



Y SWIM LESSONS™

We build strong kids, strong families, strong communities.



Twin Lakes Family YMCA

Member Registration begins April 17th/Community Registration begins May 1st

<p>Session 1 <i>May 24-June 3</i> 10:00am Pike (age 3-5) Pike/Eel (ages 4-5) 10:50am Pike (age 3-5) Pike/Eel (ages 4-5)</p> <p>HOLIDAY MAKEUP *Class will be held on Friday May 28th.</p> <p>*Class will not be held on May 31st due to Memorial Day.</p>	<p>Session 2 <i>June 7-June 17</i> 8:35am Polliwog (ages 6-12) Guppy (ages 6-12) Pike/Eel (ages 4-5) 9:25am Pike (age 3-5) Pike/Eel (ages 4-5) 10:15am Parent/Child Polliwog (ages 6-12) Guppy (ages 6-12) 11:05am Pike (age 3-5) Eel (ages 4-5) Polliwog (ages 6-12) Guppy (6-12)</p>	<p>Session 3 <i>June 21-July 1</i> 8:35am Polliwog (ages 6-12) Guppy (ages 6-12) Pike/Eel (ages 4-5) 9:25am Pike (age 3-5) Pike/Eel (ages 4-5) 10:15am Pike/Eel (ages 4-5) Polliwog (ages 6-12) Guppy (ages 6-12) 11:05am Parent/Child Pike (age 3-5) Pike/Eel (ages 4-5)</p>	<p>Session 4 <i>July 5-July 15</i> 8:35am Polliwog (ages 6-12) Guppy (ages 6-12) Pike/Eel (ages 4-5) 9:25am Pike (age 3-5) Pike/Eel (ages 4-5) 10:15am Parent/Child Polliwog (ages 6-12) Guppy (ages 6-12) 11:05am Pike (age 3-5) Eel (ages 4-5) Polliwog (ages 6-12) Guppy (ages 6-12)</p>	<p>Session 5 <i>July 19-July 29</i> 8:35am Guppy (ages 6-12) Pike/Eel (ages 4-5) 9:25am Pike (age 3-5) Pike/Eel (ages 4-5) 10:15am Pike/Eel (ages 4-5) Polliwog (ages 6-12) Guppy (ages 6-12) 11:05am Parent/Child Pike/Eel (ages 4-5)</p>	<p>Session 6 <i>Aug. 2 -Aug. 12</i> 8:35am Pike (age 3-5) Pike/Eel (ages 4-5) Polliwog (ages 6-12) Guppy (ages 6-12) 9:25am Pike (age 3-5) Pike/Eel (ages 4-5) 10:15am Parent Child Pike/Eel (ages 4-5) Guppy (ages 6-12)</p>
<p>Session 2 (4 weeks) <i>June 7- June 30</i> 5:30pm (Mon&Wed) 6:15pm (Mon&Wed) Pike (age 3-5) Polliwog (ages 6-12) Pike/Eel (ages 4-5) Guppy (ages 6-12)</p>		<p>Session 4 (4 weeks) <i>July 5-July 28</i> 5:30pm (Mon&Wed) 6:15pm (Mon&Wed) Pike (age3-5) Polliwog (ages 6-12) Pike/Eel (ages 4-5) Parent/Child</p>			
<p>Program Fees YMCA Family Member \$50 Non-Member \$65 Limited space available For more information on class descriptions and choosing a level for your child, please refer to the Parent Information Sheet on the back of this form.</p>			<p>Register Now In Person Visit the Twin Lakes Family YMCA 204 E. Little Elm Trail Cedar Park, TX 78613 For more information call 512-250-9622</p>		

PARTICIPANTS NAME _____ SEX (M) or (F) _____ AGE _____ GRADE _____

ADDRESS _____ Email _____ BIRTHDATE _____ / _____ / _____

CITY _____ STATE _____ ZIP _____ HOME PHONE (____) _____

PARENT/ GUARDIAN NAME _____ CELL PHONE (____) _____

PERMISSION FOR TRANSPORTATION: The YMCA Staff has my permission to transport my child to and from program location in the event of an emergency. I understand reasonable precautions will be taken to ensure the safety and supervision of my child.

