

SWIM LESSONS



Swim Lesson Registration Form (one form per child)

Participants Name _____ Date of Birth _____ Male / Female
 Parent/Guardians _____ Home Phone # _____
 Address _____ City _____ Zip _____
 E-mail Address _____
 Emergency Contact _____ Emergency Contact Phone # _____
 Class / Level _____ (1st Choice) Session _____ Time _____
 (2nd Choice) Session _____ Time _____
Cancellation Policy

We understand that everyone has busy lives; therefore we will be more than willing to make refunds or switch your child to a different time or session. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will have the option of moving the participant to a different session or receiving the registration fee minus a \$15 processing fee. If cancellations are made less than 7 days prior to the scheduled start date, No refunds will be given. However, participants will have the option to move to a different class based on availability.

- Yes, I give the YMCA permission to use pictures of my child /children.
 I have attached a check for the registration fee.
 I would like to have the registration fee auto-debited from my existing YMCA membership account.
 Please send receipt of payment to e-mail listed above.

Parent/Guardian Signature _____ Date _____ Staff Initials _____

Fees:

	Member	Non - Member
Mom, Dad & Me (25 minutes)	\$35	\$45
Preschool (25 minutes)	\$45	\$55
School age (45 minutes)	\$45	\$55
Private (25 minutes)	\$75	\$95

Fall Swim Lessons Registration for All Sessions:

Online registration is available at
www.kandiyymca.org

No registration by phone or mail. Thank you

Private Lessons Available upon Request

Tuesday & Thursday Evenings

- Session 1
 September 12 - October 5
Session 2
 October 17 - November 9
Session 3
 November 28 - December 21

Please select your session, level and time
Private Lessons as Requested

MOM, DAD & ME

6:15 - 6:45 pm
 (Session 2)

PRESCHOOL

Pike
 5:45 - 6:15 pm
 6:15 - 6:45 pm
 (Session 1 & 3)
 6:45 - 7:15 pm

Eel

5:45 - 6:15 pm
 6:15 - 6:45 pm
 6:45 - 7:15 pm

SCHOOL AGE

Poliwog
 5:45-6:30 pm
 6:30-7:15 pm

Guppy
 5:45-6:30 pm
 6:30-7:15 pm

Minnow
 6:30 - 7:15 pm

Fish/Flying Fish
 6:30-7:15 pm

Reminders

Lessons will take place in the YMCA Aquatic Center. If there are openings in a class you may still register until the class fills up! A class may be cancelled up until the first day of the session if there are low or no registrations. Please register your child for the correct level. If you have questions please contact Sarah Ruud at 222-9622 or by e-mail at sarahj@kandiyymca.org

Saturday Mornings Aqua stars

Session AS1
 October 7 - November 4



Please select your session, level and time
Private Lessons as Requested

PRESCHOOL

Pike
 10:00 - 10:40 am
 10:40 - 11:20 am
 11:20 am - 12:00 pm

Eel
 10:00 - 10:40 am
 10:40 - 11:20 am
 11:20 am - 12:00 pm

SCHOOL AGE

Poliwog
 10:00 - 11:00 am
 11:00 am - 12:00 pm

Guppy
 10:00 - 11:00 am
 11:00 am - 12:00 pm

Minnow
 11:00 - 12:00 am

Fish/Flying Fish
 11:00 am - 12:00 pm

Private Lessons
 As requested

Swim Lesson Class Descriptions:

Mom/Dad and Me (6 months–36 months with parents)

This parent child class will focus on water adjustment, and the beginning stages of blowing bubbles, arm paddling, & kicking.

Pike (Preschool—3-5 year olds)

Children develop safe pool behavior, adjustment to the water, and early development of strokes.

Equivalent to ARC Preschool

Eel (Preschool—3-5 year olds)

Children gain comfort moving independently, going under water, floating, building endurance, and working on their stroke development.

Equivalent to ARC Level 1

Polliwog (School Age—5-12 year olds)

In this first school age level, children learn to swim the length of the pool doing the front, back, and side paddle strokes.

Equivalent to ARC Level 1 & 2

Guppy (School Age—5-12 years old)

Students will increase endurance without the use of floatation devices. Class will be required to dive in and swim on their front, back and side using both alternating and symmetrical paddles for the length of the pool.

Equivalent to ARC Level 3

Minnow (School Age—7-14 years old)

Youth learn whip & scissors kick and how to coordinate kicks with arm paddles.

Students will be required to swim 25 yards of each stroke.

Equivalent to ARC Level 4

Fish (School Age—8-14 years old)

Students perform the front crawl, back crawl, breast stroke, elementary backstroke, sidestroke and are introduced to butterfly.

Equivalent to ARC Level 5

Flying Fish (School Age—8-14 years old) At this advanced level, students work on refining their strokes, increasing their endurance, and flips turns.

Equivalent to ARC Level 6