

SWIM LESSON



Our Swim Lessons include five components—personal growth, personal safety, rescue skills, stroke development, fun and games – that help kids of all ages develop confidence in, and out, of the water. Swimmers are grouped by age and ability, and our certified instructors ensure each swimmer has an overall positive experience and gains skills that will help him/her succeed in the pool and beyond.

ADULT AGES 12+

LEVEL 1 & 2: WATER ACCLIMATION AND MOVEMENT

1:5 Ratio Focuses on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

Prerequisite: Beginner

DAY Mon • Wed
TIME 6:00 pm – 6:40 pm
DAY Sat
TIME 9:15 am – 9:55 am

LEVEL 3 & 4: WATER STAMINA AND STROKE INTRODUCTION

1:6 Ratio Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

Prerequisite: Able to swim free and backstroke over short distances.

DAY Tue • Thu
TIME 6:00 pm – 6:40 pm
DAY Sat
TIME 11:30 am – 12:10 pm

PRESCHOOL AGES 3–5

LEVEL 1 & 2: WATER ACCLIMATION AND MOVEMENT

Ratio 1:4 Learn to safely exit in the event of falling into a body of water. Build water confidence for future swimming skills.

Prerequisite: Beginner

DAY Mon/Wed • Tue • Thu
TIME 3:45 pm – 4:25 pm, 4:30 pm – 5:10 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Fri (June 22 - August 10 only)
TIME 3:10 pm – 3:50 pm, 3:55 am – 4:35 pm, 4:40 pm – 5:20 pm

DAY Sat
TIME 9:15 am – 9:55 am, 10:00 am – 10:40 am, 10:45 am – 11:25 am, 11:30 am – 12:10 pm

LEVEL 3: WATER STAMINA

Ratio 1:4 Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

Prerequisite: Able to swim free and backstroke over short distances.

DAY Mon/Wed • Tue • Thu
TIME 3:45 pm – 4:25 pm, 4:30 pm – 5:10 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Sat
TIME 9:15 am – 9:55 am, 10:00 am – 10:40 am, 10:45 am – 11:25 am, 11:30 am – 12:10 pm



SCHOOL AGES 6–12

LEVEL 1 & 2: WATER ACCLIMATION AND MOVEMENT

Ratio 1:5 Learn to safely exit in the event of falling into a body of water. Focus on water adjustment and developing independent basic arm and kicking movements, and front and back floats.

Prerequisite: Beginner

DAY Mon/Wed • Tue • Thu
TIME 3:45 pm – 4:25 pm, 4:30 pm – 5:10 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Fri (June 22 - August 10 only)
TIME 3:10 pm – 3:50 pm, 3:55 am – 4:35 pm, 4:40 pm – 5:20 pm

DAY Sat
TIME 10:00 am – 10:40 am, 10:45 am – 11:25 am, 11:30 am – 12:10 am

LEVEL 3: WATER STAMINA

Ratio 1:5 Swim to safety from a longer distance. Introduces rhythmic breathing and proper arm and leg action.

Prerequisite: Able to swim free and backstroke over short distances.

DAY Mon/Wed • Tue • Thu
TIME 3:45 pm – 4:25 pm, 4:30 pm – 5:10 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Fri (June 22 - August 10 only)
TIME 3:10 pm – 3:50 pm, 3:55 am – 4:35 pm, 4:40 pm – 5:20 pm

DAY Sat
TIME 10:00 am – 10:40 am, 10:45 am – 11:25 am, 11:30 am – 12:10 am

LEVEL 4: STROKE INTRODUCTION

Ratio 1:6 Develops front crawl and back crawl techniques. Learn breaststroke kick and butterfly kick. Reinforce water safety.

Prerequisite: Able to swim 10 yards and to the bottom of the pool independently.

DAY Mon/Wed
TIME 3:45 pm – 4:25 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Tue • Thu
TIME 3:45 pm – 4:25 pm, 4:30 pm – 5:10 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Sat
TIME 10:00 am – 10:40 am, 10:45 am – 11:25 am, 11:30 am – 12:10 am

LEVEL 5: STROKE DEVELOPMENT

Ratio 1:6 Learn all major competitive strokes. Introduction to treading water and sidestroke.

Prerequisite: Able to swim 15 yards in four strokes: free style, breaststroke, backstroke and butterfly kick.