MEDICAL WAIVER: In the event that my child requires emergency medical treatment and I cannot be reached, I hereby authorize the YMCA Staff to make arrangements to transport my child to the nearest hospital/emergency medical facility. I give my consent for any and all necessary medical treatment, if, in fact my child requires the attention of a physician.

WAVIER: I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities including transportation to and from said activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees as well as persons or parents transporting participants to or from such activities from any claims or injury sustained during my use of YMCA facilities or participation in any YMCA activity whether or not located on YMCA property.

PHOTO RELEASE: I give my consent for pictures taken of my child involved in YMCA programs to be used for future YMCA promotions or display.

REFUND/TRANSFER POLICY: I understand that the YMCA has no refund policy on private swim lessons. For regular swim lessons no refund/transfer/or change will be made after 2 weeks prior to swim lessons start date. A \$10 dollar fee will incur if changes/cancellations or transfers are made prior to that date.

PARENT'S/GUARDIAN ACKNOWLEDGEMENT: This is to acknowledge that I have read and agree to the above information. **Int.** _____

Parent Signature _____

Date _____

Office use only

10SL1 Class _____	10SL2 Class _____	10SL3 Class _____	10SL4 Class _____	10SL5 Class _____	10SL6 Class _____
Time _____	Time _____	Time _____	Time _____	Time _____	Time _____

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

What class should I sign my child up for?

All sessions consist of eight 45 minute classes. Mon. thru Thurs. for 2 weeks or Mon. & Wed. for 8 weeks
Please refer to the session schedule on back for a list of dates and times.

****Note:** Your child must be the age required by the start of the class-no exceptions**

You will be charged a \$10 processing fee for cancelling or changing a lesson.

Individual Class Descriptions and Registration Prerequisites Guide:

6months-35months The parent/child aquatic program promotes water enrichment and aquatic readiness. Parents or a trusted adult accompany their child in the pool. (Swim diapers required)

Parent-Child	An instructor provides guidance in how to help your child become acquainted with the water, develop coordination, balance, and social skills in the water. No class prerequisites. Note this class will be 35 minutes long with a 10 minute play time.
---------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Ages 3-5 years Instructor/student Ratios 6:1	<i>The preschool Aquatics program teaches water adjustment and basic swimming skills. These classes are held without the parent and children are placed into groups based on their abilities. Some of the instruction is done on the pool deck.</i>
-----------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Pike (Beginner)	<i>This class is designed for the true beginner who has little or no water experience. The emphasis is on basic swimming skills/being safe in the water/and being comfortable. No class prerequisites.</i>
---------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Pike/Eel (Beginner 2)	Children who are almost ready for Eel who still need further skill work to reach Eel level. The child must be comfortable putting his/her face in the water/can kick holding side of pool with horizontal body. Prerequisites: Be able to swim the width of the pool with IFD
---------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Eel (Intermediate)	Children will learn more advanced swimming skills. Prerequisites: completion of Pike or the ability to front and back float assisted w/out a float belt/can swim in forward motion This child is not afraid of the water and can jump from the side assisted
------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Ray (Advanced)	Children will learn more advanced swimming skills. Prerequisites: completion of Eel or the ability to front and back float and swim 15 ft assisted w/out a float belt, basic front crawl 15 ft. assisted w/out float belt/show knowledge of breast stroke & scissor kick. (OFFERED AT AVERY RANCH POOL ONLY)
--------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Ages 6-12 years Instructor/student Ratios 8:1	<i>and rescue skills. These classes are held without parents and children are placed into groups based on their abilities. Some of the instruction is done on the pool deck.</i>
------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Polliwog (Beginner)	Gradual water orientation, basic swimming, personal safety, survival float, back float, front paddle stroke, and water confidence building. No Prerequisites.
-------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------

