form for elementary Backstroke, breaststroke improved, dolphin kick.

### Adult (ages 13 and up)

For those who have never learned to swim and want to know how. Water acclimation and basic swimming skills are taught. Will work for all skill levels and on different levels of stroke ability.

## Lesson Times

Parent/Child: 11:30am, 4:00pm

Pre-School I: 11:30am, 4:00pm, 5:00pm, 6:00pm

Pre-School II: 5:00pm, 6:00pm, 7:00pm

Youth I: 4:00pm, 6:00pm, 7:00pm

Youth II: 5:00pm, 7:00pm

Adult: 7:00pm

## Participant Information

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

Parent/Guardian Name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Street Address, City, State, & Zip: \_\_\_\_\_

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

Session, Class, and Time: \_\_\_\_\_

Previous Lessons/Experience: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**WAIVER** The YMCA of Memphis and the Mid-South will not assume responsibility for any injury incurred while participating in any athletic event, sports program, or any physically related activity. Certain risks are inherent during participation in these events. The YMCA of Memphis and the Mid-South will not be liable for lost or stolen items while members and/or program participants are using YMCA facilities or are on the YMCA premises. I, the undersigned for myself, my heirs and assigns, do hereby release the YMCA of Memphis and the Mid-South, its branches, employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation. I assume full responsibility for removing myself from any media opportunities that I do not wish to participate in. I hereby grant to the YMCA the unrestricted right to use and publish photographic images of me, or in which I may be included, for marketing materials, YMCA websites or YMCA social networks, editorial trade advertising, and any other lawful purpose related to the YMCA. I also understand that I am required to abide by the Code of Conduct of the YMCA of Memphis & the Mid-South.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_