



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



BUILDING CONFIDENCE WITH A SPLASH

SWIM LESSONS
January – April 2018
SOUTHWEST YMCA

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
 \$117.25 March – April Sunday Session
 - *Program Members**
 \$168 Full Session
 \$147 March – April Sunday 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:

- | | | | | |
|---|--|--|--|---|
| <p>CENTRAL YMCA 1717 The Alameda San Jose, CA 95126 408-298-1717 ymcasv.org/central</p> | <p>EL CAMINO YMCA 2400 Grant Road Mountain View, CA 94040 650-969-9622 elcaminoymca.org</p> | <p>NORTHWEST YMCA 20803 Alves Drive Cupertino, CA 95014 408-257-7160 nwymca.org</p> | <p>SEQUOIA YMCA 1445 Hudson Street Redwood City, CA 94601 650-368-4168 sequoiaymca.org</p> | <p>MT. MADONNA 171 W. Edmundson Ave. Morgan Hill, CA 95037 408-782-2128 mt.madonnaymca.org</p> |
| <p>EAST VALLEY FAMILY YMCA 1975 S. White Road San Jose, CA 95148 408-715-6500 evymca.org</p> | <p>LEWIS AND JOAN PLATT EAST PALO ALTO FAMILY YMCA 550 Bell Street East Palo Alto, CA 94303 650-328-9622 epaymca.org</p> | <p>PALO ALTO FAMILY YMCA 3412 Ross Road Palo Alto, CA 94303 650-856-9622 paloaltofamilyymca.org</p> | <p>SOUTH VALLEY FAMILY YMCA 5632 Santa Teresa Blvd. San Jose, CA 95123 408-226-9622 southvalleyymca.org</p> | <p>YMCA CAMP CAMPBELL 16275 Highway 9 Boulder Creek, CA 95006 831-338-2128 ymcacampcampbell.org</p> |

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

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 | <input type="checkbox"/> Jan. 8 – Jan. 31 | <input type="checkbox"/> Feb. 5 – Feb. 28 | <input type="checkbox"/> Mar. 12 – Apr. 4 | <input type="checkbox"/> Apr. 16 – May 9 |
| Tue/Thu | <input type="checkbox"/> Jan. 9 – Feb. 1 | <input type="checkbox"/> Feb. 6 – Mar. 1 | <input type="checkbox"/> Mar. 13 – Apr. 5 | <input type="checkbox"/> Apr. 17 – May 10 |
| Sat | <input type="checkbox"/> Jan. 13 – Mar. 3 | <input type="checkbox"/> Mar. 10 – Apr. 28 | | |
| Sun | <input type="checkbox"/> Jan. 14 – Mar. 4 | <input type="checkbox"/> Mar. 11 – Apr. 29 <small>No lessons Apr. 1</small> | | |

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**
 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
Mar. 11–Apr. 29 Sunday Session \$117.25
***Program Member** \$168
Mar. 11–Apr. 29 Sunday Session \$147

*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 _____