



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FORT MYERS YMCA

2017 SWIM LESSON SCHEDULE

All classes located at Cape Coral High School, 2300 Santa Barbara Blvd., Cape Coral, FL 33990

*There is a minimum requirement of three students per class.

SATURDAY CLASSES

| | | | | |
|---------------------|------------|---------------------|-------------|------|
| SESSION | 4 Classes | SESSION COST | Y Members | \$40 |
| CLASS LENGTH | 45 Minutes | | Non-Members | \$75 |

| Session | REGISTRATION | SESSION DATES |
|-------------------------------|-------------------|---------------|
| Session 1 | May 4 - June 1 | June 3 - 24 |
| Session 2 | May 4 - July 6 | July 8 - 29 |
| Parent/Child (Ages 6 - 36mos) | 9:15am - 10:00am | |
| Eel (Ages 3-5) | 9:15am - 10:00am | |
| Pike (ages 3-5) | 9:15am - 10:00am | |
| Eel (Ages 3-5) | 10:15am - 11:00am | |
| Pike (Ages 3-5) | 10:15am - 11:00am | |
| Polliwog (Ages 6-12) | 10:15am - 11:00am | |
| Eel (Ages 3-5) | 11:15am - 12:00pm | |
| Pike (Ages 3-5) | 11:15am - 12:00pm | |
| Guppy (Ages 6-12) | 11:15am - 12:00pm | |

WEEKDAY CLASSES (Tuesday/Thursday)

| | | | | |
|---------------------|------------|---------------------|-------------|------|
| SESSION | 6 Classes | SESSION COST | Y Members | \$40 |
| CLASS LENGTH | 30 Minutes | | Non-Members | \$75 |

| Session | REGISTRATION | SESSION DATES |
|-------------------------------|-------------------|--|
| Session 1 | May 4 - June 4 | May 30 - June 15 |
| Session 2 | May 4 - June 24 | June 20 - July 11 (No class July 4) |
| Session 3 | May 4 - July 8 | July 18 - August 3 |
| Parent/Child (Ages 6 - 36mos) | 9:15am - 9:45am | |
| Eel (Ages 3-5) | 9:15am - 9:45am | |
| Pike (ages 3-5) | 9:15am - 9:45am | |
| Eel (Ages 3-5) | 10:00am - 10:30am | |
| Pike (Ages 3-5) | 10:00am - 10:30am | |
| Polliwog (Ages 6-12) | 10:00am - 10:30am | |
| Eel (Ages 3-5) | 10:45am - 11:15am | |
| Pike (Ages 3-5) | 10:45am - 11:15am | |
| Guppy (Ages 6-12) | 10:45am - 11:15am | |
| Eel (Ages 3-5) | 11:30am - 12:00pm | |
| Pike (Ages 3-5) | 11:30am - 12:00pm | |
| Minnow (Ages 6-12) | 11:30am - 12:00pm | |

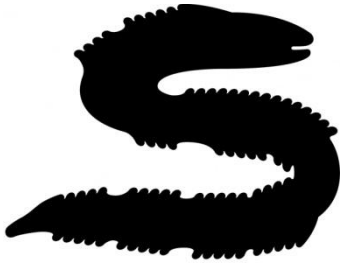
For schedule updates and alerts text "FMYMCASWIM" to 84483

YOUTH SWIM LESSONS

The Y offers fun and exciting swim lessons for youth of all levels and ability. For more information, please call the Y at 275-9622 or visit www.FortMyersYMCA.org.

Parent/Child (ages 6 months – 36 months):

This class teaches basic water safety and swimming skills. Emphasis is placed on enjoyment, pre-learning activities, development of swimming confidence and basic water safety, use of personal flotation devices, non-swimming resources for backyard pools and open water areas. Students must be accompanied in the pool by a parent or adult at all times for the safety and comfort of each child. Songs and games provide a fun atmosphere for learning while parents guide children to learn water adjustment, pool safety and stroke development skills.



