



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS



## SPRING 2019 YOUTH SWIM LESSONS

AGES: 6 MONTHS – 13 YEAR OLDS

FEE: MEMBERS \$38 POTENTIAL MEMBERS \$58

AGES ARE APPROXIMATE

<p><b><u>Parent/Child: 6 mo to 3 years</u></b> 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> 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> Learn water adjustment skills, front and back float.</p>	<p><b><u>Preschool Two:</u></b> 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> 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> <b><u>Introduction to Water Skills 5-7yrs</u></b> 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> <b><u>Fundamental Aquatic Skills 6-7yrs</u></b> 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> <b><u>Stroke Development 7-9yrs</u></b> 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> <b><u>Stroke Improvement 9-10 yrs</u></b> 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.</p>	<p><b><u>Level 5:</u></b> <b><u>Stroke Refinement 11-12 yrs</u></b> 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><b><u>Level 6:</u></b> <b><u>Swimming Skill Proficiency 12-13yrs</u></b> 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>



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**

~~Level 1-Full~~

~~Level 2-Full~~

**9:30-10:00 am**

~~Preschool-Combo-Full~~

~~Level 1-Full~~

Level 3

**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](mailto: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 \_\_\_\_\_