POOL LOCATIONS & HOURS

The Family YMCA
3719 Veterans Memorial Drive
Hattiesburg, MS  39401
601-583-4000

Pool Hours
Monday – Friday      5:30 am to 6:45 pm
Saturday             8 am to Noon
Sunday               Closed

Petal Family YMCA
547 Hillcrest Loop
Petal, MS  39465
601-583-9399

Pool Hours
Monday – Friday      5:30 am to 6:45 pm
Saturday             8 am to Noon
Sunday               Closed

Your Aquatics Staff

Dewey Case
Association Aquatics Director
aquatics@ymcasems.org

Addy Panzram
Y Hub Fins Head Swim Coach
yhubfins@ymcasems.org

Visit www.ymcasems.org for more information on aquatics and other YMCA programs.
Visit www.yhubfins.org for Y Hub Fins swim team news and information.

DID YOU KNOW?
Benjamin Franklin was an avid swimmer. He wrote at least one essay on swimming and invented what we now know as swim fins.

Thank you for downloading our Aquatic Program Guide for this semester. Please don’t hesitate to contact me if you have any questions or concerns. Thank you for supporting aquatics and the YMCA!

Dewey Case
Association Aquatics Director
Pool Sizes and Gallons
Our lap pools are 6 lane, 25 yard pools. Depths start at 3.5’ and go to 10’. Each pool holds about 170,000 gallons of water.

The Hattiesburg Spa holds about 2000 gallons. The Petal Warm Water Pool holds about 7700 gallons of water.

Temperatures
The lap pools are held between 82 and 84 degrees. The Hattiesburg Spa is kept at a maximum of 102 degrees, while the Petal Warm Water Pool is kept about 93 degrees.

Spa Cleaning Schedule (Hattiesburg)
The Spa in Hattiesburg will be closed for cleaning on Thursdays between the hours of 1:30 and 4 pm. In order to have the healthiest water possible, the spa will also be drained as needed to protect the health of our members and guests.

Hourly Breaks for Single Lifeguards
During the school year, there will be periods where only 1 lifeguard is on duty. To keep our members and guests as safe as possible, they will take a code mandated break for 10 minutes every hour during that time. This code is required by YMCA of the USA. Should that break occur during your time in the pool, you will be asked to exit the pool for 10 minutes.

Surveillance Cameras
To help ensure safety and the best environment possible, each pool has a camera system that records continuously.

Recreational Water Illnesses
To help keep our water clean and safe, please do not swim if you have diarrhea. Infants must wear swim diapers while in the pool. Also, please observe the following:
- Don’t swim if you’ve had Diarrhea in the last two weeks
- Don’t swallow pool water
- Take a soap shower before swimming
- Have children take frequent bathroom breaks

Circle Swimming
Often times there is plenty of space in the pool to allow you to have your own lane. During our peak hours, we may ask you to share a lane with other swimmers. Here are a few tips when Circle Swimming:
- Find a lane with a swimmer that matches your speed
- Keep to your right when swimming
- Pass in the middle and pass quickly
- Wait until the other swimmer is at the wall, then ask to share the lane

Drowning is the 2nd leading cause of death among children ages 1 to 4. Where do most child drownings occur? Home swimming pools.
ENJOYING WATER SAFELY

Minimum Age to Use the Pool Alone
Children must be at least 10 years old and able to pass the swim test to be in the pool by themselves. A responsible individual at least 18 years old must be in the building at all times when an eligible child is alone in the pool.

Swim Testing Policy
The Y reserves the right to swim test any individual that uses the pool. Certain groups, like pool parties, will be swim tested before entering the water.

Our swim test is a 15 yard swim. It must be swam on top of the water, without support and without stopping. Swimmers will be placed in one of three categories:

- **Green Arm Band**
  Unrestricted access to the pool

- **Red Arm Band**
  Swimmer is at least 4’ tall and will be restricted to the shallow end

- **Lifejacket**
  Swimmer is less than 4’ tall and will be restricted to the shallow end

Active Supervision
Children in lifejackets must have a responsible older individual in the water within arms reach at all times.

Diving
Diving is only allowed in the deep end. Divers must dive from the deep end wall, not the sides of the pool.

Starting Blocks
Starting blocks are only to be used under the direct supervision of a Y swim instructor or swim coach.

Prolonged Breath Holding
Prolonged breath holding is a dangerous activity that isn’t shown to have any physical benefits. For the safety of all, prolonged breath holding is not allowed.

Pool Toys
Pool toys are allowed provided they don’t affect the safety of other swimmers. To find out if your toy is allowed, please see the lifeguard.

The Spa (Hattiesburg)
Our Spa is an excellent place to relax or rest sore muscles after a workout. You must be 18 years old to use the spa.

The Warm Water Pool (Petal)
Our Warm Water Pool is a great option for low intensity water workouts or just for relaxing. Children are allowed, but they must be able to stand with their mouth out of the water to use the Warm Water Pool without a lifejacket. A responsible individual at least 18 years old must in the water with them at all times, regardless if they wear a lifejacket or not.

