SWIM LESSONS

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 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

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 & 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 free and backstroke over short distances.
DAY Mon/Wed • Tue/Thu • Sat • Sun

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 12:15 pm – 12:45 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 12:15 pm – 12:45 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 in four strokes: free style, breaststroke, backstroke and butterfly kick.
DAY Sat
TIME 12:15 pm – 12:45 pm

ADULT AGES 13+

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
DAY Sat
TIME 9:30 am – 10:00 am, 10:50 am – 11:20 am

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
DAY Sat
TIME 9:30 am – 10:00 am, 10:50 am – 11:20 am

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.

Revised 08/10/2017
SWIM LESSONS
September – December 2017
SOUTHWEST YMCA

BUILDING CONFIDENCE WITH A SPLASH

FOR YOUTH DEVELOPMENT * FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

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 – 30 minute classes.

FEE
Facility Members
$134   Full Session
$67    2 and 4 Week Holiday Sessions
*Program Members
$168   Full Session
$84    2 and 4 Week Holiday Sessions
* 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
408-258-1717
ymcass.org/central

EAST VALLEY FAMILY YMCA
1975 S. White Road
San Jose, CA 95148
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
408-257-7160
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 94060
655-368-4168
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
ymcacampcampbell.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.

TO REGISTER
### 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)

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Mon/Wed</th>
<th>Tue/Thu</th>
<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td></td>
<td>Oct. 9 – Nov. 1</td>
<td>Oct. 10 – Nov. 2</td>
<td>Nov. 4 – Nov. 25</td>
<td>Nov. 5 – Nov. 29</td>
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<td>Nov. 6 – Nov. 29</td>
<td>Nov. 7 – Nov. 30</td>
<td>No Class Nov. 23</td>
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<td>2-week Session</td>
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<td>4-week Session</td>
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#### Age Group

- Ages 6–36 months
- Preschool Ages 3–5
- School Ages 6–12
- Adult Ages 13+

#### Levels

- Level A
- Level B
- Level 1
- Level 2
- Level 3
- Level 4
- Level 5
- Level 6

#### TIME (CHECK ALL APPLICABLE)

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<thead>
<tr>
<th>Sessions</th>
<th>Mon/Wed</th>
<th>Tue/Thu</th>
<th>Sat</th>
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<tbody>
<tr>
<td></td>
<td>Preschool &amp; School Ages</td>
<td>Preschool &amp; School Ages</td>
<td>Parent/Child &amp; Preschool</td>
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<td>3:30–4:00</td>
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<td>9:30–10:00</td>
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<td>4:40–5:10</td>
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<td>5:15–5:45</td>
<td>5:15–5:45</td>
<td>11:30–12:00</td>
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<td>5:50–6:20</td>
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<td>12:15–12:45</td>
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<table>
<thead>
<tr>
<th>Sessions</th>
<th>Sun</th>
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<tbody>
<tr>
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<td>10:30–11:00</td>
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<td></td>
<td>School Age</td>
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<td>11:10–11:40</td>
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#### FEES (CHECK ALL APPLICABLE)

- **Facility Member**
  - Nov. Tue/Thu Session: $117.25
  - 2 & 4-week Holiday Sessions: $67
- **Program Member**
  - Nov. Tue/Thu Session: $147
  - 2 & 4-week Holiday Sessions: $84
- **Plus $35 Annual Program Membership Fee**
  - No class Nov. 23

#### METHOD OF PAYMENT

- Cash $ ...
- Check # ...........................................
  Payable to Southwest YMCA
- Credit Card MC Visa Discover AmEx
 #
  Exp.

Name ..................................................

Total Credit Card Charges $

Signature ...........................................

Date ................................................

Revised 08/16/2017
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: ___________________________

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/VIDEOTAPEING
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 ___________________________