



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP PARENT/ CHILD SWIM LESSONS

## AMERICANA YMCA

- The lessons consist of 8(eight), 30(thirty) minute lessons for each session. Lessons are held Monday- Thursday (if warranted, make-ups will take place on Fridays. **Makeups will only take place if lessons are cancelled due to weather**).
- Registration ends at 9:00pm the Thursday before the start of a session.
- **In case of low enrollment (2 or less), classes may be combined or canceled.**
- All payments must be made in advance at the Americana YMCA
- Parent/Child Swim lessons are for children ages 6- 36 months.

**Cost:** \$75 members or \$125 program participant

Participant's Name: \_\_\_\_\_

Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Parent's phone: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Parent's phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Emergency contact phone: \_\_\_\_\_

**Choose a Session:**

- |   |   |
|---|---|
| <input type="checkbox"/> Session 1: May 7 <sup>th</sup> -17 <sup>th</sup>   | <input type="checkbox"/> Session 5: July 2 <sup>nd</sup> - 13 <sup>th</sup>     |
| <input type="checkbox"/> Session 2: May 21 <sup>st</sup> -31 <sup>st</sup>  | <input type="checkbox"/> Session 6: July 16 <sup>th</sup> -26 <sup>th</sup>     |
| <input type="checkbox"/> Session 3: June 4 <sup>th</sup> -14 <sup>th</sup>  | <input type="checkbox"/> Session 7: July 30 <sup>th</sup> - Aug 9 <sup>th</sup> |
| <input type="checkbox"/> Session 4: June 18 <sup>th</sup> -28 <sup>th</sup> |   |

**Choose a level below. Descriptions are located on the back of this form.**

<b>Parent/Child Level A</b> <input type="checkbox"/> 11:00 am <input type="checkbox"/> 7:00 pm	<b>Parent/Child Level B</b> <input type="checkbox"/> 11:00 am <input type="checkbox"/> 7:00 pm
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- I would like to sponsor a child/adult/family/senior through the YMCA Annual Support Campaign for an additional \_\_\_\$5 \_\_\_ \$10 \_\_\_\$15 \_\_\_ Other

## Release form:

The YMCA of the Capital Area does not provide accident or medical insurance for program participants. I recognize that participation in YMCA sponsored activities may expose me or my child to risk of injury. I agree to hold the YMCA harmless from any claims, which may occur through participation in any activity at the YMCA or in its programs. In cases of emergency or accident to myself and/or to my child and I am unable to respond or be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for myself and/or my child to an appropriate facility for treatment. As a YMCA participant, I authorize the YMCA to use any images taken of myself and/or my child for promotional purposes of the YMCA. I have read and understand the above information and therefore grant myself and/or my child permission to participate in this YMCA Program in accordance with the conditions set forth above.

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Signature of parent or guardian

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Date

**Parent/ Child Outcomes:** Accompanied by a parent, infants and toddlers (ages 6- 36 months) learn to be comfortable in the water and develop swim readiness skills through fun and confidence- building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

- **Parent/ Child Level A (Water Discovery):** Introduces infants and toddlers to the aquatic environment. Skills learned include: blowing bubbles, front tow, water exit, water entry, back float, assisted roll, front float, back tow, and wall grab
- **Parent/ Child Level B (Water Exploration):** Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatics skills. Skills learned include: blow bubbles, front tow, water exit, water entry, back float, assisted roll, front float, back tow, and monkey crawl

**Mission:** To put Christian principles into practice through programs that build health spirit, mind and body for all.

### **Americana YMCA**

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