BUILDING CONFIDENCE WITH A SPLASH

SWIM LESSONS
Fall 2018
SOUTH VALLEY FAMILY YMCA
Our Swim Lessons include five components—personal growth, personal safety, rescue skills, stroke development, fun and games—that help kids of all ages develop confidence in, and out, of the water. Swimmers are grouped by age and ability, and our certified instructors ensure each swimmer has an overall positive experience and gains skills that will help him/her succeed in the pool and beyond.

**LEVEL 1: WATER ACCLIMATION**

**Ratio 1:4**  Learn to safely exit in the event of falling into a body of water. Build water confidence for future swimming skills.

**Prerequisite:** Beginner

**DAY**  Mon/Wed • Tue/Thu • Fri

**TIME**  3:30–4:10 pm, 4:15–4:55 pm,
5:00–5:40 pm, 5:45–6:25 pm

**DAY**  Sat/Sun

**TIME**  10:10–10:50 am, 10:55–11:35 am,
11:40 am–12:20 pm, 12:25–1:05 pm

**LEVEL 2: WATER MOVEMENT**

**Ratio 1:4**  Teaches control, ability to change directions, and forward movement. Learn to safely exit in the event of falling into a body of water.

**Prerequisite:** Able to float and comfortable putting face in water.

**DAY**  Mon/Wed • Tue/Thu • Fri

**TIME**  3:30–4:10 pm, 4:15–4:55 pm,
5:00–5:40 pm, 5:45–6:25 pm

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**LEVEL 3: WATER STAMINA**

**Ratio 1:4**  Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

**Prerequisite:** Able to swim free and backstroke over short distances.

**DAY**  Mon/Wed • Tue/Thu • Fri

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**LEVEL 4: STROKE INTRODUCTION**

**Ratio 1:6**  Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

**Prerequisite:** Able to swim 10 yards and to the bottom of the pool independently.

**DAY**  Mon/Wed • Tue/Thu • Fri

**TIME**  3:30–4:10 pm, 4:15–4:55 pm,
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**PRESCHOOL AGES 3–5**

**LEVEL 1: WATER ACCLIMATION**

**Ratio 1:4**  Learn to safely exit in the event of falling into a body of water. Build water confidence for future swimming skills.

**Prerequisite:** Beginner

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SCHOOL AGES 6–12

LEVEL 1 & 2: WATER ACCLIMATION AND MOVEMENT
Ratio 1:6 Learn to safely exit in the event of falling into a body of water. Focus on water adjustment and developing independent basic arm and kicking movements, and front and back floats.
Prerequisite: Beginner

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LEVEL 3: WATER STAMINA
Ratio 1:6 Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.
Prerequisite: Able to swim free and backstroke over short distances.

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LEVEL 4: STROKE INTRODUCTION
Ratio 1:6 Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.
Prerequisite: Able to swim 10 yards and to the bottom of the pool independently.

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LEVEL 5: STROKE DEVELOPMENT
Ratio 1:6 Learn all major competitive strokes. Introduction to treading water and sidestroke.
Prerequisite: Able to swim 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.

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SWIM STARTERS AGES 6 MO–3 YRS

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Swim Lesson Guidelines

- Shower before entering the pool.
- Pull long hair back in a braid, ponytail or swim cap.
- Swim suits and/or swim shorts must be worn.
- No swimsuits with built-in life jackets.
- Swimmers who are not potty trained must wear swim diapers under swimsuits.
- Parent/guardian must accompany any child and present valid membership card/ID when entering the Y.
- Children under age twelve (12) must have a parent/guardian present in the YMCA while swim lessons are in progress.

SESSIONS
Swim sessions include eight (8) – 40 minute classes.

FEE
- Facility Members
  $99 Facility Members
- Program Members
  $180 Program Members
  (Plus $35 annual program membership fee)

LOCATION
SOUTH VALLEY FAMILY YMCA
5632 Santa Teresa Blvd.
San Jose, CA 95123
408-226-9622
southvalleyymca.org

TO REGISTER
Complete the Swim Lessons registration form (one form per participant). Cash, checks and credit cards accepted at registration.

Deadline to register is two days prior to the start of the session. Registration past this deadline must be approved by our Aquatics Director.

Register online at southvalleyymca.org

YMCA OF SILICON VALLEY LOCATIONS:

CENRAL YMCA
1717 The Alameda
San Jose, CA 95126
408-298-1717
ymcasv.org/central

EL CAMINO YMCA
2400 Grant Road
Mountain View, CA 94040
650-969-9622
elcaminoymca.org

NORTHWEST YMCA
20803 Alves Drive
Cupertino, CA 95014
408-257-7160
nwymca.org

SEQUOIA YMCA
1445 Hudson Street
Redwood City, CA 94601
650-368-4168
sequoiaymca.org

MT. MADONNA
171 W. Edmundson Ave.
Morgan Hill, CA 95037
408-782-2128
mt.madonnaymca.org

EAST VALLEY FAMILY YMCA
1975 S. White Road
San Jose, CA 95148
408-715-6500
evymca.org

LEWIS AND JOAN PLATT EAST PALO ALTO FAMILY YMCA
550 Bell Street
East Palo Alto, CA 94303
650-328-9622
epaymca.org

PALO ALTO FAMILY YMCA
3412 Ross Road
Palo Alto, CA 94303
650-856-9622
paloaltofamilyymca.org

SOUTHWEST YMCA
13500 Quito Road
Saratoga, CA 95070
408-370-1877
swymca.org

YMCA CAMP CAMPBELL
16275 Highway 9
Boulder Creek, CA 95006
831-338-2128
ymcacampcampbell.org
SWIM LESSONS REGISTRATION FORM
(ONE FORM PER PARTICIPANT)

PARTICIPANT’S INFORMATION (Use a separate form for each participant.)
Participant’s Name:

Select program and session/number of classes below.