SCUBA Equipment Use
Air tanks used in SCUBA diving can be dangerous when improperly handled. For the safety of everyone that uses the pool, divers can use all SCUBA related equipment except compressed air tanks. This doesn’t apply to Y sponsored SCUBA classes.

Lightning
The Y follows the American Meteorological Society recommendations. When there is thunder followed by lightning in within 30 seconds, the pool will be cleared until 30 minutes have passed from the last occurrence of lightning in this time frame.

Please see the Pool Rules sign for more information. The lifeguard’s job is to keep everyone in the pool safe. Please be respectful and obey the lifeguard when they provide directions.
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.
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.
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.

Swim School Small Group Classes
With the small group option, class sizes are limited to 4 students.

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.

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
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.

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

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

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

**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.

**Individual Package Fees**

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Community</th>
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<tbody>
<tr>
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<td>$25</td>
</tr>
<tr>
<td>4 classes</td>
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<td>8 classes</td>
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<td>$250</td>
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<tr>
<td>12 classes</td>
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**Small Group Class Fees**

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Session</td>
<td>$80</td>
<td>$100</td>
</tr>
</tbody>
</table>

**Session Dates for Fall 2020**

Our session dates for Fall 2020 are:

- **Session 1**: 9/8–10/1, meeting on T/Th
- **Session 2**: 10/6–10/29, meeting on T/Th
- **Session 3**: 11/3–12/3, meeting on T/Th

**Hattiesburg Small Group Class Schedule**

All classes follow the session dates found above for Fall 2020.

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<thead>
<tr>
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<tbody>
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<td>Preschoolers</td>
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<tr>
<td>4 pm</td>
<td>Levels 1 &amp; 2</td>
</tr>
<tr>
<td>5 pm</td>
<td>Levels 3 &amp; 4</td>
</tr>
<tr>
<td>6 pm</td>
<td>Levels 1 &amp; 2</td>
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</table>

**Schedule for Hattiesburg Saturday Swim School**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level</th>
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</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Preschoolers</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Levels 1 &amp; 2</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Levels 3 &amp; 4</td>
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</tbody>
</table>

**Petal Small Group Class Schedule & Saturday Swim School Small Group Schedule**

<table>
<thead>
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</thead>
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<tr>
<td>5:30 pm</td>
<td>Levels 1 &amp; 2</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>Levels 3 &amp; 4</td>
</tr>
</tbody>
</table>

**Schedule for Petal Saturday Swim School**

<table>
<thead>
<tr>
<th>Time</th>
<th>Level</th>
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</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Preschoolers</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Levels 1 &amp; 2</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Levels 3 &amp; 4</td>
</tr>
</tbody>
</table>

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.
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.
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

**Level 1**
- NOT YET
  - Can the student go underwater voluntarily?

**Level 2**
- NOT YET
  - Can the student do a front and back float on their own?

**Level 3**
- NOT YET
  - Can the student swim 10-15 yards on their front and back?

**Level 4**
- NOT YET
  - Can the student swim 25 yards of Freestyle & Backstroke?

**Level 5**
- NOT YET
  - Can the student swim 25 yards each of Freestyle, Backstroke & Breaststroke?

**Level 6**
- NOT YET
  - Can the student swim 50 yards each of Freestyle, Backstroke & Breaststroke?
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.

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. A start date for this class has not been established.

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

Once you have your Custom 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. 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.
Y Swim School FAQs

Can multiple classes be scheduled in a week for Individual Packages?
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.

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 4 students. There is a minimum of 2 students.

When is the first day?
The first day of individual sessions will be determined and scheduled by your assigned Swim Tutor.

See the class schedule for when the session your student is enrolled in begins.

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 2 days 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.
The American Red Cross Lifeguard Training course teaches students the skills to prevent, recognize, and respond to a variety of emergencies in and out of the pool. This course includes professional level CPR/AED skills, First Aid skills, and how to administer Emergency Oxygen. Students are required to attend each session, complete all skills successfully, and score 80% on a written exam in order to receive certification. Classes are held at our Hattiesburg location.

**Lifeguard Training Courses**

9/14 to 9/30  
Mondays & Wednesdays, 4 to 7 pm & Saturdays, 8 am to Noon

10/26 to 11/11  
Mondays & Wednesdays, 4 to 7 pm & Saturdays, 8 am to Noon

**Prerequisites:**
Students must be at least 15 years old. Students must complete a 300 yard non-stop swim, a 2 minute tread without using their hands, and a timed weight retrieval from the deep end of the pool. This class also uses an online learning that must be completed prior to the first day of class.

**Course Fees:**
$225 for members, $265 for the community.

All classes have a minimum enrollment of 5 students. Individuals who fail the course may retake the next available course at no additional charge. Refunds will not be issued in the event a student fails the course. Other policies as required by the American Red Cross may apply.

