



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN HOW TO SWIM

## Swimming Lessons

SOUTHWEST YMCA

January – May 2012



Parent/Child • Preschool • Youth & Adult

# Swimming Lessons

## To Register

Complete the attached registration form and submit with payment. Checks and credit cards will be accepted at registration. Facility members can sign up at any time and program members can sign up two weeks prior to the session start date. Incomplete registrations will not be processed. **No make-ups for missed classes.**

## Private and Semi-Private Swimming Lessons

We offer 30-minute private and semi-private lessons. If you're interested, fill out a Private Swim Lesson Match-up form available at the Membership Desk. The Aquatics Department will then contact you. Lessons must be used within two months of the first lesson; any unused lessons after the deadline will be forfeited.

## Cancellation Policy

Transfers/cancellations may be made in writing or via email to the director, two weeks prior to the close of registration. There is a \$15 charge for all transfers/cancellations.

## Financial Assistance

YMCA memberships and programs are open to everyone. Financial assistance is available. To apply, pick up a confidential application at our YMCA.

## Photography

Photographs of your child can only be taken on the last day of the session. No video recording.

## Contact Us

For general YMCA Swim Lesson questions, call Southwest YMCA at 408 370 1877. For specific questions call the Aquatics Office at 408 608 6814.

**Our student to instructor ratios are 1:5 for Preschool and 1:8 for Youth and Adult.**

### Swimming Lesson Guidelines

- Shower before entering the water.
- Pull long hair back in a braid, ponytail or cap.
- **No swim suits with built-in life jackets.**
- Purchase swim diapers in advance at a retail store.
- Swim suits and/or swim shorts must be worn.
- Under certain conditions, lessons will be altered to a dry land class teaching water safety, pool rules and swimming etiquette.

**If you have any concerns, be sure to communicate with the instructor before or after class.**

# What Level is My Child?

**Each level is based on age and/or skill.**

## Parent/Child

**Age:** 6 - 36 months. **Duration:** 30 minutes.  
Parents learn to work with their children in the water. This class focuses on safe water exploration and working on water adjustment.

## Preschool Beginner (Pike/Eel)

**Age:** 3 - 5 years. **Duration:** 30 minutes.  
A first-time swimmer or a swimmer that cannot swim five feet by themselves.

## Preschool Advanced (Ray/Starfish)

**Age:** 3 - 5 years. **Duration:** 30 minutes.  
Able to swim five feet front and back crawl without assistance.

## Youth Beginner (Polliwog/Guppy)

**Age:** varies. **Duration:** 45 minutes  
A first-time swimmer or a swimmer that cannot swim 5 feet by themselves.

## Youth Intermediate (Minnow/Fish)

**Age:** varies. **Duration:** 45 minutes.  
Able to swim 25 yards of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly.

## Youth Advanced (Flying Fish)

**Age:** varies. **Duration:** 45 minutes.  
Can swim 50 yards of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly.

## Adult Classes

**Age:** 15 and older. **Duration:** 45 minutes.  
Anyone interested in learning to swim or improving their stroke technique.

# Our Fees

## Parent/Child and Preschool Lesson Fees (4-Week Session)

Lesson Days	Facility Member	Program Member
Mon/Wed or Tues/Thurs	\$64	\$128
Saturday	\$32	\$64

## Youth and Adult Lesson Fees (4-Week Session)

Lesson Days	Facility Member	Program Member
Mon/Wed or Tues/Thurs	\$96	\$192
Saturday	\$48	\$96

## Private and Semi-Private Lessons

Lesson Days	Facility Member	Program Member
4 Private Lessons	\$120	\$200
6 Private Lessons	\$180	\$300
4 Semi-Private Lessons	\$80	\$160
6 Semi-Private Lessons	\$120	\$240

# SWIMMING LESSONS REGISTRATION FORM

\*Each participant requires a separate form

## PARTICIPANT'S INFORMATION:

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  M  F

Which level is the participant?