SESSIONS (CHECK ALL APPLICABLE)

M/W
- Sep. 5 - Sep. 26
- Oct. 29 - Nov. 21
(No Class Sep. 3)

T/TH
- Sep. 4 - Sep. 27
- Oct. 2 - Oct. 25
- Oct. 30 - Nov. 20
(No Class Nov. 22)

FRI (4-Lessons)
- Sep. 7 - Sep. 28
- Oct. 5 - Oct. 26

SAT (4-Lessons)
- Sep. 15 - Oct. 6
- Oct. 13 - Nov. 3
- Nov. 10 - Dec. 1

SUN (4-Lessons)
- Sep. 9 - Sep. 30
- Oct. 7 - Oct. 28

Age Group
- Preschool Ages 3–5
- School Ages 6–12

Stages
- Stage 1
- Stage 2
- Stage 3
- Stage 4
- Stage 5 (School age only)

TIME (CHECK ALL APPLICABLE)

M/W & T/TH Preschool, School Ages
PM
- 3:30–4:10 PM
- 4:15–4:55 PM
- 5:00–5:40 PM
- 5:45–6:25 PM

FRI Preschool & School Ages
PM
- 3:30–4:10 PM
- 4:15–4:55 PM
- 5:00–5:40 PM
- 5:45–6:25 PM

SAT & SUN Preschool & School Ages
AM
- 10:10–10:50 AM
- 10:55–11:35 AM
- 11:40 AM – 12:20 PM
- 12:25–1:05 PM
Swim Starters (6 mo–3 yrs)
- 10:10–10:40 AM
- 10:55–11:25 AM

FEES (CHECK ALL APPLICABLE)

8-LESSON SESSIONS (M/W & T/TH)
Facility Member
- $99
(Plus $35 annual program membership fee)
Program Member
- $180
(Plus $35 annual program membership fee)

HOLIDAY SESSIONS (7 Lessons)
Facility Member
- $87
(Plus $35 annual program membership fee)
Program Member
- $158
(Plus $35 annual program membership fee)

4-LESSON SESSIONS (FRI, SAT & SUN)
Facility Member
- $49
(Plus $35 annual program membership fee)
Program Member
- $50
(Plus $35 annual program membership fee)

FOR MORE INFO, PLEASE CONTACT:

Nick Darnell
Aquatics Coordinator
nick.darnell@ymcasv.org
408-513-3181
SWIM LESSONS REGISTRATION FORM
(ONE FORM PER PARTICIPANT)

PARTICIPANT’S INFORMATION (Use a separate form for each participant.)

<table>
<thead>
<tr>
<th>Participant’s Name:</th>
<th>Birthdate:</th>
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<td>Age:</td>
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<tr>
<td>☐ Female ☐ Male</td>
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Does the participant require any accommodations for this activity? ☐ Yes ☐ No

If “Yes” please explain:

PRIMARY CONTACT

<table>
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<tr>
<th>Parent/Guardian Name:</th>
<th>Email:</th>
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<tbody>
<tr>
<td>Home Phone:</td>
<td>Emergency Phone:</td>
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<tr>
<td>Address:</td>
<td>City/State/ZIP:</td>
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SECONDARY CONTACT

| Parent/Guardian Name: | Emergency Phone: |

Email is one of the fastest, most cost-effective, and environmentally friendly ways for us to communicate with you. We would like to send you periodic emails and automated phone calls with Y news and special offers. We will never share or sell your email, phone number or address to any third party. You may unsubscribe at any time.

Please do NOT communicate with me by: ☐ Email ☐ Phone

MEMBERSHIP, PAYMENT AND CANCELLATIONS/TRANSFERS

PARENT SUPERVISION

Children under age twelve (12) must have a parent/guardian present in the YMCA while swim lessons are in progress.

PHOTOGRAPHY/VIDEO TAPING

Photos and videotaping are NOT allowed. Ask us about taking photos of your child only.

PROGRAM MEMBERSHIPS AND DEPOSITS

Each child needs to have a Program or Facility Membership. If the child is not a member, a $35.00 Program Membership fee is required. Program memberships and deposits, if any, are non-refundable.

CANCELLATIONS

• If the YMCA cancels a program, a full refund will be issued to the program participant.
• If a participant withdraws prior to the second class of any program/class’s session start date, a 50% refund will be issued.
• No refunds will be distributed beyond the second class of any program/class’s session start date without a doctor’s note. If a doctor’s note is provided, a refund for the prorated amount of the class fee (from the date the request was submitted) will be issued.

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.

TRANSFERS

Transfers may be available if space allows, but not guaranteed. Transfers are not available after the second day of classes.

I understand and accept the above policies.

Parent/Guardian Signature Date

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