

YMCA Swim Lessons

My child is enrolled in the following class:

Session:
Fall 1- 9/11/06-10/07/06
Fall 2- 10/09/06-11/04/06
Fall 3- 11/06/06-12/02/06

Day:
M/W _____
T/Th _____
Sat. _____

Time:

Level:

Instructor:

If you have any questions regarding swim lessons at the YMCA please contact Debra Reger @ 563-3211 ext. 117.

Please remember that classes with 2 children or less may be canceled or combined with another level. If this happens you will be notified the Friday before lessons begin.

Revised 7/19/2006

Anchorage Community YMCA Swim Lesson Registration Form

Step 1: Fill in session: _____
Step 2: Select 3 class options: 1=First, 2=Second and 3=Third

Session Dates:
Fall 1- September 11th-October 7th
Fall 2- October 9th-November 4th
Fall 3- November 6th-December 2nd

Parent/Child (6-36 months)

Combo (Shrimp & Kippers):

_____ M/W 10:00-10:30am

Shrimp

_____ T/Th 6:00-6:30pm

Kippers

_____ T/Th 6:30-7:00pm

Pike:

_____ M/W 10:30-11:00am

_____ T/Th 5:00-5:30pm

_____ T/Th 6:30-7:00pm

_____ Sat. 9:00-9:30am

_____ Sat. 11:30-Noon

Adv. Pike:

_____ M/W 11:00-11:30am

_____ T/Th 5:00-5:30pm

_____ T/Th 6:30-7:00pm

_____ Sat. 9:30-10:00am

_____ Sat. Noon-12:30pm

Eel:

_____ M/W 11:30-Noon

_____ T/Th 5:30-6:00

_____ Sat. 10:00-10:30am

Adv. Eel:

_____ T/Th 5:30-6:00pm

_____ T/Th 7:00-7:30pm

_____ Sat. 10:30-11:00am

Starfish:

_____ T/Th 5:30-6:00pm

_____ T/Th 7:00-7:30pm

_____ Sat. 10:30-11:00am

Step 3: Select Payment

_____ Participant _____\$44(M/W or T/Th) _____\$22(Saturday)

Step 4: Fill out registration form

Students Name: _____ Age: _____ Parents Name: _____ Phone #: _____

E-Mail Address: _____ Emergency Contact: _____ Phone#: _____

YMCA Release of Liability

As parent/guardian of _____ I, the undersigned hereby agree to abide by the rules and regulations set by the Anchorage Community YMCA. I further agree to accept complete responsibility in matters of physical injury or loss that may result from such participation in lessons, open swim or other. I further agree that in the event of such injury or loss, there shall be no liability on the part of the Anchorage Community YMCA &/ or any other YMCA entity. I have read and understand the purposes and objectives of the Anchorage Community YMCA swim program bases on teaching Personal Safety, Stroke Development, Water Sports and Games, Personal Growth and Rescue.

Signature of Parent/Guardian: _____ **Date:** _____

In case of emergency, I authorize the Anchorage Community YMCA, &/ or a YMCA staff person to give permission to appropriate medical and/ or surgical care for _____ (Participants Name). In the event that I cannot be reached, it is understood that a consciences effort will be made to locate my child's emergency contact person or me.

Signature of Parent/Guardian: _____ **Date:** _____

Receipt # _____

Staff Initials: _____

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Parent/Child Classes:

6 months to 36 months of age

Shrimp:

This class is designed for the child 6 to 18 months of age with a parent. Class focuses on water adjustment and safe water practices through songs and games. **Water adjustment and safety are the primary focus of this class.**

Kippers:

This class is designed for this child 18 to 36 months of age with a parent. Participants will work on water adjustment, basic swimming skills and overall water safety through the use of songs and games. Your child will begin to work with the instructor more in this class as bridge to the pre-school classes. **Water adjustment and safety are the primary focus of this class.**

Pre-School Classes:

3 to 5 years of age

Pike:

This class starts at the very beginning for children who are at least 3 years old. In this class your child will be taught to float on their own, blow bubbles and submerge. **Water adjustment and safety are the primary focus of this class.**

Advanced Pike:

For children who have mastered pike but aren't quite ready for eel. Skills needed to take this class are:

- Front Float 5 seconds w/ face in
- Back Float 5 seconds
- Blow bubbles and submerge.

Eel:

For children who have passed Advanced Pike or can do the following:

- Front float 10 seconds
- Back float 20 seconds
- 10 underwater bobs
- Front Stroke 5 feet
- Backstroke 5 feet
- Jump in and reach edge w/o help

Advanced Eel:

For children who have passes Eel or can do the following:

- Front Stroke 10 feet
- Backstroke 10 feet
- Elementary Backstroke 10 feet

Starfish:

For children who have passed Advanced Eel or can do the following:

- Front Stroke 25 meters
- Backstroke 25 meters
- Elementary Backstroke 25 meters
- Attempting side breathing
- Attempting Breastroke

***** Please read the descriptions of the classes and sign your child up for the correct level*****

*****Classes with 2 or less children may be canceled*****