



CONFIDENT AND STRONG SWIMMERS



FALL 2023 SWIM LESSONS

AGES: 6 MONTHS – ADULTS

AGES ARE APPROXIMATE

<p><u>Parent/Child: 6 mo to 3 years</u> 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><u>Preschool Combo:</u> 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><u>Preschool One:</u> Learn water adjustment skills, front and back float.</p>	<p><u>Preschool Two:</u> Children who can float on front and back. Learn to move in the water on their front and back.</p>	<p><u>Preschool Three:</u> 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><u>Level 1:</u> <u>Introduction to Water Skills 5-7yrs</u> For children that have not had previous swim instruction or are unable or uncomfortable with putting their entire face in the water.</p>	<p><u>Level 2:</u> <u>Fundamental Aquatic Skills 6-7yrs</u> 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><u>Level 3:</u> <u>Stroke Development 7-9yrs</u> 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><u>Level 4:</u> <u>Stroke Improvement 9-10 yrs</u> 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.</p>	<p><u>Level 5:</u> <u>Stroke Refinement 11-12 yrs</u> Students will master the following skills: pike and tuck surface dives, front and back crawl, sidestroke, breaststroke, front flip turn, and elementary backstroke.</p>	<p><u>Level 6:</u> <u>Swimming Skill Proficiency 12-13yrs</u> 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>



Fall 2023

Staff Initials: _____
Date: _____ Paid: _____

Participant's Name: _____ Age: _____

Parent/Guardian's Name _____ Phone _____

Member _____ Potential Member _____ Email Address _____

Address _____

MONDAYS AND WEDNESDAYS

Cost: Member \$108
Potential member \$190

Session: Week of October 9 - November 15

12 - 30 minute classes TWO TIMES per week

Choose the level:

MONDAY & WEDNESDAY

- 4:00 - 4:30 PM Level 1
- 4:35 - 4:35 PM Level 1
- 4:35 - 4:35 PM Level 2
- 5:10- 5:40 PM Level 3
- 5:10- 5:40 PM Level 4

Times and classes subject to change due to class size and instructor availability. Minimum number for any class is 3 participants.

Private & Semi-Private Lessons also Offered-see separate flyer

Did you Know? They YMCA has scholarships available for swimming lessons! Contact the Y for information.

TUESDAYS or THURSDAYS or SATURDAYS LESSONS

Cost: Member \$55
Potential Member \$95

6- 30 minutes classes ONE TIME per week

Choose the level:

TUESDAYS: October 10-November 14

- 8:30 - 9:00AM Parent Child
- 5:05 - 5:35PM Preschool 1
- 5:40 - 6:10PM Level 3

THURSDAYS: October 12-November 16

- 8:45 - 9:15AM Preschool Level 1
- 5:05 - 5:35PM Preschool 2/3
- 5:40 - 6:10PM Level 2

SATURDAYS: October 14-November 18

- 8:30 - 9:00AM Adult
- 9:05 - 9:35AM Parent/Child Level 1
- 9:40 - 10:10AM Teens

Questions?

Contact Eric Strom, Aquatics Director, at 218-739-4489 Ext 211 or estrom@fergusfallsymca.org

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.

Fergus Falls YMCA Program Cancellation and Refund Policy

Credit/refunds will not be given for individual program days missed. You must cancel at least 3 business days prior to the start of the program to receive full credit or refund. If you cancel after the deadline, we are not able to issue a credit or refund. The YMCA reserves the right to change, cancel or combine programs as necessary. If a program is cancelled, a full credit or refund will be issued. There will be no credit/refunds due to weather-related cancellations.

Parent/Guardian/Participant's (must be 18+): Signature _____ Date _____