Eel (ages 3-5): Children will learn how to move in the water independently, front float, back float and treading water. The main focus is to take a breath with arm recovery while building endurance and swimming longer distances.

Pike (ages 3-5): Designed for beginner level swimmers. Unaccompanied by parents in the water, students explore basic paddle stroke, kicking skills and pool safety. The goals for the Pike Level are confidence in the water, swim ten feet on the front, floating on the back, and submerge underneath the water.

Polliwog (ages 6-12): This level is for children who have never had any experience with swimming, or are a little apprehensive in the water. This class will focus on skill objectives including voluntary water entry, water adjustment, floating, kicking, pulling and breath control. Independent movement in the water is the main focus of this class.



guppies

treading water, and underwater swimming will also be introduced. Our goal, with much practice of these strokes and drills, is to have each student swim 25 yards of every stroke.

Guppy (ages 6-12):

Students continue to refine basic skills of the front and backstroke. Bilateral breathing will be introduced along with correct body position. The breaststroke, elementary backstroke,

Minnow (ages 6-12):

Students continue to refine the front and backstroke, breaststroke and elementary backstroke. Swimming a distance of 50 yards of each stroke and continuous improvement of endurance are the goals of this class.



minnows



Partner Agency



YMCA SWIM LESSON REGISTRATION FORM

Participant Name: _____ D.O.B: ___/___/___ Age: _____ Gender: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Email: _____

Race: White/Caucasian Black/African American Black/African American/White Asian
 Asian/White American Indian/Alaskan Native Unspecified Other Multi-Racial

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Household Income: (optional) \$0 - 13,999 \$4,000 - 24,000 \$25,000 - 39,000
 \$40,000 - 54,999 \$55,000 - 74,999 \$75,000 and over

Parent/Guardian: _____ D.O.B: ___/___/___

Child's School: _____ Medical Alerts: _____

Class Day: Weekday Saturday

Session: Session 1 Session 2 Session 3

Class Name: _____ Class Time: _____

PARENT REMINDERS

- It is your responsibility to know your child's level. We cannot always accommodate mistakes made at registration. Your child may need to wait until the following session to join us.
- You must remain on site while your child is in the pool.
- Please stay away from the pool during lessons with the exception of the Parent/Child Classes. You are welcome to watch lessons from the picnic tables near the equipment house.
- Please ensure your child has used the restroom facilities prior to entering the pool. Swim diapers and plastic pants are required for all children under 2 years of age.
- Please **do not let your child in or near the water without the instructor's permission.**
- Due to the limited amount of time for each swim lesson session, we do not offer make up lessons for individuals.
- We will contact you of any cancellations due to weather. You may contact the Y at 275-9622 for any possible cancellations, but please be mindful of congesting the phone lines. **For schedule updates and alerts text "FMYMCASWIM" to 84483**

Program Liability and Waiver

I understand that even when every reasonable precaution is taken, accidents can sometimes happen. Therefore in exchange for the YMCA allowing my child or other family members to participate in YMCA activities, I understand, and expressly acknowledge, that when I, my child or other families attend the YMCA's facilities or programs, or when using any equipment located on or off the YMCA's premises, we do so at own risk.

I release the YMCA and its staff members, its Directors, officers and agents from all liability for injury, loss or damage connected in any way whatsoever to participation in YMCA activities, whether on or off the YMCA's premises. I understand that this Release includes, but is not limited to, any claims based on negligence, action or inaction of the YMCA, its staff, directors, officers, agents, representatives and guests. I have read the form and grant permission for my child to participate in all activities provided by the YMCA. I authorize the staff of the YMCA, or appropriate medical personnel to administer emergency medical treatment to me, my child or other family members. I also understand that I am solely responsible for all costs incurred as a result of such treatment. I have read and voluntarily signed this Authorization and Release. **I understand, per the YMCA Program Refund Policy, that no refunds will be given after the session begins.**

Guardian Signature _____ **Date** _____

..... **Front Desk Staff Use Only**

Everything is filled out correctly and legibly: **Yes** **No** Payment Received By: _____ Date: ___/___/___

