

Name: _____ Age: _____

Session _____ Time: _____

Please Circle the Desired Time and Session:

****Saturday Classes**

<u>Teen/ Adult</u>	<u>Preschool</u>	<u>Parent Child</u>	<u>Youth</u>
8:45am -9:30	9:40am -10:10	10:20am -10:50	11:00am -11:45
A. April 3- 24	B. May 1 -22	C. June 5-26	D. July 10 -31
E. August 7-28		F. September 4-25	G. October 2-23

Tuesday and Thursday Classes

<u>Teen/ Adult</u>	<u>Preschool</u>	<u>Parent Child</u>	<u>Youth</u>
8:10am-8:55	9:00am -9:30	9:40am -10:10	11:10am-11:55
	3:45pm -4:15	5:30pm -6:00	4:20pm -5:05
	6:05pm -6:35		6:40pm -7:25
H. April 6-29	I. May 4-27	J. June 1-24	K. July 6-29
L. August 3-26	M. September 7-30	N. October 5-28	

Monday - Thursday Classes

<u>Teen/ Adult</u>	<u>Preschool</u>	<u>Parent Child</u>	<u>Youth</u>
8:10am-8:55	9:05am -9:35	9:40am -10:10	*9:45am -10:30
	10:35am -11:05		*10:20am -11:05
	11:15am-11:45		*11:15am -12:00
	*** 5:30pm- 6:00		*** 6:05pm- 6:50
1. April 19-29	2. May 3-13	3. May 17-27	4. May 31-June 10
	*5. June 14-24	*6. June 28-July 8	*7. July 12-22
	*8. July 26-August 5	*9. August 9-19	
	10. August 23-September 2	11. September 6-16	
	12. September 20-30	13. October 4-14	14. October 18-28

*Morning youth classes are only available during summer sessions only.

*****Updated 4/17/2010**

Swim Team

- Mon, Tues, Thurs 4:45pm -6:00 (Year round)
- *Mon, Wed, Fri 7:45am-9:00 (Summer only)
- 1. March 22-31 2. April 1-30 3. May 3-31 *4. June 1-30
- *5. July 1-30 *6. August 2-31 7. September 1-30
- 8. October 1-29 9. November 1-30

Aquatic Program Fees

Swim Lessons

\$60.00 Member \$125.00 General Public
(**Saturday Classes \$30.00 Member \$75.00 General Public)

Private Swim Lessons (8 - 30 minute sessions)

\$200.00 Member \$325.00 General Public

Youth Swim Team- Members Only

Summer \$50.00 Spring/Fall \$40 Monthly

Safe Start

\$50.00 Registration \$60.00 per week



We build strong kids, strong families, strong communities.

Parent/Child (Ages 6 – 36 months)

This course is designed to develop a sense of comfort and familiarity with the water. Classes consist of group instruction using songs, games and other fun activities. Children work on basic movements through the water with the help of the parent. New skills are introduced when the parent and child are ready.

Safe Start (ages 6 months – 4 years)

This course is a one of a kind drowning prevention program where children learn the survival skills of independent swimming and floating in both swimwear and everyday clothes. Children are taught through one on one instruction and come 5 days per week for 10 minutes each day. Appointments may be scheduled by call the Safe Start office at 407-644-3606.

Preschool (ages 3 – 5 years)

Children are taught in a group setting without a parent in the water. Each level teaches aquatic safety skills, is child paced and introduces new skills when the child is ready. **Beginner (Pike & EEL)** little to no experience, can only swim a short distance. (5-10 feet) by themselves. **Advanced (Ray & Starfish)** comfortable in the water with the ability to back float and swim a minimum of 15 feet by themselves.

Youth (ages 6-12 years)

This program is comprised of 5 main components: personal safety, stroke development, water sports & games, personal growth and rescue. Each skill level builds on the previous one covering all the strokes, diving fundamentals and safety skills.

Beginner (Polliwog & Guppy) little to no experience in the water, can only swim a maximum of 50 feet by themselves.

Advanced (Minnow, Fish & Flying Fish) Comfortable in the water and can swim at least 25 yards of freestyle and back-stroke.

Teen/Adult Lessons

This program is designed for both teens and adults to learn how to swim. Group classes will focus on personal safety and stroke development.

Youth Swim Team (Ages 4 – 15 years)

A developmental competitive swim team for children ages 6 years and up. Children learn the rules, regulations and techniques for competitive swimming. Training will focus on the 4 competitive strokes as well as start, turns, fun and building self-confidence. Building endurance, team work and character development are vital aspects of this program.

Children must be able to swim a distance of 25 yards on their front and 25 yards back stroke to begin participation.

Aquatic Private Lessons/ Personal Training

We will design a personalized program of swim instruction, water fitness, triathlon training or lap swimming for fitness.

Roper YMCA Family Center

Swim Lessons / Swim Team Registration

Participants Name: _____ DOB: _____ Age: _____ Gender: M or F

Address: _____ City: _____ Zip: _____

Member: YES or NO Parents Name: _____

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Other Phone: _____

Emergency Contact: _____ Phone: _____

Email: _____

Waiver

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 of 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 YMCA premises.

I give 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 or interpreting Central Florida YMCA programs.

Acceptance

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.

Signature of Parent/Guardian

Date

Would you like to help support the Scholarship Fund with a donation?

YES \$ _____ NO

FOR OFFICE USE ONLY

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

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

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