**About Online Learning**

With the online learning module for this course, students are able to complete most of the lecture and classroom work at their own pace. This allows the in-person class times to focus on learning enhancements and practical skill work to ensure the candidates can provide high quality response for water and land emergencies.
Water Survival for Adults

80% of all drowning deaths occur in ages 15+. Join us for our Water Survival classes where we’ll work with all interested adults in developing their water competency and reducing their risk of drowning. Each class is :45 minutes long. Sessions are 9/14 to 11/2 (Mondays) and 9/16 to 11/4 (Wednesdays). Classes meet:

Hattiesburg: Monday at 10 am OR Wednesdays at 6 pm
Petal: Monday at 6 pm OR Wednesdays at 10:30 am

Class fees: $80 for members, $100 for the community.
What is Water Competency?

Studies have shown that individuals generally overstate their ability in the water. In a study by the American Red Cross, it was found that 56% of all adults in the United States lacked one or more basic swimming skill competencies.

As a result of this study, a Water Competency sequence was developed. For an individual to be considered “Water Competent”, they should be able to:

- Step or jump into the water over your head.
- Return to the surface and float or tread water for one minute.
- Turn around in a full circle and find an exit.
- Swim 25 yards to the exit.
- Exit from the water.

While no one can ever be 100% “drown proofed”, if an individual has mastered this sequence, the risk of drowning drops significantly.
Pool and Hot Tub Alliance
Certified Pool Operator Certification Course
This course trains individuals in the basics of swimming pool operation and filtration. It is intended for those with responsibilities to public and semi-public pools such as Home Owners Associations and Club pools. This course is also for individuals wishing to learn how to operate their home pool better. The Fusion course utilizes web based learning modules that must be completed before the in-

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<tbody>
<tr>
<td>9/25</td>
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<tr>
<td>10/30</td>
<td>Friday, 8 am to 5 pm</td>
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<tr>
<td>11/16</td>
<td>Monday, 8 am to 5 pm</td>
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**Course Fees:**
*Fusion course: $260 for members, $300 for the community*

Please register with Member Service at least 2 weeks prior to the course. Classes are held at our Hattiesburg location.
Did you know...

There are about 3,533 fatal drowning cases every year in the US - or about 10 deaths per day. An additional 347 people die each year from drowning in boating related accidents.

In 80% of drowning deaths, the person is at least 15 years old.

African American children, ages 5–19, drown at a rate of over 5 times that of Caucasians. Among 11–12 year old African American children, the drowning rate is TEN times higher than Caucasians.
American Red Cross CPR and First Aid Courses

Learn to save a life. We are a proud provider of the American Red Cross First Aid/CPR/AED family of programs. We offer a range of health and safety classes, from basic to professional level CPR, that teach you new skills, help you be confident and ready to respond in almost any emergency situation. All classes are held at the Hattiesburg location.

Our classes include: Adult, Child and Infant CPR, Using an AED, and First Aid. This class is a blended learning class that uses an award winning Online Simulation in conjunction with an in-person session with an instructor. Students must register at least 1 week in advance in order to have adequate time to complete the Online Simulation. Proof of completion is required to participate in the in-person session.

Within 2 business days of enrollment, students will receive an email containing the link for the Online Simulation.

<table>
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<tbody>
<tr>
<td>9/12</td>
<td>Saturday, 10 am to Noon</td>
<td>Hattiesburg</td>
</tr>
<tr>
<td>9/19</td>
<td>Saturday, 10 am to Noon</td>
<td>Petal</td>
</tr>
<tr>
<td>10/17</td>
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<tr>
<td>11/14</td>
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</tr>
<tr>
<td>12/5</td>
<td>Saturday, 10 am to Noon</td>
<td>Petal</td>
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Course Fees: Layperson: $45 members, $65 for the community
The American Red Cross BLS training for individuals and teams provides instruction, as well as science-based information that includes the latest resuscitation protocols, so you can deliver care to those in need and help improve patient outcomes.

This course is intended for those working in healthcare and emergency response fields, as well as students enrolling in medical and emergency response related studies.

This program uses a blended learning format. Within 3 business days of enrolling, an email will be sent with instructions.

Custom BLS classes are available for groups of 3 or more. Please see Dewey Case for more information.

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<tr>
<th>Dates</th>
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<tbody>
<tr>
<td>11/5</td>
<td>Thursday, 1 to 5 pm</td>
</tr>
<tr>
<td>12/10</td>
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**Course Fees:** $55 members, $75 for the community
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.yhubfins.org](http://www.yhubfins.org) for more information. You can also call Head Coach Addy Panzram at 601-583-4000, or email Coach Addy at yhubfins@ymcasems.org.
2nd
Leading cause of death among 1–4 year olds is drowning

50%
Of drowning deaths among children under 1 involve Bathtubs, buckets and toilets

51%
Of adults can’t perform at least 1 of 5 basic swimming skills

70%
Weren’t expected to be in or near the pool at the time

77%
Of children had only been missing for 5 minutes or less

What’s Your Risk?
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.msdo.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