



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Learn to Swim Programs

The Family YMCA of Southeast Mississippi

Spring 2021

Aquatic Program Policies

These are general program policies. See the appropriate program area for program specific information.

Registration Deadline

Registration for all classes closes the Friday before the class begins or when the class is full, whichever occurs first. Please check with the instructor to see if space is available if you want to enroll after the registration deadline.

Refund Policy

Refunds will only be issued when the class is cancelled or if the student is unable to meet the prerequisites (if applicable) of the class. If the class is cancelled, a full refund will be issued. If the student does not meet the prerequisites for certification based classes, then a refund minus a \$25 administrative fee will be issued.

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.

Class Minimum and Maximum Registration

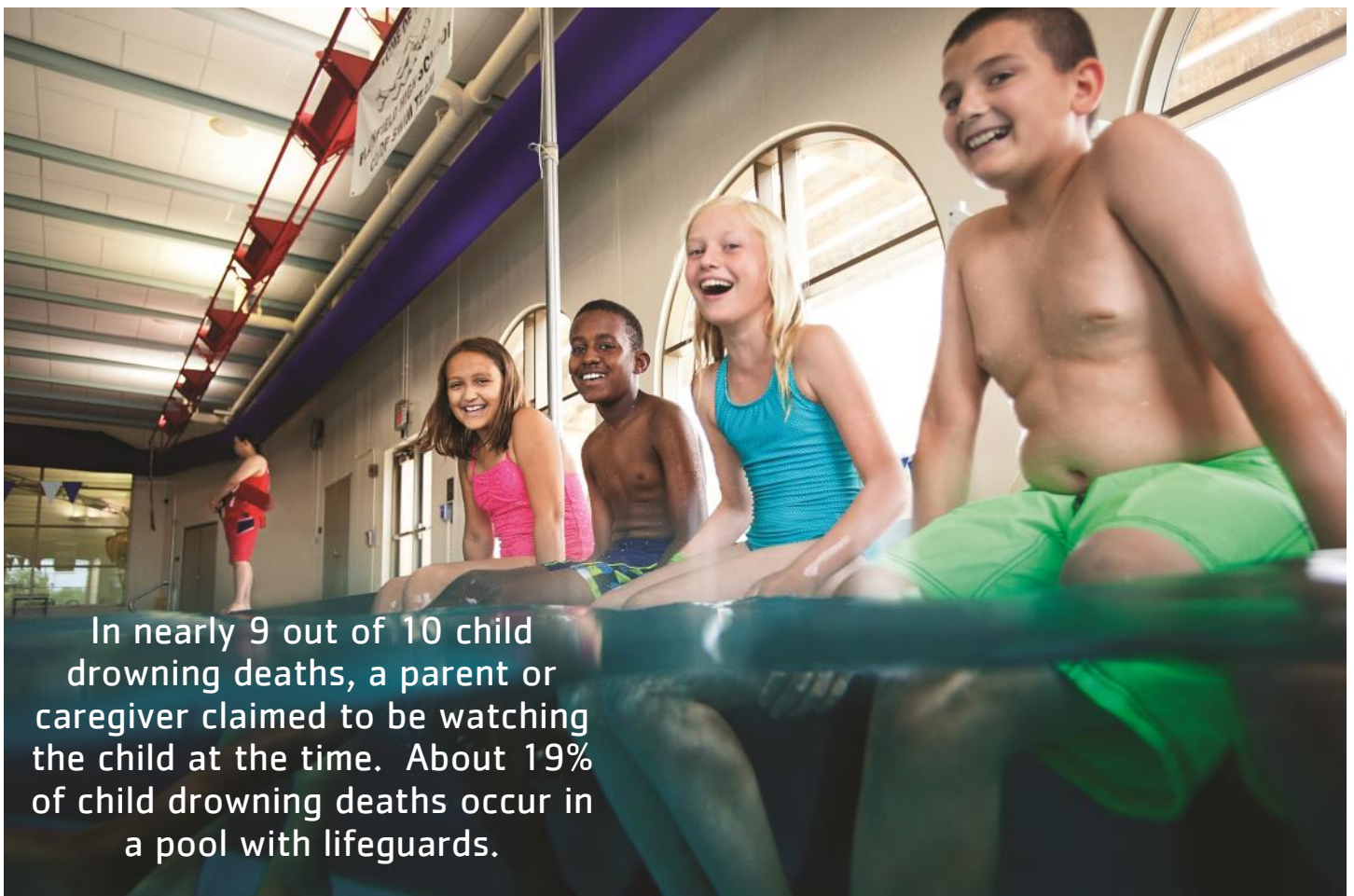
To maintain a quality learning experience, class minimum and maximum enrollments have been put into place. Please see the appropriate program area for details.

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.

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.



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



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.

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



Swim School Individual Packages

With our packages, our Swim Tutors 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 a Swim Tutor 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 a Swim Tutor to be assigned to you and an initial contact call made. All classes are :30 minutes long.

