



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING VALUES ONE LAP AT A TIME

Swim School 2011-2012
CENTRAL YMCA



LEARN MORE

TO REGISTER

Register online at ymcasv.org/central or complete the attached registration form (one per person). Checks and credit cards accepted at registration. **Deadline to register is 5 days prior to the start of the session.** Registration past this deadline must be approved by our Aquatic Director.

FINANCIAL ASSISTANCE

Central YMCA is a nonprofit organization. Membership and programs are open to everyone. Financial assistance is available. To apply, pick up a confidential application at our member services desk or download one online.

REFUND/CANCELLATION POLICY

In the event that you withdraw your participation, credits and refunds only will be issued prior to 24 hours of the first class.

Classes with fewer than three children enrolled may be combined or rescheduled. If a class is cancelled, a credit or refund will be issued.

No make-ups for missed classes.

POOL CLOSURES

Credits and refunds cannot be issued due to unforeseen circumstances, including weather conditions that result in pool closure. We will make every attempt to accommodate for the lesson.

PARENTAL SUPERVISION

Children under age 6 must have a parent present on the pool deck while swim lessons are in progress.

PHOTOGRAPHY/VIDEOTAPING

Photographs of your child can only be taken on the first and last day of the session. Photos may only include your child. Videotaping is not allowed.

ADDITIONAL INFORMATION

Parent/guardian must accompany child and present valid membership card/ID when entering the YMCA. Swim lesson viewing passes are available for your guests. Ask us for details.

As a courtesy to all participants, students who arrive later than 15 minutes of class start time will be unable to join the class.

Swimmers who are not potty-trained must wear plastic swim diapers.

CONTACT US

For general Central YMCA Swim School questions, call 408 298 1717. For specific questions or volunteer opportunities, call 408 351 6323.



At the Y, our swim lessons build skills, confidence and character. Our certified swim instructors teach people of all ages and abilities how to be safe in the water while exercising and having fun. Whether you're splashing around with us for the first time or improving your technique, you will feel secure knowing that the Y is here to support you.

Other swim programs offered at our Y:

- **Beginning Water Polo**
- **Beginning Synchronized Swimming**
- **Youth Swim Team**

WHAT LEVEL IS BEST FOR YOUR CHILD?

Each level is based on age and/or skill.

Class ratio is 1:5 for Jellyfish and 1:8 for other levels.

- Parent/Child
- Beginning Levels
- Intermediate/Advanced Levels
- Adult Classes

PARENT/CHILD

- Age** 6 months to 36 months
Class duration 30 minutes
Description Parents learn to work with their children in the water. Class focuses on safe water exploration and working on water adjustment.

JELLYFISH

- Age** 3 years and older
Class duration 40 minutes
Description A first-time swimmer or a swimmer who cannot swim 3 feet freestyle with face in the water.

STARFISH

- Age** 3 years and older
Class duration 40 minutes
Description Able to swim 3 feet freestyle with face in the water.

SEA OTTER

- Age** Varies
Class duration 40 minutes
Description Able to swim 10 feet freestyle and 10 feet backstroke with assistance.

FEES (all sessions)

Facility Member: \$79 (4 and 8-week sessions)
(3 and 6-week sessions \$60)

Program Member: \$158 (4 and 8-week sessions)
(3 and 6-week sessions \$120)

Program Membership: \$25, if not already paid
Valid for one year and must be current throughout program session

- Parent/Child
- Beginning Levels
- Intermediate/Advanced Levels
- Adult Classes

SEAHORSE

Age Varies
Class duration 40 minutes
Description Able to swim 25 feet freestyle, 10 feet freestyle with side breathing, and 15 feet backstroke.

SEA TURTLE

Age Varies
Class duration 40 minutes
Description Able to swim 25 yards freestyle with side breathing, 25 yards backstroke, 25 yards elementary backstroke, and 25 yards breaststroke kick.

DOLPHIN

Age Varies
Class duration 40 minutes
Description Able to swim 50 yards freestyle, 50 yards backstroke, 50 yards elementary backstroke, and 25 yards breaststroke.

SHARK

Age Varies
Class duration 40 minutes
Description Able to swim 100 yards freestyle, 100 yards backstroke, 100 yards elementary backstroke, 100 yards breaststroke, 50 yards sidestroke, and 25 yards butterfly.

