



SUMMER 2019

# STRONG SWIMMERS CONFIDENT KIDS



## 2019 SUMMER SWIM LESSONS

APPROX. AGES 6 MONTHS – 13 YEAR OLDS

SUMMER YOUTH SWIM LESSONS: **\$42** T/TH PRESCHOOL: **\$38**

**Private & Semi-Private Lessons Available.**

**Swim lesson Scholarships available**

Contact Emily Stawarski at 218-739-4489 Ext. 219 or  
[aquatics@fergusfallsymca.org](mailto:aquatics@fergusfallsymca.org)

<p><b><u>Parent/Child: 6 mo to 3 years</u></b></p> <p>The goal in this 30 min class is to develop trust around water. Quality time with parent and teacher. Parents learn tools to help and hold their child in the water.</p>	<p><b><u>Preschool Combo:</u></b></p> <p>Learn water adjustment skills, front and back float. This class is a combination of Preschool 1 and 2. Class skills are determined by ability of participants.</p>	<p>The Fergus Falls YMCA follows the swimming lesson curriculum created by the American Red Cross. All instructors are ARC certified in Water Safety Instruction and CPR/AED.</p>
<p><b><u>Preschool One:</u></b></p> <p>Learn water adjustment skills, front and back float.</p>	<p><b><u>Preschool Two:</u></b></p> <p>Children who can float on front and back. Learn to move in the water on their front and back.</p>	<p><b><u>Preschool Three:</u></b></p> <p>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.</p>
<p><b><u>Level 1:</u></b></p> <p><b><u>Introduction to Water Skills 5-7yrs</u></b></p> <p>For children that have not had previous swim instruction or are unable or uncomfortable with putting their entire face in the water.</p>	<p><b><u>Level 2:</u></b></p> <p><b><u>Fundamental Aquatic Skills 6-7yrs</u></b></p> <p>For children that are able to put their face in the water, but are unable to independently float on their front and back.</p>	<p><b><u>Level 3:</u></b></p> <p><b><u>Stroke Development 7-9yrs</u></b></p> <p>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.</p>
<p><b><u>Level 4:</u></b></p> <p><b><u>Stroke Improvement 9-10 yrs</u></b></p> <p>Students will develop confidence in their swimming skills. Skills mastered in this level include: swimming 25 yards of front &amp; back crawl, as well as 15 yards of butterfly, backstroke and elementary back-stroke.</p>	<p><b><u>Level 5:</u></b></p> <p><b><u>Stroke Refinement 11-12 yrs</u></b></p> <p>Students will master the following skills: pike and tuck surface dives, front and back crawl, side-stroke, breaststroke, front flip turn, and elementary backstroke.</p>	<p><b><u>Level 6:</u></b></p> <p><b><u>Swimming Skill Proficiency 12-13yrs</u></b></p> <p>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.</p>



Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Staff Initials: \_\_\_\_\_

Parent Name \_\_\_\_\_ Member \_\_\_\_\_ Potential Member \_\_\_\_\_ Phone \_\_\_\_\_ Date: \_\_\_\_\_ Paid: \_\_\_\_\_

Address \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

**Lessons at YMCA Pool Fee: \$42**

**Session 1: June 10-14**

2:30-3:15 pm      3:15-4:00 pm

Level 1       Level 2

Level 2       Level 4

Level 3       Level 5/6

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6:00-6:45 pm      6:45-7:30 pm

Parent/Child       Level 1

Preschool       Level 3

Level 2       Level 4

**Session 2: June 17-21**

1:00-1:45 pm      1:45-2:30 pm

Level 1       Level 2

Level 2       Level 3

Level 3       Level 4

**Session 3: June 24-28**

1:00-1:45 pm      1:45-2:30 pm

Level 1       Level 2

Level 3       Level 3

Level 5/6       Level 4

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6:00-6:45 pm      6:45-7:30 pm

Preschool       Level 1

Level 2       Level 3

Level 4       Level 5/6

**Session 4: July 8-12**

1:00-1:45 pm      1:45-2:30 pm

Level 1       Level 2

Level 3       Level 3

Level 5/6       Level 4

**Session 5: July 29-August 8**  
(8 -30 Minute Classes Mon -Thurs)

6:00-6:30 pm      6:30-7:00 pm

Parent Child       Level 3

Level 1       Level 4

Level 2       Preschool

7:00-7:30 pm

Level 5       Level 6       Preschool

**Preschool Swimming Lessons at the YMCA Pool Fee: \$38**

Session 1: June 4-27

Session 2: July 2-25      \*no class 4th

Session 3: July 30-August 22

Tuesday & Thursday Mornings:

8:45-9:10 am      Preschool 1

9:10-9:35 am      Preschool 2

**Lessons at the Lake! Fee: \$42**  
**August 5-9 at Pebble Lake Beach**

10:30-11:15 am      11:15am-12:00 pm

Level 1       Level 2

Level 3       Level 4

Level 5       Level 6

*No one is turned away for the inability to afford YMCA programs. Ask about the Inga Nelson Scholarship for swim lessons or the Y-USA Swim Grant.*

YMCA Summer Swim Lessons

*Stop by the Y or visit our website for more for more information on swimming lessons and other programs for your family.*

**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 \_\_\_\_\_