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YMCA Swim Lessons

My child is enrolled in the following class:

Session:

- Fall 1- Sept. 11th - Oct. 7th
- Fall 2- Oct. 9th - Nov. 4th
- Fall 3- Nov. 6th-Dec. 2nd

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 6/20//2006

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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

Sessions:

- Fall 1- Sept. 11th - Oct. 7th
- Fall 2- Oct. 9th - Nov. 4th
- Fall 3- Nov. 6th-Dec. 2nd

Youth (6 to 11 years of age)

Polliwog:

- T/Th 5:00-5:30pm
- T/Th 7:00-7:30pm
- Sat. 9:00-9:30am
- Sat. 11:30-Noon

Advanced Polliwog

- T/Th 5:00-5:30pm
- T/Th 6:30-7:00pm
- Sat 9:30-10:00am
- Sat Noon-12:30pm

Guppy:

- T/Th 6:00-6:30pm
- T/Th 7:00-7:30pm
- Sat. 10:00-10:30am

Advanced Guppy:

- T/Th 5:30-6:00pm
- T/Th 7:00-7:30pm
- Sat. 10:30-11:00am

Minnow

- T/Th 5:30-6:00pm
- T/Th 7:30-8:00pm
- Sat 11:00-11:30am

Fish:

- T/Th 6:00-6:30pm
- Sat. 11:00-11:30am

Flying Fish

- T/Th 6:00-6:30pm
- Sat. 11:00-11:30am

Teen(11 to 18 years of age):

- T/Th 7:30-8:00pm

Adult(18 and up):

- T/Th 7:30-8:00pm

Step 3: Select Payment

- YMCA Member \$44(M/W or T/Th) \$22(Saturday)
- Non-Member \$84(M/W or T/Th) \$42(Saturday)

Receipt # _____

Staff Initials: _____

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: _____

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Youth Classes (6 to 11 years of age)

Polliwog:

This class starts at the very beginning for children who are at least 6 years old. In this class your child will be taught how to float independently, breath control and submerge.

Advanced Polliwog:

For children who have take Polliwog, or who have basic swim skills already but just aren't ready for the Guppy level.

Skills needed for this class are:

- Front float 10 seconds
- Back Float 10 seconds
- Front Stroke 5 meters
- Elementary Backstroke 5 meters

Guppy:

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

- Front/Back Float
- Front Stroke 10 meters
- Elementary Backstroke 10 meters
- Jump in and reach edge w/o help

Advanced Guppy:

For children who have passed Guppy or can do the following:

- Tread water for 10 seconds
- Front stroke 15 meters
- Elementary Backstroke 15 meters
- Backstroke 10 meters
- Sidestroke 10 meters

Minnow:

For children that have passed Advanced Guppy or can do the following:

- Tread water 20 seconds
- Front Stroke w/ side breathing 25 meters
- Backstroke 25 meters
- Elementary Backstroke 25 meters

Fish:

For children who have passed Minnow or can do the following:

- Tread water 1 minute
- Front Stroke w/rotary breathing 50 meters
- Backstroke 50 meters
- Elementary Backstroke 50 meters
- Beginning Breaststroke 25 meters

Flying Fish: (6-16 years of age)

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

- Tread water 3 minutes
- 50 meters of the following strokes: Front Crawl, Backstroke, Breaststroke, Sidestroke and Elementary Backstroke.
- Butterfly 15 meters

Teen (11 to 18 years of age)

This class is for the beginner teen who may be fearful of the water or has not had swim lessons before.

Adult:

For the adult that may be fearful of the water, have never had swim lessons or just needs a little extra help.

*** 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