



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOPING LIFE LONG SWIMMING SKILLS

Swim School Information
Fall Semester 2019

The Family YMCA of
Southeast Mississippi



About the Y Swim School

About Our Program

We use the American Red Cross trained instructors & the American Red Cross Learn to Swim curriculum. We focus on technical swimming and swimming as a life skill, not just something to get a child from one side of the pool to the other. We don't believe someone has truly learned to swim until they know multiple strokes and can swim a long distance.

In our teaching, we pay attention to how a student develops emotionally and physically, learns motor skills, and what can be expected from their stage of development. We don't try to push a student beyond what they can reasonably be expected to learn, in a learning method that is reasonable for their age and developmental stage. We believe that a slow, methodical approach to learning produces the best long term results.

The American Red Cross Learn to Swim program is broken down into 6 levels. On the first day of class, you will receive a flyer with all the levels, the skills they cover, and what it takes to complete each level. Your child will also receive a level card where you can track their progress. As your child completes the levels, they'll receive a sticker to show completion.

Program Evaluations

At the end of each program, we ask that you complete a quick evaluation of how we did. This helps us make continual improvements to our program delivery, and ultimately serve our members and guests better. This evaluation will be sent via email from SurveyMonkey.

Cancellations

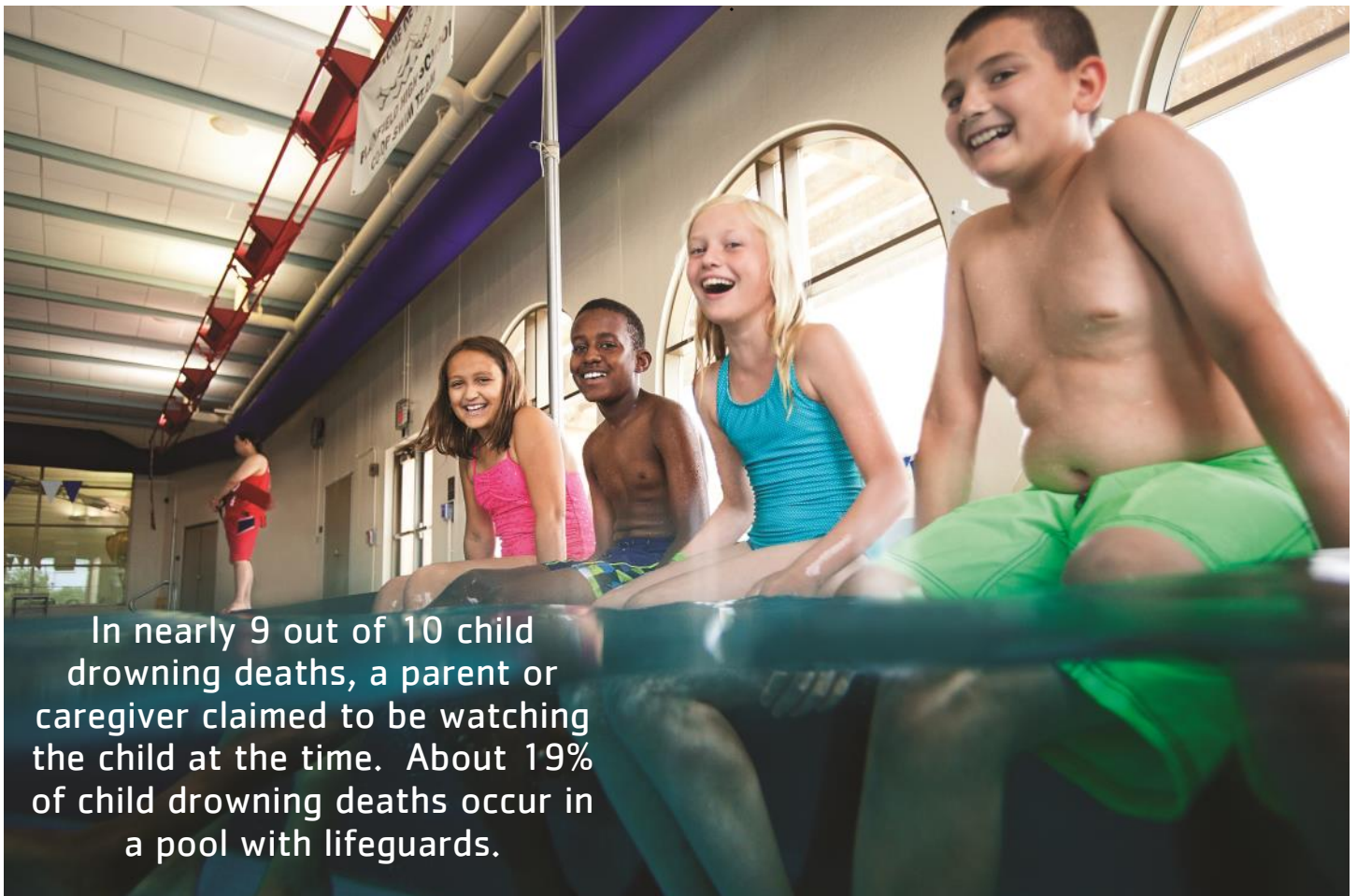
From time to time, programs need to be cancelled for various reasons. We make every effort to contact the participants when this occurs. Our preferred method of contact is a phone call. While we do make every effort, we appreciate your understanding if you arrive to find a class cancelled.

