

SWIM LESSONS



Swim Lesson Registration Form (one form per child)

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

Winter Springs 2019

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 \$5 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. Thanks!

- 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:
Preschool and School Age
 Member \$48 Non - Member \$58
Private (25 minutes)
 Member \$78 Non - Member \$98

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

Tuesday & Thursday Evening Lessons

Session 1 : January 8 - January 31
Session 2 : February 5 - February 28
Session 3 : March 5 - March 28
Session 4 : April 2 - April 25
Session 5 : April 30 - May 23

Saturday Morning Lessons

Session 1 : January 12 - February 2
Session 3 : March 9 - March 30
Session 5 : May 4 - May 25

Winter Swim Lessons Registration Opens for All Sessions:

**Members November 19
 Non Members December 3**
 Online registration is available at www.kandiyymca.org

No registration by phone or mail. Thank you.

Private Lessons Available upon Request.

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

PRESCHOOL
Level 1 Water Acclimation
 5:45 - 6:15 pm
 6:45 - 7:15 pm

Level 2 Water Movement
 5:45 - 6:15 pm
 6:45 - 7:15 pm

Level 3 Water Stamina
 6:15 - 6:45 pm

Level 4 Stroke Introduction
 6:15 - 6:45 pm

SCHOOL AGE
Level 1 Water Acclimation
 5:45 - 6:15 pm
 6:45 - 7:15 pm

Level 2 Water Movement
 5:15 - 5:45 pm*
 5:45 - 6:15 pm
 6:45 - 7:15 pm

Level 3 Water Stamina
 5:15 - 5:45 pm*
 5:45 - 6:15 pm
 6:45 - 7:15 pm

Level 4 Stroke Introduction
 5:15 - 5:45 pm*
 6:15 - 6:45 pm

Level 5 Stroke Development
 5:15 - 5:45 pm*
 6:15 - 6:45 pm

Level 6 Stroke Mechanics
 6:15 - 6:45 pm

* Session 2 and 4 ONLY

PRESCHOOL
Level 1 Water Acclimation
 10:00 - 10:40 am

Level 2 Water Movement
 10:00 - 10:40 am

Level 3 Water Stamina
 10:40 - 11:20 am

Level 4 Stroke Introduction
 10:40 - 11:20 am

PARENT & CHILD
A) Water Discovery
 11:20 am - 12:00

B) Water Exploration
 11:20 am - 12:00

SCHOOL AGE
Level 2 Water Movement
 10:00 - 11:00 am

Level 3 Water Stamina
 10:00 - 11:00 am

Level 4 Stroke Introduction
 11:00 am - 12:00

Level 5 Stroke Development
 11:00 am - 12:00



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

NOT YET
A / WATER
DISCOVERY

Can the student respond to verbal cues and jump on land?

NOT YET
B / WATER
EXPLORATION

Is the student comfortable working with an instructor without a parent in the water?

NOT YET
1 / WATER
ACCLIMATION

Will the student go underwater voluntarily?

NOT YET
2 / WATER
MOVEMENT

Can the student do a front and back float on his or her own?

NOT YET
3 / WATER
STAMINA

Can the student swim 10–15 yards on his or her front and back?

NOT YET
4 / STROKE
INTRODUCTION

Can the student swim 15 yards of front and back crawl?

NOT YET
5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET
6 / STROKE
MECHANICS

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

STAGE DESCRIPTIONS



SWIM STARTERS

Accompanied by a parent, infants and toddlers 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.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the butterfly kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.