ADULT CLASSES

Age 14 years and older
Class duration 40 minutes
Description Anyone interested in learning to swim or improve stroke technique and stroke development.

FEES (all sessions)

Facility Member: \$79 (4 and 8-week sessions)

(3 and 6-week sessions \$60)

Program Member: \$158 (4 and 8-week sessions)

(3 and 6-week sessions \$120)

Program Membership: \$25, if not already paid

Valid for one year and must be current throughout program session

SWIM LESSON LEVEL (Select skill level)

- Beginner:** Jellyfish Starfish Sea Otter
Intermed./Adv.: Seahorse Sea Turtle Dolphin Shark
Other: Parent/Child Adult

2-DAYS PER WEEK: TUES/THURS CLASSES (Select time and dates)

Session Dates:

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> Sept. 6 – 29 | <input type="checkbox"/> Dec. 6 – 22
<small>(3 week session)</small> | <input type="checkbox"/> Mar. 6 – 29 |
| <input type="checkbox"/> Oct. 4 – 27 | <input type="checkbox"/> Jan. 3 – 26 | <input type="checkbox"/> Apr. 3 – 26 |
| <input type="checkbox"/> Nov. 1 – 29
<small>(no class Nov. 24)</small> | <input type="checkbox"/> Feb. 7 – Mar. 1 | <input type="checkbox"/> May 1 – 24 |

Youth Times:

- | | |
|--|--|
| <input type="checkbox"/> 3:30 – 4:10pm | <input type="checkbox"/> 5:45 – 6:25pm |
| <input type="checkbox"/> 4:15 – 4:55pm | <input type="checkbox"/> 6:30 – 7:10pm |
| <input type="checkbox"/> 5:00 – 5:40pm | <input type="checkbox"/> 7:15 – 7:55pm |

Adult Lessons:

- 8:00 – 8:40pm

1-DAY PER WEEK (Select time and dates)

FRIDAY

- | | | |
|--|---|--|
| <input type="checkbox"/> Sept. 9 – Oct. 28 | <input type="checkbox"/> Jan. 6 – Feb. 24 | Parent/Child: |
| <input type="checkbox"/> Nov. 4 – Dec. 16
<small>(6 week session, no class Nov. 25)</small> | <input type="checkbox"/> Mar. 2 – Apr. 20 | <input type="checkbox"/> 10:00 – 10:30am |
| | <input type="checkbox"/> Apr. 27 – Jun. 8
<small>(6 week session, no class May 25)</small> | |

SATURDAY

- | | | |
|--|---|---|
| <input type="checkbox"/> Sept. 10 – Oct. 29 | <input type="checkbox"/> Jan. 7 – Feb. 25 | Parent/Child: |
| <input type="checkbox"/> Nov. 5 – Dec. 17
<small>(6 week session, no class Nov. 26)</small> | <input type="checkbox"/> Mar. 3 – Apr. 21 | <input type="checkbox"/> 9:30 – 10:00am |
| | <input type="checkbox"/> Apr. 28 – Jun. 9
<small>(6 week session, no class May 26)</small> | |

Youth Times:

- | | | |
|--|--|--|
| <input type="checkbox"/> 10:15 – 10:55am | <input type="checkbox"/> 11:45am – 12:25pm | Adult Lessons: |
| <input type="checkbox"/> 11:00 – 11:40am | <input type="checkbox"/> 12:30 – 1:10pm | <input type="checkbox"/> 1:15 – 1:55pm |

SUNDAY

- | | | |
|--|--|---|
| <input type="checkbox"/> Sept. 11 – Oct. 30 | <input type="checkbox"/> Jan. 8 – Feb. 26 | Parent/Child: |
| <input type="checkbox"/> Nov. 6 – Dec. 18
<small>(6 week session, no class Nov. 27)</small> | <input type="checkbox"/> Apr. 15 – Jun. 10
<small>(no class May 27)</small> | <input type="checkbox"/> 9:30 – 10:00am |

Youth Times:

- | | |
|--|--|
| <input type="checkbox"/> 10:15 – 10:55am | <input type="checkbox"/> 11:00 – 11:40am |
|--|--|

Office Use Only: Received By _____ Date _____

Payment Type: Check Credit Card Cash