



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SWIMMING SAVES LIVES

## 2019 SUMMER SWIM LESSON REGISTRATION

Check one (1) box per session, time, and age group  
Registration deadline is 7:00 p.m. of the Thursday before the session begins.  
\$20 fee for late registration.

### WEEKDAY SESSIONS (Mon—Thurs)

\$70 Full members / \$100 Activity

- Summer 1 June 3-13
- Summer 2 June 17-27
- Summer 3 July 1-12
- Summer 4 July 15-25
- Summer 5 July 29-Aug 8
- Summer 6 Aug 12-15 (reduced price)

### WEEKDAY CLASS TIMES

All classes are 30 minutes long.

- 9:10AM\*
- 9:50 AM
- 10:30 AM\*^
- 11:10 AM\*+^
  
- 3:00 PM‡^
- 3:40 PM‡^
- 4:20 PM‡^
- 5:00 PM\*
- 5:40 PM\*
- 6:20 PM\*+

† not available for Parent/Child after Session 4  
‡ not available in Session 5  
^ not available in Session 6

### SATURDAY SESSIONS

\$40 Full members / \$75 Activity

- Summer 1 June 8– June 29
- Summer 2 July 6-27
- Summer 3 Aug 3-17 (reduced price)

### SATURDAY CLASS TIMES

All classes are 30 minutes long.

- 9:10AM\*
- 9:50 AM\*
- 10:30 AM\*
- 11:10 AM\*
- 11:50 AM\*

### Age Groups

- Parent Child Ages 6 mos-3 years   
Only offered at times with an \*
- Preschool Ages 3-5 years
- Youth Ages 6-12 years

### ADULT & TEEN CLASSES

\$70 Full members/ \$100 Activity

- Weekday Sessions 7:00 PM
- \$40 Full members / \$75 Activity
- Saturday Sessions 11:50 AM

## Registration Information

Participants Name: (Last) \_\_\_\_\_ (First) \_\_\_\_\_ Gender: M F  
Age \_\_\_\_\_ Birthday \_\_\_\_\_ Parent Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
E-mail \_\_\_\_\_ Work Phone \_\_\_\_\_  
Additional Emergency Contact \_\_\_\_\_

## Class Descriptions

**Parent/Child (6-36 months):** The primary objective is water adjustment. Parents will be taught to work with their child and keep them safe in and around the water. Children play games that use basic movements in the water such as kicking, arm strokes, & breath control.

**Water Acclimation:** Designed for new swimmers, focuses on submersion, basic swim building blocks, and water safety rules.

**Water Movement:** For children more comfortable in the water. Children at this level should be able to float on their back for 10 seconds and swim with their face in the water for 20 feet.

**Water Stamina:** Children at this level must be able swim on their front and back for at least 10 yards on their own. Children will continue to work on skills that promote water safety.

**Stroke Introduction:** Children at this level should be able to swim one full length of the pool. Children will begin to practice the skills that build stamina while learning strokes.

**Stroke Development:** Children can swim freestyle and backstroke for the length of the pool. They also have intro skills for butterfly and breaststroke. Children continue building stroke technique and stamina.

**Stroke Mechanics:** At this level the child can swim the length of the pool in all competitive swim strokes. Children will prepare for competitive swimming (swim team).

## Dear Swim Lesson Parent/Participant:

Welcome and thank you for participating in the White Rock YMCA Swimming Lesson Program! Whether you have signed up with us for the first time or are a returning participant, we are very glad to have you aboard. We are committed to making your swim lesson experience the best it can possibly be. Below are some items of policy for parents and participants to read and sign. This is to insure the lessons run smoothly and are as productive as possible;

- If you are going to miss a class you must notify the Aquatics Director/Coordinator as soon as possible.
- We pledge that we will do our utmost to ensure that EVERY lesson is conducted at its scheduled time. If, for any reason this is not possible, we will reschedule for a later date. Reasons for cancellation include, but are not limited too, weather, safety issues, staff concerns and pool conditions. **We will only have a make up a lesson in the case that the YMCA has to cancel a class. We do not offer make up lessons for personal schedule conflict. Fridays are the designated make up day for weekday classes. No make up classes are available for Saturday lessons.**
- **Once the session begins, class fees are not refundable.**
- If your child or yourself exhibits signs of diarrhea or any other gastrointestinal disorder, please speak to your instructor immediately, as this could be spread by water and would prevent your child or yourself from participating in further lessons.
- A parent or guardian must be present in the facility at all times if participant is under the age of 16.
- Communication is integral to our cooperative efforts in ensuring the best possible environment for your child or yourself to learn. If you have any questions, comments or concerns, speak to your instructor before or after the lesson. The Aquatics Director is also available to answer questions, either during lessons, by phone, or email, however, we would like to emphasize good parent/participant-instructor communication.

I have read the above policies and understand the terms and conditions therein. By signing this form I agree to abide by these terms and condition in order to foster a better learning environment for the participants in the programs, my children and their peers.

In case of accident or illness, I authorize the calling of medical services. I will not hold the YMCA or the volunteers responsible. In case of accident, I can be reached at the numbers stated. In the event of an emergency, I give the YMCA permission to provide first aid and/or transport my youth to the nearest medical facility. I also give permission for the necessary emergency treatment by a physician/hospital/clinic. By my signature and of my own free will, I do hereby agree to identify and hold harmless the YMCA from any and all claims and demands, cost or expense arising out of any injuries sustained by myself or any party in which I am responsible. I give my permission for the use of photos taken by the YMCA.

**Refund Policy:** All refunds or credits are subject to a \$20.00 service fee prior to first lesson. No refunds will be given after start of program.

**NSF Policy (Insufficient Funds):** All returned checks, bank drafts, credit card charges will be submitted to ECASHFLOW systems and include a service fee of \$30.

SIGNATURE: (Parent/Guardian) \_\_\_\_\_

DATE: \_\_\_\_\_

**YMCA Mission:** To put Christian values into practice through programs that build healthy spirit, mind and body for all.  
Financial Assistance available