



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# BUILDING CONFIDENCE WITH A SPLASH

**SWIM LESSONS**  
**September 5 – November 21, 2017**  
**YMCA CAMP CAMPBELL**

## REGISTRATION INFORMATION



### Swim Lesson Guidelines

- Shower before entering the pool.
- Pull long hair back in a braid, ponytail or swim 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 eight (8) – 30 minute classes.

**FEE** Facility Members  
 \$100 Facility Members

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

### TO REGISTER

Complete the Swim Lessons registration form (one form per participant). 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.

Register online at [reg.ymcasv.org](http://reg.ymcasv.org)

### 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

**SOUTHWEST YMCA**  
 13500 Quito Rd.  
 Saratoga, CA 95070  
 408-370-1877  
 swymca.org

# SWIM LESSONS



Our Swim Lessons include five components—personal growth, personal safety, rescue skills, stroke development, fun and games – that help kids of all ages develop confidence in, and out, of the water. Swimmers are grouped by age and ability, and our certified instructors ensure each swimmer has an overall positive experience and gains skills that will help him/her succeed in the pool and beyond.

## PARENT/CHILD AGES 6–36 MONTHS

### STAGE A : WATER DISCOVERY

**Ratio 1:6** Introduces infants and toddlers to the aquatic environment. Children and parents learn basic water skills and have fun playing with toys and flotation devices.

**Prerequisite:** Ages 6 months - 36 months

**DAY** Sun  
**TIME** 3:30 – 4:00 pm

### STAGE B: WATER EXPLORATION

**Ratio 1:6** Focuses on water safety. Parents work with their children on body positions, floating, blowing bubbles, and aquatic skills.

**Prerequisite:** Ages 6 months - 36 months

**DAY** Sun  
**TIME** 3:30 – 4:00 pm

## PRESCHOOL AGES 3–5

### STAGE 1: WATER ACCLIMATION

**Ratio 1:4** Learn to safely exit in the event of falling into a body of water. Build water confidence for future swimming skills.

**Prerequisite:** Beginner

**DAY** Mon/Wed • Tue/Thu  
**TIME** 3:00 – 3:30 pm, 5:00 – 5:30 pm

**DAY** Sun  
**TIME** 4:30 – 5:00 pm

### STAGE 2: WATER MOVEMENT

**Ratio 1:4** Teaches control, ability to change directions, and forward movement. Learn to safely exit in the event of falling into a body of water.

**Prerequisite:** Able to float and comfortable putting face in water.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 3:00 – 3:30 pm, 5:00 – 5:30 pm

**DAY** Sun  
**TIME** 4:30 – 5:00 pm

### 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 on front and back over short distances.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 3:30 – 4:00 pm, 4:00 – 4:30 pm

**DAY** Sun  
**TIME** 3:00 – 3:30 pm

### STAGE 4: STROKE INTRODUCTION

**Ratio 1:6** Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

**Prerequisite:** Able to swim 10 yards on front and back and to the bottom of the pool independently. Able to tread water for 30 seconds.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 4:30 – 5:00 pm

**DAY** Sun  
**TIME** 3:30 – 4:00 pm

## SCHOOL AGES 6–12

### STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT

**Ratio 1:4** Learn to 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 Stage 1:** Beginner

**Prerequisite Stage 2:** Able to float and comfortable putting face in water

**DAY** Mon/Wed • Tue/Thu  
**TIME** 5:00 – 5:30 pm

**DAY** Sun  
**TIME** 4:30 – 5:00 pm

### 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 on front and back over short distances.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 3:30 – 4:00 pm, 4:00 – 4:30 pm

**DAY** Sun  
**TIME** 3:00 – 3:30 pm

### STAGE 4: STROKE INTRODUCTION

**Ratio 1:6** Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

**Prerequisite:** Able to swim 15 yards on front and back and to the bottom of the pool independently. Able to tread for 1 minute.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 4:30 – 5:00 pm

**DAY** Sun  
**TIME** 3:30 – 4:00 pm

### STAGE 5: STROKE DEVELOPMENT

**Ratio 1:6** Learn all major competitive strokes. Treading water and sidestroke are also taught.

**Prerequisite:** Able to swim 15 yards in four strokes: front crawl, breaststroke, backstroke and butterfly kick.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 4:30 – 5:00 pm

### 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 yard butterfly.

**DAY** Mon/Wed • Tue/Thu  
**TIME** 5:30 – 6:00 pm

## ADULT AGES 13+

### STAGE 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** Sun  
**TIME** 12:15 pm – 12:45 pm

### STAGE 3 & 4: WATER STAMINA AND STROKE INTRODUCTION

**1:6 Ratio** Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

**Prerequisite:** Able to swim on front and back over short distances.

**DAY** Sun  
**TIME** 12:15 pm – 12:45 pm

### STAGE 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 to swim 15 yards in four strokes: front crawl, breaststroke, backstroke and butterfly kick.

**DAY** Sun  
**TIME** 12:15 pm – 12:45 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-Thur  September 5-28  October 2-26  October 30-November 21  
Sun  September 10-November 12\* \*No classes October 1

#### Age Group

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

#### Levels

- Stage A  Stage B  Stage 1  Stage 2  Stage 3  Stage 4  Stage 5  Stage 6  
 Swim Team  Private Lessons  Semi-Private Lessons

#### TIME (CHECK ALL APPLICABLE)

- Mon/Wed** **Preschool & School Ages**  
 3:00-3:30 pm  4:30-5:00 pm  
 3:30-4:00 pm  5:00-5:30 pm  
 4:00-4:30 pm  5:30-6:00 pm

- Tue/Thu** **Preschool & School Ages**  
 3:00-3:30 pm  4:30-5:00 pm  
 3:30-4:00 pm  5:00-5:30 pm  
 4:00-4:30 pm  5:30-6:00 pm

- Sun** **Preschool & School Age**  
 3:00-3:30 pm  4:00-4:30 pm  
 3:30-4:00 pm  4:30-5:00 pm

- Adult**  
 12:15-12:45 pm

- Parent/Child**  
 3:30-4:00 pm

#### FEES (CHECK ALL APPLICABLE)

- Group Lessons**  \$100  
**Private Lessons**  \$45 - 1 Lesson  \$175 - 4 Lessons  \$320 - 8 Lessons  
**Semi-Private Lessons**  \$35 - 1 Lesson  \$100 - 4 Lessons  \$175 - 8 Lessons  
**Swim Team**  \$90/Month  \$250/Quarter

**Note:** last 5 minutes of class will be time out of the water for parent & instructor to discuss the child's progress.



#### METHOD OF PAYMENT

- Cash \$ .....  
 Check # .....  
Payable to YMCA Camp Campbell  
 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 without 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 \_\_\_\_\_