SWIM LESSONS

PRESCHOOL AGES 3–5

STAGE 1: WATER ACCLIMATION
Ratio 1:6
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 10 yards and to the bottom of the pool independently.
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 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.
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
Ratio 1:5
Safety 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 (or better) to swim free and backstroke over short distances.
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 (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

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.
**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.

**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.

**REGISTRATION INFORMATION**

**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

**YMCA OF SILICON VALLEY LOCATIONS:**

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

- **EAST VALLEY FAMILY YMCA**
  1975 S. White Road
  San Jose, CA 95112
  408-715-6500
evymca.org

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

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

- **NORTHWEST YMCA**
  20803 Alves Drive
  Cupertino, CA 95014
  408-257-1760
  nwymca.org

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

- **SEQUOIA YMCA**
  1445 Hudson Street
  Redwood City, CA 94061
  650-368-4168
  sequoiaymca.org

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

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

- **YMCA CAMP CAMPBELL**
  16275 Highway 9
  Boulder Creek, CA 95006
  831-338-2128
  ymcafarmfamilymca.org

**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)

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<th>Mon/Wed</th>
<th>Jan. 7 – Jan. 30</th>
<th>Feb. 4 – Feb. 27</th>
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<tr>
<td>Tue/Thu</td>
<td>Jan. 8 – Jan. 31</td>
<td>Feb. 5 – Feb. 28</td>
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<tr>
<td>Sat</td>
<td>Jan. 12 – March 2</td>
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<tr>
<td>Sun</td>
<td>Jan. 13 – March 3</td>
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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)

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<thead>
<tr>
<th>Mon/Wed</th>
<th>Preschool &amp; School Ages</th>
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<tr>
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<td>3:30–4:10</td>
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<td>5:00–5:40</td>
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<table>
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<tr>
<th>Tue/Thu</th>
<th>Preschool &amp; School Ages</th>
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<tr>
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<td>3:30–4:10</td>
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<table>
<thead>
<tr>
<th>Sat</th>
<th>Preschool</th>
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<tbody>
<tr>
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<td>9:30–10:10</td>
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<tr>
<td>School Age</td>
<td>10:15–10:55</td>
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<td>Adult</td>
<td>12:35–1:15</td>
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<tr>
<td>Sun</td>
<td>Preschool</td>
</tr>
<tr>
<td></td>
<td>10:30–11:10</td>
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<tr>
<td></td>
<td>11:15–11:55</td>
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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

  # ........................................
  Name .....................................
  Total Credit Card Charges $ ...........
  Signature ................................
  Date .....................................

Revised 09/25/2018
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.

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.

I understand and accept the above policies.

Parent/Guardian Signature Date

OFFICE USE
Rec’d by Date Entered by Date