

# SWIM LESSONS



## PARENT/CHILD AGES 6–36 MONTHS

### STAGE A : WATER DISCOVERY

**Ratio 1:6** Introduces infants and toddlers to aquatic environment. Children and parents learn basic water skills and have fun playing with toys and flotation devices.

**Prerequisite:** Ages 6 months - 16 months

### STAGE B: WATER EXPLORATION

**Ratio 1:6** Focuses on safety. Parents work with their children on body positions, floating, blowing bubbles, and aquatic skills.

**Prerequisite:** Ages 16 months - 36 months

Please see membership for class dates and enrollment info for Parent/Child sessions.

### TO REGISTER

Complete the registration form (one per person). 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.

## PRESCHOOL AGES 3–5

### STAGE 1: WATER ACCLIMATION

**Ratio 1:4** Learn to safely exit in the event of falling into a body of water. Comfort in movement in water, allowing future progress in swimming

**Prerequisite:** Beginner

**DAY** Mon/Wed • Tue/Thu • Sat • Sun

### STAGE 2: WATER MOVEMENT

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

**Prerequisite:** Able to float and comfortably put face in water.

**DAY** Mon/Wed • Tue/Thu • Sat • Sun

### STAGE 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 • Sat • Sun

### STAGE 4: STROKE INTRODUCTION

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

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

**DAY** Mon/Wed • Tue/Thu • Sat • Sun



## SCHOOL AGES 6–12

### STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT

**Ratio 1:5** 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

**DAY** Mon/Wed • Tue/Thu • Sat • Sun

### STAGE 3: WATER STAMINA

**Ratio 1:5** 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 • Sat • Sun

### STAGE 4: STROKE INTRODUCTION

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

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

**DAY** Mon/Wed • Tue/Thu • Sat • Sun

### STAGE 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.

**DAY** Mon/Wed • Tue/Thu • Sat • Sun

### STAGE 6: STROKE MECHANICS

**1:6 Ratio** Develops stroke techniques on all major competitive styles. Learn about competitive swimming. Discover how to incorporate swimming into a healthy lifestyle.

**Prerequisite:** Able to swim 25 yards in freestyle with side-breathing, backstroke, breaststroke kick, side stroke and 15 yards butterfly.

**DAY** Mon/Wed • Tue/Thu • Sat • Sun



## ADULT AGES 13+

### STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT

**1:4 Ratio** Focuses on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

**Prerequisite:** Beginner

**DAY** Sat

**TIME** 12:35 pm – 1:15 pm

### STAGE 3 & 4: WATER STAMINA AND STROKE INTRODUCTION

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

**Prerequisite:** Able (or better) to swim free and backstroke over short distances

**DAY** Sat

**TIME** 12:35 pm – 1:15 pm

### STAGE 5 & 6: STROKE DEVELOPMENT AND MECHANICS

**1:6 Ratio** Develops stroke techniques on all major competitive styles. Learn about competitive swimming. Discover how to incorporate swimming into a healthy lifestyle.

**Prerequisite:** Able (or better) to swim 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.

**DAY** Sat

**TIME** 12:35 pm – 1:15 pm

# REGISTRATION INFORMATION



## Swim Lesson Guidelines

- Shower before entering the pool.
- Pull long hair back in a braid, ponytail or 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 8 – 40 minute classes.

**FEE** Facility Members  
\$134 Full Session

\*Program Members  
\$180 Full Session

\* Plus \$35 Annual Program Membership Fee

## LOCATION SOUTHWEST YMCA

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

## TO REGISTER

Complete the registration form (one per person). 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.

## YMCA OF SILICON VALLEY LOCATIONS:

### CENTRAL 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

### SOUTH VALLEY FAMILY YMCA

5632 Santa Teresa Blvd.  
San Jose, CA 95123  
408-226-9622  
southvalleyymca.org

### YMCA CAMP CAMPBELL

16275 Highway 9  
Boulder Creek, CA  
95006  
831-338-2128  
ymcacampcampbell.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



YMCA  
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Become a member  
today!

# BUILDING CONFIDENCE WITH A SPLASH

**SWIM LESSONS**  
**January – February 2019**  
**SOUTHWEST YMCA**

# 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)

Mon/Wed  Jan. 7 – Jan. 30  Feb. 4 – Feb. 27

Tue/Thu  Jan. 8 – Jan. 31  Feb. 5 – Feb. 28

Sat  Jan. 12 – March 2

Sun  Jan. 13 – March 3

#### Age Group

Preschool Ages 3–5

School Ages 6–12

Adult Ages 13+

#### Stages

Stage 1

Stage 2

Stage 3

Stage 4

Stage 5

Stage 6

#### TIME (CHECK ALL APPLICABLE)

Mon/Wed

Preschool & School Ages

3:30–4:10

4:15–4:55

5:00–5:40

5:45–6:25

Tue/Thu

Preschool & School Ages

3:30–4:10

4:15–4:55

5:00–5:40

Sat

Preschool

9:30–10:10

11:00–11:40

School Age

10:15–10:55

11:45–12:25

Adult

12:35–1:15

Sun

Preschool

10:30–11:10

School Age

11:15–11:55

12:00–12:40

#### FEES (CHECK ALL APPLICABLE)

Facility Member

\$134

\*Program Member

\$180

\*Plus \$35 Annual Program Membership Fee

#### METHOD OF PAYMENT

Cash \$ \_\_\_\_\_

Check # \_\_\_\_\_

Payable to Southwest YMCA

Credit Card MC Visa Discover AmEx

# \_\_\_\_\_ Exp. \_\_\_\_\_

Name \_\_\_\_\_

Total Credit Card Charges \$ \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# SWIM LESSONS REGISTRATION FORM

(ONE FORM PER PARTICIPANT)

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

Participant's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Age: \_\_\_\_\_  Female  Male

Does the participant require any accommodations for this activity?  Yes  No

If "Yes" please explain: \_\_\_\_\_

## PRIMARY CONTACT

Parent/Guardian Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/ZIP: \_\_\_\_\_

## 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/VIDEOTAPING

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 class/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 with 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.

### MISSED CLASSES

- If you miss a class, we cannot issue refunds or credits or schedule make-up sessions.
- In the event of a temporary facility shutdown for health or safety issues, a refund equal to the value of the canceled class will be issued.

### LATE ARRIVALS

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

### MINIMUM ENROLLMENT

All classes must have a minimum enrollment. Classes not reaching enrollment will be canceled. In this case, you will have the option of receiving a full refund, a credit, or switching to another similarly priced program or class.

### FINANCIAL ASSISTANCE

To apply for Financial Assistance, download an application online or stop by our Membership Desk. We handle all applications confidentially.

### PHOTO RELEASE

Photo Release: I hereby irrevocably consent to and authorize the use and reproduction by the YMCA, or anyone authorized by the YMCA, or any photographs which you have this day taken of me or my child, negative or positive, for any purpose whatsoever without compensation to me. All negatives and positives, together with the print, shall constitute the YMCA's property, solely and completely.

I understand and accept the above policies.

X

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

OFFICE  
USE

Rec'd by \_\_\_\_\_ Date \_\_\_\_\_ Entered by \_\_\_\_\_ Date \_\_\_\_\_