Individual Package Fees

	Members	Community
Single class	\$30	\$35
4 classes	\$120	\$140
8 classes	\$240	\$280
10 classes	\$300	\$350
12 classes	\$360	\$420

Swim School Small Group Classes

With the small group option, class sizes are limited to 5 students per Swim Tutor.

Small Group classes are grouped by student ability. On the first day of class, students will be evaluated to ensure they are grouped appropriately.

Small Group Classes meet for :45 minutes per class and meet once per week.

Small Group Class Fees

	Members	Community
Per Session	\$100	\$120

Your Child's Progression

As your child is able to move up in the levels, we move your child up. We don't believe in making children wait to advance. When able we'll move your child to an appropriate level. Otherwise, if able, we'll group appropriate levels together or regroup the class so an instructor works with one level.

Small Group Class Enrollment Deadline

Please enroll for your class as early as possible, but at least 1 week prior to the start of the session. While we will make all efforts to include day of registrations, it may not be possible depending on number of students enrolled.

Registration

Please see Member Service to enroll in our Individual Packages or in our Small Group Classes.

Please enroll for your class as early as possible, but at least 1 week prior to the start of the session. While we will make all efforts to include day of registrations, it may not be possible depending on number of students enrolled.

All fees are due in full on registration. Parents wishing to add additional classes for their students Individual Package can simply add an additional package by paying at the Member Service desk and communicating with their Swim Tutor.

Y Swim School Hattiesburg Schedule



Session 1: February 1st to March 22nd

Session 2: March 29th to May 17th

	Mon.	Tues.	Wed.	Thurs.	Sat.
Preschool	3 pm	4 pm 6 pm	3 pm 4 pm	4 pm	9 am
Level 1	4 pm 5 pm 6 pm	4 pm 5 pm 6 pm	4 pm 5 pm	3 pm 4 pm 5 pm 6 pm	8 am 9 am
Level 2	4 pm 5 pm 6 pm	5 pm 6 pm	5 pm	3 pm 4 pm 5 pm 6 pm	8 am 10 am
Level 3	7 pm		6 pm	6 pm 7 pm	10 am 11 am
Level 4	7 pm	7 pm	6 pm	7 pm	11 am
Level 5		7 pm	7 pm	7 pm	11 am
Level 6					

Y Swim School Petal Schedule



	Mon.	Tues.	Wed.	Thurs.	Sat.
Preschool	3 pm 5 pm 6 pm	3 pm 5 pm	5 pm 6 pm	5 pm	9 am 11 am
Level 1	3 pm 4 pm 5 pm	3 pm 4 pm 5 pm	3 pm 4 pm	4 pm	8 am 9 am 10 am
Level 2	6 pm	6 pm		3 pm 6 pm	8 am
Level 3	7 pm	6 pm	5:15 pm	5:15 pm	10 am
Level 4	5:15	6:15 pm	6:15 pm	6:15 pm	11 am
Level 5	6:15	5:15 pm	7 pm		
Level 6					



Y Swim School Class Descriptions

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 at this level are age appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children.

About our School Age levels (approximately 6 to 12 years old)

Designed to help participants achieve maximum success, the School Age Learn-to-Swim levels 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 guided practice in deeper water. Swim strokes are introduced at these levels.

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

Levels 4-5 develops confidence in the skills learned and improves other aquatic skills. Swim strokes are taught and refined so participants can swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is for more advanced participants.

Why is it important to complete all levels?

While no person is ever "drown proofed", completing all learning levels helps reduce the risk of drowning by creating highly competent swimmers. Additionally, completing all levels introduces students to a variety of skills that helps them learn more about coordination, develops a stronger body, and provides them with life long options for fitness, performance, and recreation.



Y Swim School Easy Level Guide

What Level Am I?

When registering for our Swim School Small Group Classes, please use this guide to determine the class best suited for your student.

Age Guide

Preschool: Ages 3 to 5 years old
School age: Ages 6 to 12 years old

Appropriate Levels:

Preschool & Levels 1 to 2
1 to 6

Can the student go underwater voluntarily?

NOT YET

Level 1

Can the student do a front and back float on their own?

NOT YET

Level 2

Can the student swim 10-15 yards on their front and back?

NOT YET

Level 3

Can the student swim 25 yards of Freestyle & Backstroke?

NOT YET

Level 4

Can the student swim 25 yards each of Freestyle, Backstroke & Breaststroke?

NOT YET

Level 5

Can the student swim 50 yards each of Freestyle, Backstroke & Breaststroke?

NOT YET

Level 6

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.

We are seeking to add a weekly group class to provide a social opportunity for parents of children ages 6 months to 2 years old as well as a water orientation experience for these young children. A start date for this class has not been established. If you are interested in being a facilitator for this class, please contact Dewey Case.

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 for your individual session. You can also notify the Y and we'll communicate with your assigned Swim Tutor so they'll know.

Make up days are not available for Small Group Classes unless the class is cancelled for a weather event or if the session is cancelled by the Y.

