**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.

**Location**

**Southwest YMCA**

13500 Quito Road
Saratoga, CA 95070
408-370-1877
swymca.org

**Registration Information**

- Swim sessions include 8 – 40 minute classes.
- **Fees**
  - Y Members:
    - $134 Full Session
    - $117 Jun. 18 – Jul. 11 (Tue/Thurs Session)
    - Aug. 19 – Sept. 11 (Mon/Wed Session)
  - Community Members:
    - $195 Full Session
    - $171 Jun. 18 – Jul. 11 (Tue/Thurs Session)
    - Aug. 19 – Sept. 11 (Mon/Wed Session)

**Ymca of Silicon Valley Locations:**

- Central YMCA
  - 1717 The Alameda
  - San Jose, CA 95126
  - 408-298-1717
  - ymcasv.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
  - 650-656-9622
paloaltofamilyymca.org

- Sequoia YMCA
  - 1445 Hudson Street
  - Redwood City, CA 94061
  - 650-368-4168
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

**Building Confidence with a Splash**

Swim Lessons – June – August 2019

Southwest YMCA
SWIM LESSONS

PARENT/CHILD AGES 6–36 MONTHS

STAGE 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

STAGE 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.

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. Comfort in movement in water, allowing future progress in swimming
Prerequisite: Beginner
DAY Mon/Wed • Tue/Thu • Sat • Sun

STAGE 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

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

STAGE 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

STAGE 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

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 yards butterfly.
DAY Mon/Wed • Tue/Thu • Sat • Sun

SCHOOL AGES 6–12

STAGE 1 & 2: WATER ACCLIMATION AND MOVEMENT
Ratio 1:6 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

STAGE 3: WATER STAMINA
Ratio 1:6 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

STAGE 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 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.
DAY Mon/Wed • Tue/Thu • Sat • Sun

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 (or better) to swim free and backstroke over short distances
DAY Mon/Wed • Tue/Thu • Sat • Sun

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 Sat
TIME 12:35 pm – 1:15 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 safety
Prerequisite: Able (or better) to swim free and backstroke over short distances
DAY Sat
TIME 12:35 pm – 1:15 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 (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

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 05/10/2019
**SWIM LESSONS REGISTRATION FORM**

*JUNE – AUGUST 2019 (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>
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<tr>
<th>Days</th>
<th>Sessions</th>
<th>Dates</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Mon/Wed</td>
<td></td>
<td>Jun. 17 – Jul. 10</td>
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<td>Jul. 15 – Aug. 7</td>
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<td></td>
<td></td>
<td>Aug. 19 – Sept. 11*</td>
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<tr>
<td>Tue/Thu</td>
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<td>Jun. 18 – Jul. 11*</td>
<td>(*No Lesson Jul. 4)</td>
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<td>Jul. 16 – Aug. 8</td>
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<td>Aug. 20 – Sept. 12</td>
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<td>Sat</td>
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<td>Jul. 6 – Aug. 24</td>
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<tr>
<td>Sun</td>
<td></td>
<td>Jul. 7 – Aug. 25</td>
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### Age Group

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

### Stages

- Stage 1
- Stage 2
- Stage 3
- Stage 4
- Stage 5
- Stage 6

### TIME (CHECK ALL APPLICABLE)

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<tr>
<th>Days</th>
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<th>Times</th>
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<td>4:15–4:55</td>
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<td>5:45–6:25</td>
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<td>Tue/Thu</td>
<td>Preschool &amp; School Ages</td>
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<td>5:00–5:40</td>
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<td>Adult</td>
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<td>12:35–1:15</td>
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<td>Sun</td>
<td>Preschool</td>
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<td></td>
<td>School Age</td>
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### FEES (CHECK ALL APPLICABLE)

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<th>Full 8–Lesson Session</th>
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<td>Aug. 19 – Sept. 11 (Mon/Wed Session)</td>
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<table>
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<tr>
<td></td>
<td>Aug. 19 – Sept. 11 (Mon/Wed Session)</td>
<td>$171</td>
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</table>

### METHOD OF PAYMENT

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

Name

Total Credit Card Charges $

Signature

Date

Revised 05/10/2019
### SWIM LESSONS REGISTRATION FORM

**JUNE – AUGUST 2019** *(ONE FORM PER PARTICIPANT)*

### PARTICIPANT’S INFORMATION

<table>
<thead>
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<th>Participant’s Name:</th>
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<td>Age:</td>
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<tr>
<td></td>
<td>□ Female</td>
</tr>
<tr>
<td>Does the participant require any accommodations for this activity?</td>
<td>□ Yes □ No</td>
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<td>If “Yes” please explain:</td>
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### PRIMARY CONTACT

<table>
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<tr>
<th>Parent/Guardian Name:</th>
<th>Email:</th>
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<td>Birthdate:</td>
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<td>Home Phone:</td>
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<td>Address:</td>
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<tr>
<td>City/State/ZIP:</td>
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### SECONDARY CONTACT

<table>
<thead>
<tr>
<th>Parent/Guardian Name:</th>
<th>Emergency Phone:</th>
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**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.**

Parent/Guardian Signature

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**MEMBERSHIP, PAYMENT AND CANCELLATIONS/TRANSFERS**

#### 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.

#### PHOTOGRAPHY/VIDEOTAPING

Photos and videotaping are NOT allowed. Ask us about taking photos of your child only.

#### 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.

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**Parent/Guardian Signature**

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**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

---

**Office Use**

<table>
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<th>Date</th>
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**Parent/Guardian Signature**

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**Date**