2025 Group Swim Lesson Registration Form

(1 form for each student, Please)

Rate: $100 per Lesson

(A Lesson is, 8 - 45 Min. Classes, over 2 weeks Mon-Thu, with Fri for make-up if needed)

SESSION 1: June 16-27 or SESSION 2: July 14-25

Last day for registration: 1st session – June 11th, 2025

2nd session – July 9th, 2025

Participate last name: _____   Participate first name: _____

Age of participate during time of swim lesson(s) and DOB: _____

Guardian last name: _____   Guardian first name: _____

Address: _____

City/State/Zip: _____   Phone: _____

Email: _____

Circle which session you will be registering for below:

Mon - Thu *(Fri is makeup day, if needed)*	SESSION 1: June 16-27	or	SESSION 2: July 14-25

Check class and circle preferred time (see class descriptions on reverse side of page):

Swim Starters			
_____ Water Discovery	9:00 – 9:45 am		
_____ Water Exploration		10:00 - 10:45am	

Swim Basics			
_____ Water Acclimation	9:00 - 9:45am	10:00 - 10:45am	11:00 - 11:45am
_____ Water Movement	9:00 - 9:45am	10:00 - 10:45am	11:00 - 11:45am
_____ Water Stamina		10:00 - 10:45am	11:00 - 11:45am

Swim Strokes		
_____ Stroke Introduction		11:00 - 11:45am
_____ Stroke Development	9:00 - 9:45am	

Group Swim Lesson Class Descriptions

The City of Spring Hill has contracted with the YMCA of Greater Kansas City to provide high-quality swim lessons that accommodate a range of skills levels and ages. Each session includes four lessons each week for two weeks (a total of eight lessons). Swim lessons are Monday through Thursday. Friday's are reserved for possible make-up days.

Swim Starters

Infants and toddlers (six months to three years) are accompanied by a parent or guardian to learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents and guardians learn about water safety, drowning prevention, and the importance of supervision.

Water Discovery: Infants and toddlers are introduced to the aquatic environment.

Water Exploration: Learn body positions, blow bubbles, and practice fundamental safety and water skills. Must be able to respond to verbal cues and jump on land.

Swim Basics

Recommended skills for all to have around water. Sessions available for preschool (ages 3 to 5) and school age (ages 6 to 12) children.

Water Acclimation: First stage of swim lessons and focuses on skills for beginners. An introduction to the pool. Develop safe water habits, become comfortable with underwater exploration, and learn to safely exit a body of water in the event they fall in. Must be comfortable working with instructor in the water.

Water Movement: Second stage of swim lessons. Focus on body position and control, forward movement, directional change, and basic self-rescue skills. This stage also reinforces how to safely exit a body of water in the event of falling in. Must be able to go underwater voluntarily.

Water Stamina: Third stage of swim lessons and final stage of swim basis. Learn basic stroke techniques, rotary breathing, and integrated arm and leg action. Children learn to swim, move to safety, and exit should they fall into a body of water. Must be able to do front and back float independently.

Swim Strokes

Refining swim skills. All levels are available for school age children (ages 6 to 12). Stroke Introduction is available for preschool children (ages 3 to 5).

Stroke Introduction: Fourth stage of swim lessons. Develop basic front crawl and back crawl strokes and introduce components of breaststroke and butterfly stroke. Build endurance and practice safety techniques for deep water. Must be able to swim 10-15 yards on front and back.

Stroke Development: Fifth stage of swim lessons. Work on stroke techniques, introduce competitive strokes, and develop stamina in basic front crawl and back crawl strokes. Learn breast and butterfly strokes. Must be able to swim 15 yards of front crawl and back crawl.