



STRONG SWIMMERS CONFIDENT KIDS



2017 YOUTH SWIM LESSONS

AGES 6 MONTHS – 13 YEAR OLDS

SUMMER SWIM LESSONS: \$40

Private & Semi-Private Lessons Available.

Please see Front Desk

Swim lesson Scholarships available

Contact Emily Stawarski at 218-739-4489 Ext. 27 or

aquatics@fergusfallsymca.org

WHAT LEVEL IS YOUR CHILD?

Parent/Child: 6 mo to 3 years

The goal in this 25min class is to develop trust around water. Quality time with parent and teacher.

Preschool One:

Learn water adjustment skills, front and back float.

Preschool Two:

Children who can float on front and back. Learn to move in the water on their front and back.

Preschool Three:

Children who can swim more than half a pool length with a basic stroke and feel comfortable on their back. Learn beginner or crawl stroke with rhythmic breathing.

Level 1: Introduction to Water Skills 6-7yrs

For children that have not had previous swim instruction or are unable or uncomfortable with putting their entire face in the water.

Level 2: Fundamental Aquatic Skills 6-7yrs

For children that are able to put their face in the water, but are unable to independently float on their front and back.

Level 3: Stroke Development 7-9yrs

Students will continue to build on the fundamentals learned in previous levels. Skills mastered in this level include: rotary breathing, front and back crawl, butterfly kick, survival float, and many more.

Level 4: Stroke Improvement 9-10 yrs

Students will develop confidence in their swimming skills. Skills mastered in this level include: swimming 25 yards of front & back crawl, as well as 15 yards of butterfly, backstroke and elementary backstroke.

Level 5: Stroke Refinement 11-12 yrs

Students will master the following skills: standing dive, pike and tuck surface dives, front and back crawl, sidestroke, breaststroke, shallow dive, front flip turn, and elementary backstroke.

Level 6: Swimming Skill Proficiency 12-13yrs

The purpose of this level is for students to refine strokes and be able to swim with ease, efficiency, power and effectiveness over great distance. Some skills for lifeguarding and fitness will be taught.



Child Name: _____ Age: _____ Parent Name _____

Member _____ Potential Member _____ Phone _____ Alt Phone _____

Address _____

<p align="center">Lessons at YMCA Pool</p> <p align="center">Session 1: June 12-16</p> <p>2:30-3:15 pm 3:15-4:00 pm</p> <p><input type="checkbox"/> Level 1 <input type="checkbox"/> Level 2</p> <p><input type="checkbox"/> Level 2 <input type="checkbox"/> Level 4</p> <p><input type="checkbox"/> Level 3 <input type="checkbox"/> Level 5/6</p> <p>6:00-6:45 pm 6:45-7:30 pm</p> <p><input type="checkbox"/> Parent/Child <input type="checkbox"/> Level 1</p> <p><input type="checkbox"/> Preschool Combo <input type="checkbox"/> Level 3</p> <p><input type="checkbox"/> Level 2 <input type="checkbox"/> Level 4</p>	<p align="center">Session 3: June 26-30</p> <p>1:00-1:45 pm 1:45-2:30 pm</p> <p><input type="checkbox"/> Level 1 <input type="checkbox"/> Level 2</p> <p><input type="checkbox"/> Level 3 <input type="checkbox"/> Level 3</p> <p><input type="checkbox"/> Level 5/6 <input type="checkbox"/> Level 4</p> <p>6:00-6:45 pm 6:45-7:30 pm</p> <p><input type="checkbox"/> Preschool Combo <input type="checkbox"/> Level 1</p> <p><input type="checkbox"/> Level 2 <input type="checkbox"/> Level 3</p> <p><input type="checkbox"/> Level 4 <input type="checkbox"/> Level 5/6</p>	<p align="center">Preschool Swimming Lessons at the YMCA Pool Fee: \$35</p> <p><input type="checkbox"/> Session 1: June 6-29</p> <p><input type="checkbox"/> Session 2: July 6-27</p> <p><input type="checkbox"/> Session 3: August 1-24</p> <p align="center">Tuesday & Thursday Mornings:</p> <p><input type="checkbox"/> 9:45-10:10 am Preschool 1</p> <p><input type="checkbox"/> 10:10-10:35 am Preschool 2</p> <p><input type="checkbox"/> 10:35-11:00 am Preschool 3</p>
<p align="center">Session 2: June 19-23</p> <p>1:00-1:45 pm 1:45-2:30 pm</p> <p><input type="checkbox"/> Level 1 <input type="checkbox"/> Level 2</p> <p><input type="checkbox"/> Level 2 <input type="checkbox"/> Level 3</p> <p><input type="checkbox"/> Level 3 <input type="checkbox"/> Level 4</p>	<p align="center">Session 4: July 10-14</p> <p>1:00-1:45 pm 1:45-2:30 pm</p> <p><input type="checkbox"/> Level 1 <input type="checkbox"/> Level 2</p> <p><input type="checkbox"/> Level 3 <input type="checkbox"/> Level 3</p> <p><input type="checkbox"/> Level 5/6 <input type="checkbox"/> Level 4</p>	<p align="center">Lessons at Pebble Lake Beach</p> <p align="center">June 26-30</p> <p>10:30-11:15 am 11:15am-12:00 pm</p> <p><input type="checkbox"/> Level 1 <input type="checkbox"/> Level 2</p> <p><input type="checkbox"/> Level 3 <input type="checkbox"/> Level 4</p> <p><input type="checkbox"/> Level 5 <input type="checkbox"/> Level 6</p>
<p align="center"><i>Stop by the Y or visit our website for more for more information on swimming lessons and other programs for your family.</i></p>	<p align="center">Session 5: July 31-August 10 (8 -30 Minute Classes Mon -Thurs)</p> <p>6:00-6:30 pm 6:30-7:00 pm</p> <p><input type="checkbox"/> Level 1 <input type="checkbox"/> Level 3</p> <p><input type="checkbox"/> Level 2 <input type="checkbox"/> Level 4</p> <p>7:00-7:30 pm</p> <p><input type="checkbox"/> Level 5 <input type="checkbox"/> Level 6</p>	<p align="center"><i>No one is turned away for the inability to afford Y programs. Ask about the Inga Nelson Scholarship for swim lessons.</i></p>

INFORMED CONSENT and WAIVER OF LIABILITY

In consideration of the YMCA accepting this registration, I, for myself, and/or the minor(s) for whom I am signing, release and forever discharge the Fergus Falls Area Family YMCA and all connected with the YMCA, of and from any and all rights, claims, demands, and actions of any and every nature whatsoever, for any and all loss, damage, injuries sustained by me or my property, or by the minor(s) for whom I am signing on his/her property at any time. I declare that the above minor(s) is/are physically sound and medically approved to participate in the activities of the YMCA. I authorize use of any and all photographs taken of my child(ren) with the YMCA or on YMCA related trips to be used for the publicity of the YMCA, facility and programs.

Parent Signature _____ Date _____