DAY Mon/Wed
TIME 3:45 pm – 4:25 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Tue • Thu
TIME 3:45 pm – 4:25 pm, 4:30 pm – 5:10 pm, 5:15 pm – 5:55 pm, 6:00 pm – 6:40 pm

DAY Sat
TIME 10:00 am – 10:40 am, 10:45 am – 11:25 am, 11:30 am – 12:10 am

YOUTH SWIM CLUB

Ratio 1:15 Develop stroke techniques on all major competitive styles. learn about competitive swimming. Discover how to incorporate swimming into a healthy lifestyle. Prerequisite: Able to swim 25 yards in freestyle with side-breathing, backstroke, breaststroke kick, side stroke and 15 yard butterfly. Swimmer must be able to perform a kneeling dive into the deep end.

DAY Mon/Wed
TIME 4:30 pm – 5:10 pm

DAY Fri (June 22 - August 10 only)
TIME 3:10 pm – 3:50 pm

YOUTH SWIM TEAM

Ratio 1:24 For advanced youth swimmers who are very comfortable with all four competitive strokes. Swimmers refine strokes and learn racing skills like starts and flip turns. 8 classes, each 1 hour long.

Prerequisite: By tryouts only. To schedule, call 408-351-2442 or email robert.hull@ymcasv.org.

DAY Tue/Thu
TIME 6:45 pm – 7:45 pm

DAY Fri
TIME 4:00 pm – 5:00 pm

DAY Sat
TIME 8:55 am – 9:55 am

[SEE REGISTRATION FORM FOR DATES & TIMES](#)

REGISTRATION INFORMATION



Swim Lesson Guidelines

- Shower before entering the pool.
- Pull long hair back in a braid, ponytail or swim cap.
- Swim suits and/or swim shorts must be worn.
- No swimsuits with built-in life jackets.
- Swimmers who are not potty trained must wear swim diapers under swimsuits.
- Parent/guardian must accompany any child and present valid membership card/ID when entering the Y.
- Children under age twelve (12) must have a parent/guardian present in the YMCA while swim lessons are in progress.

SESSIONS

Swim sessions include eight (8) – 40 minute classes.

FEE **Program Members***
\$168 Program Members

Facility Members
\$134 Facility Members

*Plus \$35 Annual Program Membership Fee

LOCATION **NORTHWEST YMCA**
20803 Alves Drive
Cupertino, CA 95014
408-257-7160
nwymca.org

TO REGISTER

Complete the Swim Lessons registration form (one form per participant). Cash, checks and credit cards accepted at registration.

Deadline to register is two days prior to the start of the session. Registration past this deadline must be approved by our Aquatics Director.

Register online at nwymca.org

To request Private Lessons, please email
Jeanelle Bumb at jeanelle.bumb@ymcasv.org

YMCA OF SILICON VALLEY LOCATIONS:

CENTRAL YMCA
1717 The Alameda
San Jose, CA 95126
408-298-1717
ymcasv.org/central

EL CAMINO YMCA
2400 Grant Road
Mountain View, CA
94040
650-969-9622
elccaminoyymca.org

**PALO ALTO
FAMILY YMCA**
3412 Ross Road
Palo Alto, CA 94303
650-856-9622
paloaltofamilyymca.org

**SOUTH VALLEY
FAMILY YMCA**
5632 Santa Teresa Blvd.
San Jose, CA 95123
408-226-9622
southvalleyymca.org

MT. MADONNA
171 W. Edmundson Ave.
Morgan Hill, CA 95037
408-782-2128
mt.madonnayymca.org

**EAST VALLEY
FAMILY YMCA**
1975 S. White Road
San Jose, CA 95148
408-715-6500
evymca.org

**LEWIS AND JOAN
PLATT EAST PALO
ALTO FAMILY YMCA**
550 Bell Street
East Palo Alto, CA
94303
650-328-9622
epayymca.org

SEQUOIA YMCA
1445 Hudson Street
Redwood City, CA
94601
650-368-4168
sequoiayymca.org

SOUTHWEST YMCA
13500 Quito Road
Saratoga, CA 95070
408-370-1877
swymca.org

**YMCA CAMP
CAMPBELL**
16275 Highway 9
Boulder Creek, CA
95006
831-338-2128
ymcacampcampbell.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING CONFIDENCE WITH A SPLASH

SWIM LESSONS

April 23 – August 11, 2018

NORTHWEST YMCA

SWIM LESSONS REGISTRATION FORM

(ONE FORM PER PARTICIPANT)

PARTICIPANT'S INFORMATION (Use a separate form for each participant.)

Participant's Name:

Select program and session/number of classes below.