Can only 1 person be in a Small Group?

No. Our Small Group Classes are designed to be a cost effective option for learning. If a class only has 1 student enrolled, the class will not continue and the Y will contact that student with appropriate options.

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 for any Individual Sessions. The ability for Small Group students to change to another day will vary.

When is the first day?

The first day of Small Group Classes are predetermined by the Y. Individual Classes will be determined and scheduled by 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 5 students. There is a minimum of 2 students.

Y Swim School FAQs



Can multiple classes be scheduled in a week for Individual Classes?

Your assigned Swim Tutor can help determine if it's possible. It will depend on the teaching load of your assigned Swim Tutor as well as if the Swim Tutor feels the additional sessions are a detriment to student learning.

What is a Session?

For Individual Sessions, a session is a single :30 minute class

For Small Group Classes, a session is a series of 8 classes. The schedule for these classes varies. Saturday Small Group Sessions meet on 8 consecutive Saturdays. Our Small Group Classes offered during the school year typically are scheduled for 1 day a week. During summer, they are generally over a 2 week period.

How long will it take to learn to swim?

This is a very common question. The short and honest answer is....we don't know.

Learning to swim depends on a few different factors:

- Emotional readiness
- Physical readiness
- The students learning curve and also how they learn
- Prior experiences in the water...both positive and negative
- Level of psychological trauma from either almost drowning or from prior learn to swim classes
- Age when starting to learn to swim
- How coordinated they are
- Family influences

As all people are different, how and when they develop skills are different. People learn differently. At the Y, we don't put people in a box. We try to meet them *where they are* and help them based on *who* they are.

Also, an individual can learn some skills quickly but then struggle with various other skills. This is entirely natural and, with the above points, makes it impossible to give a timeline on when someone can learn to swim.

Another way to look at it. Think of swimming as learning to play the piano, or learning to speak a foreign language. Instead of words, swimming is the language of water. It takes time to become fluent.



PROGRAM REGISTRATION

- Aquatics Health & Wellness Youth Sports
 Active Adults Other: _____

Session / Class _____ Date / Time _____ Member Non-Member

Participant's F Name _____ M.I. _____ L Name _____

Home Address _____ City _____ State _____ Zip _____

D.O.B _____ Age at start of program _____ Grade _____ Male Female

Parent/Guardian: _____ Email Address: _____

Home # _____ Cell # _____ Work # _____

Emergency Contact Name & No.: _____ Relationship: _____

Shirt Size (when applicable) Youth S M L Adult S M L

The strength of the YMCA Youth Sports program depends on volunteer and parent participation. If you would like to coach your child's team please list here. Name: _____ Ph #: _____

Photography/Video Permission

I DO I DO NOT give my permission for myself/my child to be photographed or videotaped at The Family Y/ Petal Family Y and use the resulting photographs for any purpose The Y deems proper and I relinquish all rights, title and interest in the finished photographs and negatives.

Signature: _____ Date: _____

Permission For Enrollment and Release of The Family YMCA of Southeast Mississippi, Inc., from Liability: I am an adult over 18 years of age and wish to participate in The Family YMCA of Southeast Mississippi Inc., activities and/or I give my children permission to participate in YMCA activities. I understand that even when every reasonable precaution is taken, accidents can sometimes still happen. Therefore, in exchange for the YMCA allowing me to participate in YMCA activities, I understand and expressly acknowledge that I release the YMCA and its staff members from all liability for any injury, loss or damage connected in any way whatsoever to my (or my children's) participation in YMCA activities whether on or off the YMCA's premises. I understand that this release includes any claims based on negligence, action or inaction of the YMCA, its staff, directors, members and guests. I have read and am voluntarily signing this authorization and release.

Signature: _____ Date: _____

We're for healthy living, youth development, and social responsibility. YOU can help us make a difference!

The Family YMCA and Petal Family YMCA serve the Greater Pine Belt Area by awarding fee assistance to those in need...and we are always looking for people with a heart to give.

The YMCA never turns anyone away because of an inability to pay – that's why contributions to the Campaign for Youth and Families are so important. They provide much-needed, fee assistance to hundreds of kids, families and active adults, allowing them to benefit from YMCA membership and programming. **If we can strengthen the life of one child or family, we can strengthen the foundation of our community.**

If you believe in what we do, the Strong Kids and Families Campaign is one way you can help; just add to your registration fee.

\$2 \$5 \$10 \$15 \$20 Other \$ _____ One time donation to the Campaign

Signature: _____ Date: _____



Date: _____ Rec#: _____ Amt: _____ Check / Cash / CC Staff Initials: _____

WEB RESOURCES

YMCA of Southeast Mississippi
www.ymcasems.org

YMCA of the USA
www.ymca.net

YMCA Hub Fins
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/>

National Drowning Prevention Alliance
www.ndpa.org

National Water Safety Month
www.nationalwatersafetymonth.org

Water Safety USA
www.watersafetyusa.org

Pool and Hot Tub Alliance
www.phta.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