

SWIM LESSON REGISTRATION FORM



Participants Name: FIRST _____ LAST _____

DOB: _____ Age: _____ Gender: M or F

Address: _____ City: _____ Zip: _____

Member: Yes or No Parents Name: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

Email: _____

Waiver/Policies

I understand that the Central Florida YMCA assumes no responsibility for injuries or illness which the participant may sustain as a result of his/her physical condition or resulting from his/her athletic activities, the aquatic program, the use on any equipment, exercise, or other activities. I expressly acknowledge on behalf of myself that I assume the risk for any and all injuries and illness, which may result from my child's participation in these activities. I hereby release and discharge the Central Florida YMCA, its agents, servant and employees from any and all claims for injury, illness, death and loss or damage which the participant may suffer as a result of his/her participation in these activities. I understand that the Central Florida YMCA is not responsible for personal property lost or stolen while a member and/or program participant on Central Florida premises. I give my permission to the Central Florida YMCA to use, without limitation of obligation, photographs, film footage, or tape recordings, which may include a family's image or voice for the purpose of promoting or interpreting Central Florida YMCA programs.

I acknowledge the waiver set forth above, and being in sympathy with the Mission Statement of the Central Florida YMCA, agree to sign this waiver.

Make-up Policy:

- The YMCA Aquatic Center will only reschedule cancelled swim classes due to **inclement weather** or **pool mechanical problems**. In the case of illness, an excuse from the Family Doctor will be required. Medical make ups will depend on space available.
- No other make-ups will be conducted.

Refund Policy:

- Refunds for any swim class will be issued as long as the request is **Prior** to the start date of the class
- Refunds will require 4 to 6 weeks to be processed
- Refunds **Will not** be given for make-up classes being missed

Signature of Parent/Guardian

Date

FOR OFFICE USE ONLY

Scholarship amount: _____ Amount paid: _____ Date: ____/____/____

Cash: _____ Credit _____ Check #: _____ Staff Initials: _____

Member # _____

Summer 2010 Swim Lessons

- Progressive instruction for ages 6 months to adult.
- Group and Private sessions
- Program prepares students for team competition in Swimming, Water Polo, Synchronized Swimming and Springboard/Platform Diving
- Voted "BEST SWIM LESSONS" by Orlando Mom's Guide

YMCA AQUATIC CENTER
8422 International Dr
Orlando, FL 32819
407-363-1911

www.ymcaaquaticcenter.com

Choosing the right class.

Find the age then skill level from the options below:

Children ages 6 months to 3 years

Safe Start: Water Survival Techniques. This program trains your child to float, rest, breathe and swim to the wall. *CALL 407-644-3606 FOR AN APPOINTMENT*

Parent/Child: Introduction to the water. This program teaches parents how to introduce their child to the water environment. Skills taught will build on each other and are introduced when the parent and child are ready.

Preschool Classes ages 3—5 years

Pike (Beginner I): This class is for the child that has not had any lessons and/or can not swim 5 feet without assistance from an adult or wears flotation. Class will focus on getting comfortable with the face in the water, basic leg and arm movements and floating.

Eel (Beginner II): Children entering this level will be able to swim a minimum of 5 feet with out assistance as well as back float for 20 seconds. This level will work on building confidence, getting a breath while swimming and swimming on the back and side positions.

Ray (Advance Beginner II): Children entering this level will be able to swim 15 feet with out assistance on both their front and back. Class will focus on improving stroke development, endurance and personal safety.

Starfish (Advanced Beginner II): Children entering this level will be able to swim at least 20 feet with out assistance on their front, back and side. Class will focus on proper form and technique for front crawl and back crawl as well as breast stroke and butterfly.

Youth Classes ages 6—12 years

Polliwog (Beginner): This class is for the child that has not had lessons, may be fearful and can not swim 40 feet without help or flotation.

Guppy (Adv. Beginner): Children enter this level with the ability to swim 40 feet unassisted and can float on their back with comfort.

Minnow (Intermediate): Children enter this level with the ability to swim 25 yards of basic front and back crawl. Work will focus on proper breathing techniques and building endurance. Diving, water polo and synchronized skills are covered.

Fish (Advanced I): Children enter this level with the ability to swim proper front crawl with side breathing, proper back crawl and basic breast stroke for 25 yards. Work will focus on improving all stroke technique and endurance as well as work on competitive starts and turns. Springboard diving, advanced water polo and synchronized swimming are covered.

Flying Fish (Advanced II): Children enter this class able to swim 50 yards of each stroke. Work will focus on refinement of the 4 competitive strokes as well as side stroke. Flip turns, mask and snorkel use & advanced personal safety are introduced.

Shark (Advanced III): Children enter this level able to swim 100 yards of all strokes. Continued work on stroke efficiency, competitive individual medley, water polo and synchronized swimming. Pre-lifeguarding first aid and safety are covered.

Teen & Adult Classes ages 13 & up

This program will help the beginner learn the basics of swimming and personal safety. In addition it is also for swimmers that want to improve their strokes and endurance.

Circle the session and class time.

Monday /Wednesday Classes

Classes meet 2 times per week for 4 weeks

June 7—30

July 5—28

August 2—2

Parent/Child	6:15 pm			
Pike & Eel	9:45 am	10:30am	4:00 pm	5:30 pm
Ray & Starfish	9:00 am	11:15 am	4:45 pm	6:15 pm
Polliwog & Guppy	9:00 am	11:00 am	4:00 pm	6:00 pm
Minnow & Fish	10:00 am	4:00 pm	5:00 pm	
Flying Fish & Shark	8:00 am	11:00 am	5:00 pm	6:00 pm
Teen & Adult	7:00 pm			

Tuesday/Thursday Classes

Classes meet 2 times per week for 4 weeks

June 8—July 1

July 6—29

August 3—26

Parent/Child	9:00 am			
Pike & Eel	9:45 am	10:30 am	4:00 pm	5:30 pm
Ray & Starfish	9:00 am	11:15 am	4:45 pm	6:15 pm
Polliwog & Guppy	9:00 am	11:00 am	4:00 pm	6:00 pm
Minnow & Fish	10:00 am	4:00 pm	5:00 pm	
Flying Fish & Shark	8:00 am	11:00 am	5:00 pm	6:00 pm
Teen & Adult	12:00 pm			

Saturday Classes

Classes meet 1 time per week for 4 weeks

June 5—26

July 10—31

August 7—28

Parent/Child	9:45 am			
Pike & Eel	9:00 am	10:30 am	12:00 pm	
Ray & Starfish	9:45 am	11:15 am	12:45 pm	
Polliwog & Guppy	9:45 am	11:45 am		
Minnow & Fish	10:45 am	11:45 am	12:45 pm	
Flying Fish & Shark	8:45 am	10:45 am		
Teen & Adult	8:45 am			

Private Instruction: Appointments available for ages 3 and over. To set your schedule contact Vicki Golat (vgolat@cfymca.org) or Jill Natoli (jnatoli@cfymca.org) at 407-363-1911.