



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# After School Swim Lessons

**Fun with a splash of confidence! Join us for a weekly swim lesson. Fits great into your child's After School Program schedule. This program is currently offered to School Age Child Care Participants as 1st priority but will be opened to all after the August 21st.**

**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

**Pike & Eel (4 openings each)**

4:00 - 4:30 pm  
4:30 - 5:00 pm  
5:00 - 5:30 pm

**Polliwog, Guppy & Minnow (5 openings each)**

4:00 - 4:45 pm  
4:45 - 5:30 pm

**Fish & Flying Fish (3 openings each)**

4:00 - 4:45 pm  
4:45 - 5:30 pm



**Session Dates:  
September 18 - October 30  
Mondays  
4:00 - 5:30 PM**

**Program Fee: Members: \$45  
Non-members: \$ 55**

**After School Lessons Registration Opens:  
SACC Members August 7  
SACC Non Members August 14  
Open Online to all August 21  
No registration by phone or mail. Thank you.**

**After School Swim Lesson Registration**

Name \_\_\_\_\_ Male / Female \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_ Phone # \_\_\_\_\_ E-mail \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_  
 Class / Level \_\_\_\_\_ (1<sup>st</sup> Choice) Time \_\_\_\_\_  
 (2<sup>nd</sup> Choice) Time \_\_\_\_\_

I have attached a check/cash for each selected date.  
 I would like the registration fee auto-debited from my existing YMCA membership account.  
 Please send receipt of payment to e-mail listed above

Signature \_\_\_\_\_ Date \_\_\_\_\_ Staff Initials \_\_\_\_\_  
 By signing, I authorize the YMCA to use pictures of my Child for Promotional Purposes.

**Cancellation Policy**

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive 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. If the program is cancelled due to low enrollment the full registration fee will be refunded.

# Swim Lesson Class Descriptions:

## **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***