



Swim Lessons

For B/E Community Ed

Participants Name _____ Age _____ Male / Female
Parent/Guardians _____ Home Phone # _____
Address _____ City _____
Email Address _____ Emergency Contact _____
Applied for financial assistance Amount If known \$ _____ Emergency Phone # _____
Class _____ \$55 for swim lessons.

Bus leaves Evansville (in back of the school) at 12:20. Bus will return to Evansville around 2:45 if one session, 3:45 if two sessions.

Bus leaves Brandon (in front of the school) at 12:30. Bus will return to Brandon around 2:35 if one session, 3:35 if two sessions.

We will let you know how many sessions there will be.

Registration Due By : 5/30

- I have attached a check for the registration fee.
- I would like the registration fee auto-debited from my YMCA membership account.
- Yes, I give the YMCA permission to take pictures of my family members participating in this class.

Welcome to YMCA Aquatics! Lessons will take place in the Bountiful Waters Aquatic Center.

All members are encouraged to use the facility when their child(ren) are participating in swim lessons. If you are not a member and would like to use the facility, please purchase a guest pass at the welcome center. Parents if you choose to watch your child participate in swim lessons, please do so from the viewing area in the lobby.

Because of the progressive nature of the program and limited class size, no make-up classes are available. Refunds or credits will not be given for missed classes. However, if lessons are cancelled due to pool closure, a credit of \$5 will be given (financial assistance participants will be dealt on a case by case basis).

Thank you for your participation in our progressive lessons. We look forward to working with you.

Signature _____ Date _____

In each swim level your child will learn personal safety, personal growth, stroke development and water games & rescue, to engage your child in a fun and enjoyable experience. It may take some students multiple sessions to progress to the next level. Feel free to talk to the instructor about what you as a family can do to help your children progress. It may be as simple as swimming together as a family during open swim time.

BEGINNING SWIM LESSONS (3-5 YEARS)

Five 40 minute classes

1 Water Orientation : Fee: \$55

Prerequisites: No swimming skills; Toilet trained; Comfortable without parent

To progress, child must submerge face in water, front and back glide 5 yards, back float assisted 5 seconds.

What's next? 2 Water Independence

2 Water Independence : Fee: \$55

Prerequisite: 1 Water Orientation

To progress, child must tread water 5 seconds, front and back crawl 10 yards, perform rotary breathing.

What's next? 3 Skill Proficiency

3 Skill Proficiency : Fee: \$55

Prerequisite: 2 Water Independence

To progress, child must front crawl 25 yards, tread water 30 sec., front/back float 30 sec., rotary breath with arms.

What's next? 4 Stroke Improvement

INTERMEDIATE SWIM

LESSONS (6+ YEARS)

Five 60 minute classes

1 Intro to Water Skills : Fee: \$55

Prerequisites: No swimming skills; Comfortable without parent

To progress, child must retrieve submerged objects, front and back glide 5 yards, back float assisted 5 seconds.

What's next? 2 Fundamental Skills

2 Fundamental Skills : Fee: \$55

Prerequisite: 1 Intro to Water Skills

To progress, child must tread water 5 seconds, front and back crawl 10 yards, perform rotary breathing.

What's next? 3 Stroke Development

3 Stroke Development : Fee: \$55

Prerequisite: 2 Fundamental Skills

To progress, child must front crawl 25 yards, tread water 30 sec., front/back float 30 sec., rotary breathing with arms.

What's next? 4 Stroke Improvement

4 Stroke Improvement : Fee: \$55

Prerequisites 3 Stroke Development

To progress, child must swim underwater 10 yards, butterfly 15 yards, tread water 2 minutes, sidestroke 15 yards.

What's next? 5 Stroke Refinement

5 Stroke Refinement : Fee: \$55

Prerequisites 4 Stroke Improvement

To progress, child must front crawl 50 yards, breaststroke 50 yards, tread water 5 minutes, flip turn on front and back.

What's next? 6 Advanced Fitness and Safety

6 Advanced Fitness and Safety : Fee: \$55

Prerequisites 5 Stroke Refinement

To progress, child must swim 500 yards consecutive, tread water 2 minutes only using kick, Butterfly 50 yards.