



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS

SWIM LESSONS

The YMCA is San Angelo's community resource when it comes to safety in/around water and swim education. Parents are invited to register their children ranging from 6 months to 12 years of age in our aquatics program. Our aquatics program builds swimmers from the ground up and instills skills they can carry with them for a lifetime. With these skills they will not only lead healthier and happier lives but they will have the knowledge to possibly save their own life.

Swimming lessons are 30 minutes in length and meet 8 times each session. Evening lessons offered year-round while morning lessons are offered June - August.

Each participant will be taught to their own swimming level regardless of swim time. It is strongly recommended that any young swimmers be tested before registration for our Swim Stroke course.

SWIM STARTERS: (6 MO. - 3 YRS) Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

SWIM BASICS: (3 YRS. - 12 YRS.) Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

SWIM STROKES (5 YRS. - 12 YRS.): Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

COST: Y-Members: \$30.00 / Y Non-Members: \$45.00

SESSIONS : Tuesday and Thursday evenings for 4 weeks at
5:00pm, 5:30pm, 6:00pm and 6:30pm

January 7 - 30

February 4 - 27

March 3 - April 2 (no lessons week of March 9 - 13)

April 7 - 30

May 5 - 28





AQUATICS PROGRAM REGISTRATION

Participant Name: _____ D.O.B. _____ Age: _____

Address: _____

Cell Phone: (____) _____ YMCA Member: YES NO

Cell Phone Carrier: _____

Parent's Name: _____ Cell Phone: _____

Phone Carrier: _____

Parent's
Email: _____

Emergency Contact: _____ Phone: _____
(other than Parent)

Are there any special conditions that the YMCA and instructors need to know about the participant?

Class you are registering for? (Please circle one)

Swim Starters Swim Basics Swim Strokes

Swim Club Lifeguard Certification Other _____

Session: _____ Time: _____

REFUNDS: Full refunds are available only upon cancellation of the program. Should a refund be requested prior to the first meeting, a \$5 service fee will be accessed.

WAIVER: I hereby, for myself and my agents, waive and release any and all rights and claims which I may have, or which may accrue against the San Angelo YMCA and it's respective officers, agents, sponsors or any employees for any injury which may be suffered in connection with my child's participation in this activity. I hereby acknowledge that this program provides limited insurance and my own insurance may be used in case of an accident.

PHOTO RELEASE: Additionally, in consideration for being allowed to participate in YMCA membership and programs, I understand that images, video and film footage is often used by the YMCA of San Angelo for promotional purposes. For my participation in activities to be conducted by YMCA of San Angelo hereby give my permission and consent, now and for all time, to YMCA of San Angelo, The National Council of Young Men's Christian Associations of the United States of America (YMCA of the USA) and third parties collaborating with YMCA of San Angelo to make, reproduce, edit, broadcast or rebroadcast any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at YMCA of San Angelo for publication, display, or exhibition thereof in promotions, advertising and legitimate business uses without any compensation to, and/or claim, by me. I may, or may not be, identified in such reproductions; however, I shall not be stated by name to have endorsed any particular commercial products or commercial services.

Parent/Guardian Signature

Date