## STRONG SWIMMERS CONFIDENT KIDS

### SPRING 2020 YOUTH SWIM LESSONS

**APPROXIMATE AGES: 6 MONTHS – 13 YEAR OLDS**

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

<table>
<thead>
<tr>
<th>Parent/Child: 6 mo to 3 years</th>
<th>Preschool Combo:</th>
<th>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.</th>
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<tbody>
<tr>
<td>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.</td>
<td>Learn water adjustment skills, front and back float and start moving in the water. This class is a combination of Preschool 1 and 2. Class skills are determined by ability of participants.</td>
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<td><strong>Preschool One:</strong> Learn water adjustment skills, front and back float. Children will become familiar with the water and putting their face in.</td>
<td><strong>Preschool Two:</strong> Ideal for children who can float on front and back. Learn to move in the water on their front and back with face in the water.</td>
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<td><strong>Preschool Three:</strong> 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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<td><strong>Level 1:</strong> Introduction to Water Skills 5-7yrs</td>
<td><strong>Level 2:</strong> Fundamental Aquatic Skills 6-7yrs</td>
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<td>The beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going underwater, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.</td>
<td>Swimmers should already be able to float on front and back and put their head underwater. Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.</td>
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<td><strong>Level 3:</strong> Stroke Development 7-9yrs</td>
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<td>Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with side breathing, backstroke, breaststroke, and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water.</td>
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<td><strong>Level 4:</strong> Stroke Improvement 9-10 yrs</td>
<td><strong>Level 5:</strong> Stroke Refinement 11-12 yrs</td>
<td><strong>Level 6:</strong> Swimming Skill Proficiency 12-13yrs</td>
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<td>Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at the wall, treading water with modified scissors.</td>
<td>Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water. Swimmers will work on: alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.</td>
<td>Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck , tread water for five minutes, and basic water rescue.</td>
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</tbody>
</table>
Spring 2020

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 4-27
☐ Session 2: March 3-26
☐ Session 3: April 7-30
☐ Session 4: May 5-28

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 4-27 (6 month -1.5 yrs)
☐ Session 2: March 3-26 (1.5 yrs - 3 yrs)
☐ Session 3: April 7-30 (6 month -1.5 yrs)
☐ Session 4: May 5-28 (1.5 yrs - 3 yrs)

 Saturday Lessons:

Cost: Member $30  
Potential Member $45

☐ April 4-May 9

9:00-9:30 am ☐ Parent Child
☐ Level 1
☐ Level 2

9:30-10:00 am ☐ Preschool Combo
☐ Level 1
☐ Level 3

10:00-10:30 am ☐ Preschool Combo
☐ Level 3
☐ Level 4

10:30-11:00 am ☐ Level 2
☐ Level 5
☐ Level 6

Private & Semi-Private Lessons also offered.

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

Questions? Contact Taylor Giving 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_______________

Questions? Contact Taylor Giving at 218-739-4489 or aquatics@fergusfallsymca.org