Make Up Classes

If there is a pool, or weather issue closing the pool, make up classes will be scheduled for all affected classes. Otherwise, we do not offer make up classes.

What to Bring

All students should bring a swimsuit and towel. Goggles may be brought, but depending on the level and skills being covered, they may not be used or be used sparingly. Goggles that cover the nose are not allowed in the Y Swim School.



In nearly 9 out of 10 child drowning deaths, a parent or caregiver claimed to be watching the child at the time. About 19% of child drowning deaths occur in a pool with lifeguards.

Y Swim School



Swim Tutor Packages

With our packages, our instructors will work with you to find a schedule that best fits your needs. When you enroll in our Swim School via a class package, you'll be assigned an instructor who will contact you to set up your classes. Our packages are one-on-one tutoring, so we can be very specific to the students needs.

Please allow 5 business days for an instructor to be assigned to you and an initial contact call made.

All classes are :30 minutes long.

Small Group Option

Our Small-Group option is intended for student families and friends.

With the small group option, class sizes are limited to 3 students. Please note that all students must be the same general age and ability level. Students of differing ages and ability levels are not eligible for the small-group option. All Small-Group students must complete a program registration.

For scheduling purposes and to eliminate confusion, our instructors will work with a primary contact. That primary contact will be responsible for contacting the other students in regards to scheduling.

Registration

All package fees are due in full on registration. Parents wishing to add additional classes to the end of their scheduled packages can simply add an additional package by paying at the Member Service desk and communicating with their instructor.

For any breaks between instruction, a new registration form will be required.

Swim Tutor Package Fees

	Members	Community
Single class	\$20	\$25
4 classes	\$80	\$100
8 classes	\$160	\$200
10 classes	\$200	\$250
12 classes	\$240	\$300

Small Group Package Fees (per student)

	Members	Community
Single class	\$10	\$15
4 classes	\$40	\$60
8 classes	\$80	\$120
10 classes	\$100	\$150
12 classes	\$120	\$180

Swimming is more than a physical skill, it's a language of movement. Swimming takes time to master, and children progress at their own rate. We don't force children to do things they're scared of, or that they're not ready to do. Instead, we take a more nurturing, student centered approach, use patience with the child's individual progress, and focus on students learning at a pace appropriate for them.

Y Swim School FAQs



How old does a student need to be to enroll in the Y Swim School?

A student must be at least 3 years old to enroll. There is no age limit to enroll in the Y Swim School.

What about children under 3 years old?

Children under 3 have traditionally fallen into a Parent / Child class category. Recent recommendations from the American Academy of Pediatrics have lowered the recommended minimum age for independent instruction to as low as 1 year old. As a Swim School, we are investigating how this new recommendation impacts our learning options. As of now, there are no plans to offer independent learning for children that young.

What if I can't make it on the day of a session?

Please contact your Swim Tutor. They will work with you on having a make up day. You can also notify the Y and we'll communicate with your assigned Swim Tutor so they'll know.

Can multiple classes be scheduled in a week?

Your assigned Swim Tutor can help determine if it's possible. It will depend on the teaching load of your assigned Swim Tutor.

How many students can be in a Small Group?

To keep a quality experience for all students, we limit our Small Group classes to no more than 3 students. There is a minimum of 2 students.

How does the Small Group class work?

With our Small Group classes, an individual already has up to 3 students they know interested in classes. These can be family members, or friends of the family.

Once you have your Small Group students, you'll be the primary contact. After registration, one of our Swim Tutors will contact you to set up the first class. As the primary contact, you'll then coordinate with the other students on the date and time of the first class. Please note that all Small Group fees are per student, and each student will need to complete a program registration form.

Once the first class is held, our Swim Tutors will coordinate any future changes.

Can only 1 person be in a Small Group?

No.

If I miss a Small Group class, can I make it up?

We won't make up classes for individual students who miss a Small Group class. However, if none of the students can attend a class session, our Swim Tutor will reschedule that class session.

