



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FORT MYERS YMCA

2019 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	6 Classes	SESSION COST	Y Members	\$40
CLASS LENGTH	30 Minutes		Non-Members	\$70

Session	REGISTRATION	SESSION DATES
Session 1	April 1 – June 5	June 8 – July 20 th (No Class July 6 th)
Swim Starters (Ages 6-36mos)	10:15am – 10:45am	
Swim Basics Preschool (Ages 3-5)	10:15am – 10:45am	
Swim Basics Preschool (Ages 3-5)	11:00am – 11:30am	
Swim Strokes Preschool (Ages 3-5)	11:00am – 11:30am	
Swim Basics School Age (Ages 6-12)	11:45am – 12:15pm	
Swim Strokes School Age (Ages 6-12)	11:45am – 12:15pm	
Swim Basics School Age (Ages 6-12)	12:30pm – 1:00am	
Swim Strokes School Age (Ages 6-12)	12:30am – 1:00am	

WEEKDAY CLASSES (Tuesday/Thursday)

SESSION	6 Classes	SESSION COST	Y Members	\$40
CLASS LENGTH	30 Minutes		Non-Members	\$70

Session	REGISTRATION	SESSION DATES
Session 1	April 1 – June 1	June 4 – June 20
Session 2	April 1 – June 22	June 25 – July 16 (No Classes July 4 th)
Session 3	April 1 – July 20	July 23 – August 8
Swim Starters (Ages 6-36mos)	9:00am – 9:30am	
Swim Basics Preschool (Ages 3-5)	9:00am – 9:30am	
Swim Basics Preschool (Ages 3-5)	9:45am – 10:15am	
Swim Strokes Preschool (Ages 3-5)	10:30am – 11:00am	
Swim Basics School Age (Ages 6-12)	11:15am – 11:45am	
Swim Strokes School Age (Ages 6-12)	12:00pm – 12:30pm	

For schedule updates and alerts text "FMYMCASWIM" to 84483

YOUTH SWIM LESSON CLASS DESCRIPTIONS

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.swflymca.org.

Swim Starters (ages 6months – 36months):

In this stage **Parents MUST be present in the water with their child.** Children work to develop water enrichment and aquatic readiness. Children will work on becoming comfortable in the water. Rather than teaching children how to survive in the water, Swim Starters focus on developing swim readiness skills through fun and confidence-building experiences. Parents also learn the essential skills in Swim Starters.

Swim Basics Designed for beginner level swimmers. Unaccompanied by parents in the water, students develop personal water safety and basic swimming skills in students of all ages. Students will develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim safely and exit if they fall into a body of water. Group activities that reinforce learning help students progress.

Swim Strokes: This stage introduces and refines stroke technique. In this stage students have already mastered the fundamentals of swimming and focus on additional water safety skills and build stroke technique.



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: ___/___/___