

SWIM LESSONS



PARENT/CHILD AGES 6–36 MONTHS

LEVEL 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

LEVEL 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

LEVEL 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

LEVEL 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

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 • Sat • Sun

LEVEL 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

LEVEL 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

LEVEL 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

LEVEL 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

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.

DAY Mon/Wed • Tue/Thu • Sat • Sun

LEVEL 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+

LEVEL 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

LEVEL 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

LEVEL 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
\$67	One Week Session
\$117.25	M/W Aug. Session Facility Member
\$100.50	Sat/Sun Oct. Session Facility Member

*Program Members	
\$180	Full Session
\$90	One Week Session
\$157.50	M/W Aug. Session Program Member
\$135	Sat/Sun Oct. Session Program Member

* 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



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 Facility Members
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 today!

BUILDING CONFIDENCE WITH A SPLASH

SWIM LESSONS
August – December 2018
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** Aug. 27 – Sept. 19 Sept. 24 – Oct. 17 Oct. 22 – Nov. 14
No lessons Sept. 3
- Tue/Thu** Aug. 28 – Sept. 20 Sept. 25 – Oct. 18 Oct. 23 – Nov. 15 Nov. 26, 27, 28, 29
1 Week Session
- Sat** Sept. 1 – Oct. 20 Oct. 27 – Dec. 1
- Sun** Sept. 2 – Oct. 21 Oct. 28 – Dec. 2

Age Group

- Preschool Ages 3–5 School Ages 6–12 Adult Ages 13+

Levels

- Level 1 Level 2 Level 3 Level 4 Level 5 Level 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**
1 Week Session 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
One Week Session \$67
M/W Aug. Session Facility Member \$117.25
Sat/Sun Oct. Session Facility Member \$100.50
- *Program Member** \$180
One Week Session \$90
M/W Aug. Session Program Member \$157.50
Sat/Sun Oct. Session Program Member \$135

*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 _____