



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2019

Group Swimming Lessons at AC Lewis YMCA

YMCA Member - \$80/ session

Program Participant - \$140/ session

- The lessons consist of 8, 30 minute lessons for each session (if warranted, make-ups will take place on Fridays).
- Registration ends at 9:00pm the Friday 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 AC Lewis YMCA.

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: _____

<p>Session 1:</p> <p><input type="checkbox"/> March 4th-27th Mon and Wed</p>	<p>Session 2:</p> <p><input type="checkbox"/> April 2nd -25th Tues and Thurs</p>
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Choose your age group: Participant will be swim tested the first day of class to determine the skill level

Swim Starter (6 – 36 months)	Water Movement (3 –12 years old)	Water Acclimation (3 – 12 years old)	Water Stamina (3-12 years old)	Stroke Introduction (5 – 12 years old)	Stroke Development (5-12 years old)
<input type="checkbox"/> 9:30am <input type="checkbox"/> 5:00pm	<input type="checkbox"/> 5:00pm	<input type="checkbox"/> 5:30pm	<input type="checkbox"/> 5:30pm	<input type="checkbox"/> 6:00pm	<input type="checkbox"/> 6:00pm

Will your child go underwater?	No	Yes
Can your child float on his or her front and back?	No	Yes
Can your child swim above water on his or her own?	No	Yes

- I would like to sponsor a child/adult/family/senior 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 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

The Y is non-profit, community service organization, with a focus on strengthening the community through program that builds a healthy spirit, mind and body for all. We appreciate your participation at the Y!



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Swim Starters- Swim Starters 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. *(6-36 Month)*

Water Acclamation- 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. *(First time swimmer)*

Water Movement- 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- 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-In this class, children are introduced to basic swimming strokes

Stroke Development- In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced