



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRESCHOOL 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 Americana YMCA
- Preschool swim lessons are for children ages 3- 5 years old

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

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

Preschool Level 1 <input type="checkbox"/> 10:30 am <input type="checkbox"/> 5:00 pm	Preschool Level 2 <input type="checkbox"/> 10:30 am <input type="checkbox"/> 5:00 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.

Signature of parent or guardian

Date

Preschool Levels 1 & 2 Outcomes: Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim- sequencing front glide, roll, back float, roll, front glide, and exit. And Jump, push, turn, grab.

- **Preschool Level 1 (Water Acclimation):** Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Skills learned include: submerge, front glide, water exit, jumping in, back float, assisted roll, front float, back glide and swimming assisted 10 ft.
- **Preschool Level 2 (Water Movement):** Encourages forward movement in water and basic self-rescue skills performed independently. Skills learned include: submerge, front glide, water exit, jumping in, back float, assisted roll, front float, back glide, treading water and swimming unassisted 5 yds.

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

Americana YMCA

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