

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Student's name: _____ Age ____ Approx. skill level (*see next page*): 1 2 3 4 other

Birth date: _____ Grade ____ Sex: _____ Fair Acres Y Member: Yes No

Address _____ City _____ Zip _____ Home Phone: _____

Father's Name _____ Work # _____ Cell # _____ e-mail _____

Mother's Name _____ Work # _____ Cell # _____ e-mail _____

If there happens to be more than one class per level, circle your preference: earlier later

LEGAL AUTHORIZATION OF REGISTRATION INFORMATION & WAIVER OF LIABILITY & PROMOTION:

In consideration of my/our participation in the activities of the Fair Acres Family YMCA, I/we do hereby agree to hold free from any and all liability the YMCA and its respective officers, employees, and members and do hereby for myself/ourselves, my/our heirs, executors and administrators, waive release and forever discharge any and all rights and claims for damages which may hereafter accrue to me/us, arising out of, or connected with, my/our participation in any activities of Fair Acres Family YMCA. I/we do hereby declare myself/ourselves to be physically sound and having medical approval to participate in the activities of the YMCA. I have read and understood the above:

Signature of Applicant/Guardian

Today's Date

**FEES: Y Members--\$15 Community Participants--\$45
Level**

LEVELS 1A & 1B: (Introduction to Water Skills) Tues & Thurs 5:00- 5:30 PM

LEVEL 2: (Fundamental Aquatic Skills) Tues & Thurs 5:30- 6:00 PM

LEVEL 3: (Stroke Development) Tues & Thurs 6:00- 6:30 PM

LEVEL 4: (Stroke Improvement) Tues & Thurs 6:30- 7:00 PM

Anyone interested in Levels A, 5, or 6, please contact the instructor, Amanda Romine.

CERTIFIED AMERICAN RED CROSS SWIM LESSON LEVELS:

LEVELS 1A & 1B: ("Introduction to Water Skills") Tues & Thurs 5:00- 5:30 PM

PRE-REQUISITE: None

GENERAL COMPLETION REQUIREMENTS: The child will be guided through entering & exiting water; *floating*, turning over, & recovering *w/ support*; bobbing; blowing bubbles; picking up objects underwater w/ eyes open; & supported movement in water using varied motions of feet & arms *>To successfully complete this level, the student must perform two sets of movements in order. One involves entering & exiting the water. The other involves assisted floating.*

LEVELS 2: ("Fundamental Aquatic Skills") Tues & Thurs 5:30- 6:00 PM

PRE-REQUISITE: An American Red Cross Level 1 Completion Certificate or the ability to demonstrate the completion requirements in Level 1 mentioned above.

GENERAL COMPLETION REQUIREMENTS FOR LEVEL 2: Entering/exiting water; *floating*, turning over, recovering *without support*; gliding; treading water; certain movements on front, back and side; *>To successfully complete this level, the student must perform 2 set of specific actions in order. One involves unassisted: entrance, floating on front & back (for 5 seconds each), & recoveries. The other involves swimming 15 ft. w/o assistance on front & back.*

LEVEL 3: ("Stroke Development") Tues & Thurs 6:00- 6:30 PM

PRE-REQUISITE: An American Red Cross Level 2 Completion Certificate or the ability to demonstrate the completion requirements in Level 2 mentioned above.

GENERAL COMPLETION REQUIREMENTS: Jumping & diving into deep water retrieving objects while totally submerged; rotary breathing; front & back gliding & floating (including changing positions); treading water; and swimming the front & back crawl and butterfly. *>To successfully complete this level, the student must enter, swim front crawl 15 yd., tread or float, & swim back crawl 15 yd. all without stopping.*

LEVEL 4: ("Stroke Improvement") Tues & Thurs 6:30- 7:00 PM

PRE-REQUISITE: An American Red Cross Level 3 Completion Certificate or the ability to demonstrate the completion requirements in Level 3 mentioned above.

GENERAL COMPLETION REQUIREMENTS: diving from side; surface diving; underwater swimming; 1 minute floats; open turns; treading water 1 minute; swimming front, breast, butterfly, side & both back strokes specified distances; *>To successfully complete this level, the student must complete one set each of a swimming-floating and swimming-treading discipline.*

Anyone interested in Levels A, 5, or 6, please contact the instructor, Amanda Romine.