# STRONG SWIMMERS  
# CONFIDENT KIDS

## SPRING 2019 YOUTH SWIM LESSONS

**AGES:** 6 MONTHS – 13 YEAR OLDS

**FEE:** MEMBERS $38    POTENTIAL MEMBERS $58

**AGES ARE APPROXIMATE**

<table>
<thead>
<tr>
<th>Level 1: Introduction to Water Skills 5-7yrs</th>
<th>Level 2: Fundamental Aquatic Skills 6-7yrs</th>
<th>Level 3: Stroke Development 7-9yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>For children that have not had previous swim instruction or are unable or uncomfortable with putting their entire face in the water.</td>
<td>For children that are able to put their face in the water, but are unable to independently float on their front and back.</td>
<td>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.</td>
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</table>

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<thead>
<tr>
<th>Level 4: Stroke Improvement 9-10 yrs</th>
<th>Level 5: Stroke Refinement 11-12 yrs</th>
<th>Level 6: Swimming Skill Proficiency 12-13yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>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 backstroke.</td>
<td>Students will master the following skills: pike and tuck surface dives, front and back crawl, sidestroke, breaststroke, front flip turn, and elementary backstroke.</td>
<td>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.</td>
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</table>

Parent/Child: 6 mo to 3 years

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.

Preschool Combo:

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.

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.

FERGUS FALLS FAMILY YMCA  
1164 Friberg Ave North Fergus Falls, MN 56537  
P 218 739 4489  www.fergusfallsymca.org
Spring 2019

Child Name: ________________________________Age:______
Parent Name_______________________ Member_____ Non-Member_____
Phone______________________  Email Address ________________________
Address____________________________________________________

Tuesday/Thursday Lessons:  
Cost: Member $38  Potential member $58  
Choose the session, then choose the level:
  □ Session 1: February 5-28
  □ Session 2: March 5-28
  □ Session 3: April 2-25
  □ Session 4: April 30-May 23

Morning:  
  □ Preschool 1: 8:45 - 9:10 AM
  □ Preschool 2: 9:10 – 9:35 AM

Evening:  
  5:30-6:00 PM  □ Level 1   □ Level 2
  6:00-6:30 PM  □ Preschool Combo
  6:30-7:00 PM  □ Level 3   □ Level 4
  7:00-7:30 PM  □ Level 5   □ Level 6

6:00-6:30 □ Parent/Child (Choose one below)

  □ Session 1: February 5-28 (6 month -1.5 yrs)
  □ Session 2: March 5-28 (1.5 yrs - 3 yrs)
  □ Session 3: April 2-25 (6 month -1.5 yrs)
  □ Session 4: April 30- May 23 (1.5 yrs - 3 yrs)

Saturday Lessons:  
Cost: Member $30  Potential Member $45

□ April 6-May 11
  9:00-9:30 am  □ Parent Child
    □ Level1-Full
    □ Level 2-Full
    □ Level 3_________
    □ Level 4_________
  9:30-10:00 am  □ Preschool Combo-Full
    □ Level1-Full
    □ Level 3-Full
  10:00-10:30 am  □ Preschool Combo-Full
    □ Level 3-Full
    □ Level 4_________
  10:30-11:00 am  □ Level 2-Full
    □ Level 5
    □ Level 6

Private & Semi-Private Lessons also offered.

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

Questions? Contact Emily Stawarski at 218-739-4489 or aquatics@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 Signature_________________________________________Date_______________