Guppy (Beginner 2)	Water adjustment skills, front crawl with rhythmic breathing, introduction to backstroke, prone float and recovery, prone glide with kicking, changing directions, turning over and jumping into the deep end. Prerequisites: completion of Polliwog or be able to swim the width of the pool without assistance.
------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Minnow (Intermediate)	Mastering freestyle with rotary breathing. Increase endurance of backstroke, freestyle, and survival floats. Introduce standing dive and breaststroke. Prerequisite: completion of Guppy or be able to swim freestyle with rhythmic breathing the length of the pool without assistance. (OFFERED AT AVERY RANCH POOL ONLY)
---------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Fish (Advanced) (AGE 6-12)	Refine the crawl stroke with rotary breathing, the breaststroke, elementary backstroke, back crawl stroke, sidestroke, and butterfly. Master standing dive, headfirst & feet first surface dive. Learn more rescue and helping with first aid. Prerequisites: Completion of Minnow or be able to swim the length of the pool free style or backstroke no assistance. (OFFERED AT AVERY RANCH POOL ONLY)
------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Swim Lesson Participant Information

Aquatic Department Philosophy

YMCA Aquatic Programs promotes both health and safety. All classes stress positive values and give participants the opportunity to practice them, promoting growth in self-esteem and self-worth while having a great time. In this program, participants are taught not only swimming skills, but also skills that will allow them to enjoy aquatic activities throughout their lives. All students are taught incorporating each of the components of the Y swim lessons: personal safety, rescue skills, personal growth, stroke development and water sports and games. The YMCA of Greater Williamson County Aquatic Department offers a variety of programs, which encourage all participants to develop in values, physical fitness and education. The YMCA of Greater Williamson County Aquatic Department is run with an emphasis on quality and observes all recommendations and guidelines set forth by the Texas Department of Health and the YMCA of the USA.

Make-up and Refund Policy

Make-up days for rained out or cancelled classes will be held on the following Friday at the same time. Instructors reserve the right to schedule an alternate make-up day and or/time if necessary. We ask you to call 250-9622 during inclement weather to confirm class cancellation. Please note: make-up classes will not be provided for illness or any other obligations. **Due to expense commitments, refunds/transfers/or class changes will not be allowed after 2 weeks prior to the session start date. If changes wish to be made after original registration a \$10 fee will be incurred. No refunds will be given for private lessons.** Complete refunds will be made on programs cancelled by the YMCA. Participants registered in cancelled classes will be notified. The YMCA reserves the right to make changes in scheduling when necessary.

Class Protocol

Instructors reserve the right to move a student to a different level based upon the requirements of the class and present skill level of the student. Please feel free to approach our swim instructors after class to discuss your child's progress. Please note that a detailed evaluation report will be issued at the end of each session. Students will be given certifications and skill evaluation on the last day of swim lessons. Video cameras and picture taking are welcome on the last day. Each lesson builds upon skills taught in the previous lesson and each level builds upon the skills taught in the previous level. Students have completed a level after successful performance of all the objectives of their current skill level. It is common for students to attend the same class several times to successfully complete all the required skills. Progression is a very individual process. We encourage you to celebrate each individual accomplishment and not to compare your or your child's progress to other students in the class.

Observation

This is an exciting time for you and your child. We understand that we have your most valued possession in our care and we assure you that their safety, as well as the safety of other children are our top priority. For this reason, ***we must insist that parents remain as far away from the pool as possible.*** We encourage you to wait to talk to you child or to give words of encouragement until after his or her lesson is over. Talking to you child is distracting and takes the focus away from the instructor. This creates a safety issue for your child, the instructor and the entire class. Students are not permitted to enter the water, regardless of swimming ability, until the instructor is ready and with the class. Our National YMCA Child to Instructor ratios is preschool 6:1 and Youth 6+ 8:1. We encourage you to talk to your instructor if you have any comments or concerns. Please wait until the class is over so your instructor can give you their full attention. You are also welcome to contact the Aquatics Program Director, Abby Stowers at 615-7408, if you have any additional questions or concerns.

Financial Assistance

Financial assistance is available to qualified applicants. Because demand is great, assistance will be awarded on a first come, first served basis, subject to available resources. If you need financial assistance please see the Front desk for information.

Y Swim Lessons: Parent-Child (6 months-36 months)

A 45 minute class for children ages 6-36 months and their trusted adult. The primary objective is to get both the trusted adult and child comfortable in the water while having fun and learning to be safe in and around water. Class includes games, songs and toys that use basic movement in the water, such as kicking, arm strokes and breath control. Activities are based on the developmental abilities of the child.

