

# 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 \_\_\_\_\_ (1<sup>st</sup> Choice) Session \_\_\_\_\_ Time \_\_\_\_\_  
 (2<sup>nd</sup> 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 \$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 \_\_\_\_\_

### 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

### Monday After School Lessons

Session 1  
September 17 - October 29

Fees:	Member	Non - Member
<b>Preschool</b> (30 minutes)	\$45	\$55
<b>School age</b> (45 minutes)	\$45	\$55
<b>Private</b> (25 minutes)	\$75	\$95

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

### Tuesday & Thursday Evening Lessons

Session 1 : September 18 - October 11  
Session 2 : October 23 - November 15  
Session 3 : November 27 - December 20

### Winter Swim Lessons Registration Opens for All Sessions:

Members July 30  
Non Members August 13

Online registration is available at [www.kandiyymca.org](http://www.kandiyymca.org)

No registration by phone or mail. Thank you.

Private Lessons Available upon Request.

### Saturday Morning Aqua Stars Lessons

Session 1  
October 6 - November 3

#### PRESCHOOL Level 1 Water Acclimation

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

#### Level 2 Water Movement

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

#### Level 3 Water Stamina

4:30 - 5:00 pm

#### Level 4 Stroke Introduction

4:30 - 5:00 pm

#### SCHOOL AGE Level 1 Water Acclimation

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

#### Level 2 Water Movement

4:00 - 4:45 pm

#### Level 3 Water Stamina

4:00 - 4:45 pm

#### Level 4 Stroke Introduction

4:45 - 5:30 pm

#### Level 5 Stroke Development

4:45 - 5:30 pm

#### Level 6 Stroke Mechanics

4:45 - 5:30 pm

#### PRESCHOOL Level 1 Water Acclimation

5:45 - 6:15 pm  
6:55 - 7:25 pm

#### Level 2 Water Movement

5:45 - 6:15 pm  
6:55 - 7:25 pm

#### Level 3 Water Stamina

6:20 - 6:50 pm  
(Session 1 & 3)

#### Level 4 Stroke Introduction

6:20 - 6:50 pm

#### PARENT & CHILD

#### A) Water Discovery

6:20 - 6:50 pm  
(Session 2 only)

#### SCHOOL AGE Level 1 Water Acclimation

5:45 - 6:30 pm  
6:35 - 7:20 pm

#### Level 2 Water Movement

5:45 - 6:30 pm

#### Level 3 Water Stamina

5:45 - 6:30 pm

#### Level 4 Stroke Introduction

6:35 - 7:20 pm

#### Level 5 Stroke Development

6:35 - 7:20 pm

#### Level 6 Stroke Mechanics

6:35 - 7:20 pm

#### PRESCHOOL Level 1 Water Acclimation

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

#### Level 2 Water Movement

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

#### Level 3 Water Stamina

10:40 - 11:20 am

#### Level 4 Stroke Introduction

10:40 - 11:20 am

#### SCHOOL AGE Level 1 Water Acclimation

10:00 - 11:00 am  
11:00 am - 12:00

#### 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

#### Level 6 Stroke Mechanics

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, learn about 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.

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