What if I need to change to another day?

Please see your Swim Tutor and they'll help you with rescheduling.

When is the first day?

The first day of classes will be determined and scheduled by your assigned Swim Tutor.



Y Swim School Level Descriptions

Parent and Child Aquatics (6 months to approximately 3 years)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Please note that we are not offering Parent and Child classes at this time.

Preschool Aquatics (approximately 3 to 5 years old)

Preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

Learn-to-Swim (children approximately 6 years through 12)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills. All classes incorporate age appropriate water safety skills.

Level 0 through 1: Introduction to Water Skills

Teaches students basic water skills such as breath holding, floating, and extremely basic motions in the water.

Level 2 through 3: Fundamental Aquatic Skills & Stroke Development

Level 2 gives participants success with fundamental skills. Level 3 builds on the skills in Level 2 through additional guide practice in deeper water. Swim strokes are introduced at these levels.

Level 4 through 6: Stroke Improvement, Stroke Refinement and Stroke Efficiency

Develops confidence in the skills learned and improves other aquatic skills. Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 for more advanced participants.

Adult Swim (Teens through Adults)

American Red Cross Adult Swim is intended for teens and adults who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety to improve their health and fitness, or to perhaps compete in triathlons, or even compete in swim meets.

BSA Swimming Merit Badge Training

This group is a training group for those who participate in Boy Scouts. The class goal is to help Scouts learn the swimming skills necessary to complete their swimming merit badge. This class is not a beginning swimming class. Scouts are expected to have basic swimming skills, including being able to float and move in the deep end, upon enrollment. These series of classes have a minimum enrollment of 5 Scouts and a maximum of 10 enrolled per class.

Spanish Speaking Swim Classes at the Y!



We're proud to offer swimming classes in Spanish.

At the Y, we recognize that Hattiesburg and surrounding areas are host to many individuals where English is a second language. We're proud to be able to host classes for Spanish speaking individuals who struggle to communicate in English only. These classes are held in Spanish exclusively, by a swim instructor who is fluent in Spanish. Classes are held based on demand at our Petal Y. For more information, please contact Dewey Case at 601-583-4000 or at aquatics@ymcasems.org. Please note that all initial contact and registration will be in English. Fees are \$10 per class. Up to 3 siblings can be a in a class as long as they're at the same level.

Estamos orgullosos de ofrecer clases de natación en español.

En la Y, reconocemos que Hattiesburg y las áreas circundantes albergan a muchas personas en las que el inglés es un segundo idioma. Estamos orgullosos de poder ofrecer clases para personas de habla hispana que tienen dificultades para comunicarse solo en inglés. Estas clases se imparten en español exclusivamente, por un instructor de natación que habla español con fluidez. Las clases se llevan a cabo según la demanda en nuestro Petal Y. Para obtener más información, comuníquese con Dewey Case al 601-583-4000 o en aquatics@ymcasems.org. Tenga en cuenta que todo el contacto inicial y el registro serán en inglés. Las tarifas son de \$ 10 por clase. Hasta 3 hermanos pueden estar en una clase siempre que estén al mismo nivel.



Community. Technique. Excellence.

These 3 words say it all. This is what the Y Hub Fins Swim Team is about.

Our YHF swim team groups swimmers by appropriate age, ability and performance levels. Monthly training fees start at \$40 per month, and a family membership is required to be on the team. A swim evaluation is required prior to joining the YHF swim team.

Why Swim? Here are a few benefits:

- Swimmers tend to have a higher GPA in school
- Swimming is low impact, and low injury
- There is no bench in swimming
- Swimming builds confidence and discipline

PRACTICES HELD AT PETAL AND HATTIESBURG.
PRACTICE TIMES DEPEND ON GROUPING.

See www.ymcahubfins.org for more Information or call Head Coach Addy Panzram at 601-583-4000, or email Coach Addy at yhubfins@ymcasems.org.



WEB RESOURCES

YMCA of Southeast Mississippi
www.ymcasems.org

YMCA of the USA
www.ymca.net

Y Hub Fins Swim Team
www.yhubfins.org

American Red Cross
www.redcross.org

USA Swimming
www.usaswimming.org

Centers for Disease Control Healthy Swimming
www.cdc.gov/healthywater/swimming

Lifeguards Without Borders
www.lifeguardswithoutborders.org

State of Mississippi Dept. of Health
<http://www.msdh.state.ms.us/>

Pool & Hot Tub Alliance
www.nspf.org

United States Lifesaving Association
www.usla.org

International Lifesaving Federation
www.ilsf.org

Pool Safely
www.poolsafely.gov

Not Out of the Water
www.notoutofthewater.com