- Parent/Child   
  Preschool Beginner   
  Preschool Advanced   
  Youth Beginner   
  Youth Intermediate   
  Youth Advanced   
  Adult

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

If "yes" please explain: \_\_\_\_\_

## PRIMARY CONTACT:

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

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

## 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

SESSION DATES	PARENT/CHILD (0-3)	PRESCHOOL (3-5)	YOUTH (6-14)	ADULT
<input type="checkbox"/> Jan. 2- Jan. 28		<input type="checkbox"/> M/W 3:35 pm	<input type="checkbox"/> M/W 3:20 pm	
<input type="checkbox"/> Jan. 30 - Feb. 25		<input type="checkbox"/> M/W 4:15 pm	<input type="checkbox"/> M/W 4:15 pm	
<input type="checkbox"/> Feb. 27 - Mar. 24		<input type="checkbox"/> M/W 7:05 pm	<input type="checkbox"/> M/W 7:05 pm	
<input type="checkbox"/> Apr. 2 - Apr. 28		<input type="checkbox"/> T/Th 3:35 pm	<input type="checkbox"/> T/Th 3:20 pm	
<input type="checkbox"/> Apr. 30 - May 26		<input type="checkbox"/> T/Th 4:15 pm	<input type="checkbox"/> T/Th 4:15 pm	
		<input type="checkbox"/> T/Th 6:35 pm	<input type="checkbox"/> T/Th 6:35 pm	
	<input type="checkbox"/> Sat 9:30 am	<input type="checkbox"/> Sat 9:30 am	<input type="checkbox"/> Sat 10:10 am	<input type="checkbox"/> Sat 12:45 pm
	<input type="checkbox"/> Sat 11:05 am	<input type="checkbox"/> Sat 11:05 am	<input type="checkbox"/> Sat 11:45 am	

PRIVATE AND SEMI-PRIVATE LESSONS	TYPE OF MEMBERSHIP	PRICE
<input type="checkbox"/> 6 Private Lessons	<input type="checkbox"/> 6 Semi-Private Lessons	Lesson Fees \$ _____
<input type="checkbox"/> 4 Private Lessons	<input type="checkbox"/> 4 Semi-Private Lessons	
		\$ _____
		TOTAL \$ _____

\$25 annual Program Fee waived if you are a Facility Member

## PAYMENT INFORMATION

My check or money order is enclosed.

Charge my:  Visa  Mastercard  American Express  Discover

Account Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name of Cardholder: \_\_\_\_\_ Signature: \_\_\_\_\_

<b>OFFICE USE:</b>	Rec'd by _____ Date _____	Entered by _____ Date _____

**MEMBERSHIP, PAYMENT, AND CANCELLATION/TRANSFERS**

- I understand that all program fees are non-refundable. In case of illness or injury **a credit will be given for a future class** only when a doctor's note is provided.
- I understand that all programs have a minimum enrollment. Programs not reaching minimum enrollment will be canceled. In this case, the member will have the option of receiving a full refund, credit, or switching to another similarly priced program or class, if available, at no extra charge.
- I understand that there are **no "make-ups"** for missed classes, whether the member is sick, out of town, or unable to attend. The member may not attend a class at another time slot in place of a missed class. You do not need to call the YMCA if the member will be missing a class.
- **Transfers/Cancellations** may be made in writing or via email to the director. I understand that I will be assessed a \$15 charge. My request for changes needs to be made 2 weeks prior to the close of registration.

- I understand that if I am given a credit, it is **valid** for six months from the start of the original program/class for which I registered.
- **PROGRAM MEMBERSHIP:** I understand each participant needs to have a Program or Facility Membership. If the participant is not a member, I understand the first \$25 will be used for the payment of a Program Membership.
- By signing up for the program(s) indicated on the previous page, I understand and accept the above policies.
- **Photo Release:** I hereby irrevocably consent to and authorize the use and reproduction by the YMCA, or anyone authorized by the YMCA, or any and all 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.

X

Parent/Guardian Signature

Date

# RELEASE WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to utilize the facilities, services, and programs of the YMCA (or for my children to participate) for any purpose, including, but not limited to observation or use of facilities, equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees, and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

**1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE** the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.

**2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS** the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.

**3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR ANY RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE** to the undersigned or such children due to negligence of releases or in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or otherwise while participating in any program affiliated with the YMCA.

**THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

I HAVE READ THIS RELEASE.

_____ Signature of Applicant/Parent	_____ Date	_____ Print Name of Child in Program
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