



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH SWIM LESSONS

6 months to 14 years

The reason the Y is referred to as "America's Favorite Swim Instructor" is because we don't just focus on swimming fundamentals but also on building self-confidence, making friends and nurturing the whole person. All non-potty trained children must wear a swim diaper.

**Monday- Thursday, Times and offered levels on reverse.**  
8 classes per session, 30 minute classes



### Two-Week Sessions:

|             |           |
|-------------|-----------|
| Session I   | 6/5-6/15  |
| Session II  | 6/19-6/29 |
| Session III | 7/3-7/14  |
| Session IV  | 7/17-7/27 |
| Session V   | 7/31-8/10 |

**COST:** Y Member \$42 for 8 classes per session  
Non Y Member \$47 for 8 classes per session

**LOCATION:** Heated Indoor Pool at the Y

**REGISTER:** Online at [www.sfymca.org](http://www.sfymca.org) or at Y Member Services Desk  
Registration deadline 10:00 am on the Friday before start of session; no drops, credits, or refunds may be processed after that date.

CLASS NAME: \_\_\_\_\_ SESSION DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

PARTICIPANT'S NAME: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY, STATE, ZIP: \_\_\_\_\_

PARENT'S NAME: \_\_\_\_\_ PARENT D.O.B.: \_\_\_\_\_

HOME PHONE #: \_\_\_\_\_ OTHER PHONE #: \_\_\_\_\_

EMAIL: \_\_\_\_\_  MALE  FEMALE

### Shasta Family YMCA Program Waiver

I hereby agree for myself, my child(ren), my heirs, executors and administrators, to indemnify, defend and hold the Shasta Family YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants in the program, harmless from any and all liability and claims with respect to any bodily injury, personal injury or illness, including death, or property damage which may occur to myself or my child(ren) or which may be aggravated by participating in a YMCA program. I take full responsibility for my welfare and safety, and that of my minor children, during Shasta Family YMCA activities and know that activities should only be engaged in by those in good health and that I should consult a physician before enrolling in a YMCA program. I understand the Shasta Family YMCA carries no medical insurance, and it is expected that I have health insurance to cover any injuries or losses. In case of accident or illness, the Shasta Family YMCA has my permission to secure the necessary medical attention if unable to contact me or if I am unable to give conscious permission. I, individually, and on behalf of any minor children, hereby release the Shasta Family YMCA from any claim whatsoever which may arise as a result of any first aid treatment or assistance provided to me in connection with any injury that arises from participating in a YMCA activity. I consent to be photographed and to allow the Shasta Family YMCA to use photos taken of me and/or my minor children for promotional purposes.

PARENT SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

FOR OFFICE USE: Date: \_\_\_\_\_ Amt. Paid: \_\_\_\_\_ Staff Initial: \_\_\_\_\_

# SWIM LESSON SCHEDULE

SWIM STARTERS ( 6 mo-3 yrs )  
(Parent & Child lessons)

|                         |                           |                           |                        |                    |                             |
|-------------------------|---------------------------|---------------------------|------------------------|--------------------|-----------------------------|
| A<br>Water<br>Discovery | B<br>Water<br>Exploration | 1<br>Water<br>Acclimation | 2<br>Water<br>Movement | 3<br>Water Stamina | 4<br>Stroke<br>Introduction |
|-------------------------|---------------------------|---------------------------|------------------------|--------------------|-----------------------------|

SWIM BASICS ( 3-5 yrs )

Recommended skills for all to have around water

SWIM STROKES

|       |             |  |  |  |  |  |                  |
|-------|-------------|--|--|--|--|--|------------------|
| 9:15  | Combination |  |  |  |  |  | Class<br>Offered |
| 10:00 |             |  |  |  |  |  |                  |
| 10:35 | Combination |  |  |  |  |  |                  |
| 11:15 |             |  |  |  |  |  |                  |
| 3:00  | Combination |  |  |  |  |  |                  |
| 3:45  |             |  |  |  |  |  |                  |
| 4:20  |             |  |  |  |  |  |                  |
| 5:00  |             |  |  |  |  |  |                  |
| 6:30  | Combination |  |  |  |  |  |                  |
| 7:05  |             |  |  |  |  |  |                  |

SWIM BASICS ( 6+ yrs )

Recommended skills for all to have around water

SWIM STROKES (6+ yrs)

Skills to support a healthy lifestyle

|                        |                     |                    |                          |                         |                       |
|------------------------|---------------------|--------------------|--------------------------|-------------------------|-----------------------|
| 1<br>Water Acclimation | 2<br>Water Movement | 3<br>Water Stamina | 4<br>Stroke Introduction | 5<br>Stroke Development | 6<br>Stroke Mechanics |
|------------------------|---------------------|--------------------|--------------------------|-------------------------|-----------------------|

|       |             |             |  |  |  |  |
|-------|-------------|-------------|--|--|--|--|
| 9:15  |             |             |  |  |  |  |
| 10:00 |             |             |  |  |  |  |
| 10:35 |             |             |  |  |  |  |
| 11:15 |             |             |  |  |  |  |
| 3:00  |             |             |  |  |  |  |
| 3:45  |             |             |  |  |  |  |
| 4:20  |             |             |  |  |  |  |
| 5:00  |             |             |  |  |  |  |
| 6:30  | Combination |             |  |  |  |  |
| 7:05  |             | Combination |  |  |  |  |

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