Parent-Child Lessons Helpful Hints

Have your child wear disposable swim pants specifically designed for water activities. Use of regular disposable diapers is prohibited in the pool because they are designed to absorb water and the weight of a full diaper will cause a child to sink. Cloth diapers and rubber pants are also prohibited due to the lack of protection they provide in the event of a fecal accident. Swimsuits are required. Sunscreen and hats are strongly recommended.

All swim class participants must wait on the pool deck for their instructor before entering the water, regardless of swimming ability. Feeding should be done at least an hour before swimming to prevent vomiting in the pool.

Parental response is most important. You will be expected to attempt all activities that you expect from your child so come ready to get wet. All students must be accompanied by their trusted adult in the water at all times.









Do all you can to relax and thoroughly enjoy being in the water. This enthusiasm will be transmitted to your child and will make the class more enjoyable.

Success is most important to your child. Praise even if he/she does not succeed at the task.

Be alert to your child's needs, as they may become tired, cold, hungry, or need to use the bathroom.

Think and teach positively at all times. Instead of "don't jump" say "wait for me". Fear of the water is instilled at an early age and children often take our words very literally.

Swim Lesson Information Sheet. ALL Participants Please Read

Parent Child	PIKE	EEL	RAY	POLLWOG	GUPPY	MINNOW	FISH
							
6-35 mo	3-5 yrs	3-5 yrs	3-5 yrs	6-12 yrs	6-12 yrs	6-12 yrs	7-13 yrs

Dear Participant,

Hello, and welcome to the Twin Lakes Family YMCA Swim Lesson Program. This guide will ensure that you are in the right place at the right time when your swim lesson begins and that you bring everything you need to ensure success during the lesson. Please make sure to read the entire page and fill out the Self Reminder directly below. We look forward to seeing you on the first day of class!

To help you remember the class you registered for, use the space below to fill in your reminder:

Participant Name

Class Name

Start and End Dates

Specific Days of the week

Start and End Time

Participant/Parent Expectations:

1. We ask that all participants arrive 10 minutes prior to the class beginning. All classes will start and end on time so please be on time.
2. The first day is usually hectic. Calling roll and instructor introductions can take a few minutes, so please be patient.
3. Parents, please meet your child on the deck immediately following the end of the class.
4. If you are ever late for class, please find the swim coordinator. This staff member will be able to help you check in and locate your and/or your child's instructor.
6. Please make sure all class participants use the restroom, take a shower, and apply sunscreen before class begins to avoid interruptions and to help keep our pools clean and free of germs. This process needs to be taken care of prior to entering the water.
7. Locker Rooms are available for member and participant use inside the YMCA. Family Changing Rooms are also available in the hallway leading to the pool.
8. **Parents are required to stay on the pool deck while their child is in swim lessons in case the child needs to use the restroom or needs assistance. We find that children can concentrate best and get the most out of lessons when parents sit away from the class, so we ask that you stay in the chairs or on deck during your child's class.**
9. Feel free to visit with your swim instructor after your class time. Your and/or your child's success depends upon a good relationship with your teacher. This will also help you decide what level to sign yourself/your child up for during the next session. Out of courtesy and respect, please do not interrupt a swim instructor during class while they are in the water teaching. Feel free to also speak with the swim coordinator at any time.
10. Make sure to bring a towel to dry off with when class is over. Before entering the YMCA, please make sure you are covered and dry. Exposed swim wear is not permitted inside the main entrance to the YMCA. Goggles are encouraged but not required.

*****As a reminder, the Aquatics Department does not allow transfers/cancellations/refunds once registered so please make sure the times, dates and level work with your schedule*****

Thank you for your time and enjoy the memories of you and/or your child learning to swim. If you have any questions or concerns about the lessons that your instructor may not be able to address, I ask that you please direct them to Swim Coordinator on deck or the Aquatics Director who can be contacted by phone or email.

(Abby Stowers. 512-250-9622. E-mail: astowers@ymcawilliamsonco.org)