



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Lessons Registration Form – FALL 2018

Paula G. Manship YMCA and Southside YMCA SESSION & REGISTRATION DATES & FEES

Paula G Manship YMCA and Southside YMCA's are collaborating in hosting Fall Swim Lessons. The Preschool and School Age children will have sessions at our Paula G Manship YMCA. The Parent/Child (6 months to 3 yrs. old children) and Teens/Adults (13 yrs +) will be held at our Southside YMCA.

SESSION	DAYS OF THE WEEK	CLASS START DATE	CLASS END DATE	REGISTRATION DEADLINE	Y MEMBER FEE	PROGRAM PARTICIPANT FEE	NUMBER OF CLASSES
1	T/T	Sept. 4 th	Sept. 27 th	Aug 29 th	\$75	\$125	8
	M/W	Sept. 10 th	Sept. 19 th	Aug 29 th	\$40	\$65	4
	FRI	Sept. 7 th	Sept. 28 th	Aug 29 th	\$40	\$65	4
	SAT	Sept. 8 th	Sept. 29 th	Aug 29 th	\$40	\$65	4
2	M/W	Oct. 1 st	Oct. 24 th	Sept. 24th	\$75	\$125	8
	T/T	Oct. 2 nd	Oct. 25 th	Sept. 24th	\$75	\$125	8
	FRI	Oct. 5 th	Oct. 26 th	Sept. 24th	\$40	\$65	4
	SAT	Oct. 6 th	Oct. 27 th	Sept. 24th	\$40	\$65	4

See back side to find the description that best describes the student's ability for placement.

Mondays & Wednesdays	Water Acclimation - PGM Water Movement - PGM Water Stamina- PGM	Stroke Intro. - PGM Stroke Develop - PGM Stroke Mech. - PGM	Swim Starters Parent/Child -SS (6 months – 3 yrs)	Adult Swim Lessons 13 yrs and older SS
4:30pm - 5:00 pm				
5:30pm – 6:00 pm				
7:30pm – 8:00 pm				

Tuesdays & Thursdays	Water Acclimation - PGM Water Movement - PGM Water Stamina- PGM	Stroke Intro. - PGM Stroke Develop - PGM Stroke Mech. - PGM	Swim Starters Parent/Child -SS (6 months – 3 yrs)	Adult Swim Lessons 13 yrs and older SS
8:00am – 8:30 am				
5:00pm - 5:30 pm				
5:45pm – 6:15 pm				

Fridays	Water Acclimation - PGM Water Movement - PGM Water Stamina- PGM	Stroke Intro. - PGM Stroke Develop - PGM Stroke Mech. - PGM	Swim Starters Parent/Child -SS (6 months – 3 yrs)	Adult Swim Lessons 13 yrs and older SS
4:15pm - 4:45 pm				
5:15pm – 5:45 pm				
6:00 pm – 6:30 pm				
6:45pm – 7:15 pm		Stroke Mechanics only - PGM		

Saturdays	Water Acclimation - PGM Water Movement - PGM Water Stamina- PGM	Stroke Intro. - PGM Stroke Develop - PGM Stroke Mech. - PGM	Swim Starters Parent/Child -SS (6 months – 3 yrs)	Adult Swim Lessons 13 yrs and older SS
8:00 am – 8:30 am				
8:45am – 9:15 am				
10:30 am – 11:00 am				
11:15 am – 11:45 am				

Paula G Manship YMCA
8100 YMCA Plaza Dr.
Baton Rouge, LA 70810
225 767 9622

Southside YMCA
8482 Perkins Road
Baton Rouge, LA 70810
225 766 2991



Please print:

Participant's Name: _____

Birth date: _____ Age: _____ Gender: _____

Mailing address: _____

City: _____ State: _____ Postal Code: _____

Cell phone: _____ E-mail: _____

Home phone: _____

Parent's name: _____ Parent's cell phone: _____

Emergency contact: _____ Emergency contact phone: _____

Session signed up for and location: _____ *

**The Friday 6:45 pm to 7:15 pm School Age is for advance swimmers only – no beginning swimmers*

I would like to invest a child/adult/family/senior to learn how to swim through the YMCA

Annual Support Campaign for an additional

\$5 \$10 \$15 Other \$ ____

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 the 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/ Guardian Date

- Swim Starters** (6months-3yrs) develops water enrichment and aquatic readiness in children ages six months to three years. This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.
- Water Acclimation** (3yrs-12yrs) In this beginning class, children develop comfort with being underwater and learn how to safely exit in the event of falling into a body of water.
- Water Movement** (3yrs-12yrs) In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of falling into a body of water.
- Water Stamina** (3yrs-12yrs) In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.
- Stroke Introduction** (5yrs-12yrs) In this class, children are introduced to basic swimming strokes.
- Stroke Development** (5yrs-12yrs) In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.
- Stroke Mechanics** (5yrs-12yrs) In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced.
- Adult Swim Lessons** (13 years and older) Teaches basic fundamentals of flotation and introduces swimming. Helps overcome the uneasiness sometimes felt by adults learning how to swim. Emphasizes on front crawl an elementary backstroke.

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