



2010 Summer Swim Lesson Registration

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Member: Y or N

Mom: _____ Work/Cell: _____

Dad: _____ Work/Cell: _____

Email Address: _____

Emergency Contact: _____

Emergency Contact Phone: _____

Group Lessons: Member \$40 Non-Member \$60
Private Lessons: Member \$45 Non-Member \$65

***PLEASE NOTE: Children must wear swimsuits to class daily and be prepared to enter the water when class begins. We request that parents **ONLY** be present within sight of the pool the first and last days of class to avoid distractions in the learning process. Thank you for your cooperation. ***

© I, the parent of the above child, do hereby give my permission for said child to participate in the Tiftarea YMCA swim lessons program. I agree to hold harmless and release from liability the Tiftarea YMCA, its staff, volunteers, and owners of property utilized in the event of injury or death due to my child's participation.

© I give my permission for the Tiftarea YMCA, without obligation to me, to use any photographs, film footage, or tape recording, which may include my child's image or voice for the purpose of promoting or interpreting Tiftarea YMCA programs.

Signature: _____ Date: _____

Print Name: _____

Swim lessons will be broken down into age levels and ability levels

Course Descriptions

Parent/Tot: 6 months-3 years

This class requires parents to get into the pool with their children. Participants can improve to the level they are comfortable. This is not a "drown-proofing" class, but is designed to introduce small children to the basics of swimming and gives parents skills that they can work on with their children throughout the summer.

Pike: 3-5 years

This is an introductory course which is designed for children getting in the water the first time. Children will work on blowing bubbles, going underwater, front swimming, and back float.

Eel: 4-5 years

This level is for children who are comfortable in the water. Students should be able to put their faces in the water and will begin to perform with more independence. This class will focus on front swimming and back swimming.

Polliwog: 6 years & up

This level is designed for beginners who have limited experience in the water. Introduces students to the fundamental skills of swimming. This class will focus on front and back float, float with flutter kick, bobs, jumping in and returning to the side.

Guppy: 6 years & up

This level will begin to focus on the coordination of stroke elements. This class will focus on front and back float, treading water, diving, swimming freestyle, backstroke, breaststroke, and diving off the side of the pool.

Minnow: 6 years & up

This level will continue to fine tune their strokes and distance is added as a focus. This class will help enable students to swim 35 yards: freestyle, backstroke, breaststroke, tread water and start diving off the blocks.

Adult Beginner: 18 and older

This level is open to adults who want to improve their comfort level in the water or who have never had swim lessons.

Session: _____ Class: _____ Time: _____

All sessions are Monday-Thursday with Friday used for Rain Out Day.