PRESCHOOL & SCHOOL AGE SESSIONS (CHECK ALL APPLICABLE)

- Mon/Wed Apr. 23 – May 16 May 21 – Jun. 13* Jun. 18 – Jul. 11* Jul. 16 – Aug. 8
Tue Apr. 24 – Jun. 12 Jun. 19 – Aug. 7 **Thu** Apr. 26 – Jun. 14 Jun. 21 – Aug. 9
Fri Jun. 22 – Aug. 10 **Sat** Apr. 28 – Jun. 16 Jun. 31 – Aug. 11

ADULT SESSIONS (CHECK ALL APPLICABLE)

- Mon Apr. 23 – Jun. 11* Jun. 18 – Aug. 6
Tue Apr. 24 – Jun. 12 Jun. 19 – Aug. 7
Wed Apr. 25 – Jun. 13 Jun. 20 – Aug. 8*
Thu Apr. 26 – Jun. 14 Jun. 21 – Aug. 9
Sat Apr. 28 – Jun. 16 Jun. 23 – Aug. 11

* No class May 28 and July 4, 2018. Pro-rated to 7 classes.

Age Group

- Preschool Ages 3–5 School Ages 5–12 Adult Ages 12+

Levels

- Level 1 Level 2 Level 3 Level 4 Level 5

TIME (CHECK ALL APPLICABLE)

- Mon/Wed** **Preschool & School Age Levels 1–3** **Levels 4–5**
 3:45–4:25 pm 5:15–5:55 pm 3:45–4:25 pm 6:00–6:40 pm
 4:30–5:10 pm 6:00–6:40 pm 5:15–5:55 pm

- Tue • Thu** **Preschool & School Age Levels 1–3** **Levels 4–5**
 3:45–4:25 pm 5:15–5:55 pm 3:45–4:25 pm 5:15–5:55 pm
 4:30–5:10 pm 6:00–6:40 pm 4:30–5:10 pm 6:00–6:40 pm

- Mon • Wed** **Adult Age Levels 1–2** **Levels 3–4**

- Tue • Thu** 6:00 pm–6:40 pm

- Fri** **Preschool & School Age Levels 1–3**
 3:10 – 3:50 pm 3:55–4:35 pm
 4:40–5:20 pm

- Sat** **Preschool* & School Age Levels 1–5**
 * 9:15–9:55 am 10:45–11:25 am
 10:00–10:40am 11:40 am–12:10 pm

- Adult Age Levels 1–2** **Levels 3–4**
 9:00–9:40 am 11:40 am–12:10 pm

FEES (CHECK ALL APPLICABLE)

- Facility Member** \$134* **Facility Member** \$152*
Program Member* \$168* **Program Member*** \$304*

*Plus additional \$35 Annual Program Membership Fee

SWIM CLUB (CHECK ALL APPLICABLE)

- Mon/Wed** Apr. 23 – May 16 May 21 – Jun. 13*
4:30–5:10pm Jun. 18 – Jul. 11* Jul. 16 – Aug. 8
Fri 3:10–3:50am Jun. 22 – Aug. 10

SWIM TEAM (CHECK ALL APPLICABLE)

- Tue/Thu** Apr. 24 – May. 17 May 22 – Jun. 14
6:45–7:45pm Jun. 19 – Jul. 12 Jul. 17 – Aug. 9
Fri Apr. 27 – Jun. 15 Jun. 22 – Aug. 10
4:00 – 5:00pm
Sat Apr. 28 – Jun. 16 Jun. 23 – Aug. 11
9:00 – 10:00am

METHOD OF PAYMENT

Cash \$

Check #

Payable to Northwest YMCA

Credit Card MC Visa Discover AmEx
..... Exp.

Name

Total Credit Card Charges \$

Signature

Date

SWIM LESSONS REGISTRATION FORM

(ONE FORM PER PARTICIPANT)

PARTICIPANT'S INFORMATION (Use a separate form for each participant.)

Participant's Name: _____ Birthdate: _____

Age: _____ Female Male

Does the participant require any accommodations for this activity? Yes No

If "Yes" please explain: _____

PRIMARY CONTACT

Parent/Guardian Name: _____

Birthdate: _____ Email: _____

Home Phone: _____ Emergency Phone: _____

Address: _____ City/State/ZIP: _____

SECONDARY CONTACT

Parent/Guardian Name: _____ Emergency Phone: _____

Email is one of the fastest, most cost-effective, and environmentally friendly ways for us to communicate with you. We would like to send you periodic emails and automated phone calls with Y news and special offers. We will never share or sell your email, phone number or address to any third party. You may unsubscribe at any time.

Please do NOT communicate with me by: Email Phone

MEMBERSHIP, PAYMENT AND CANCELLATIONS/TRANSFERS

PARENT SUPERVISION

Children under age twelve (12) must have a parent/guardian present in the YMCA while swim lessons are in progress.

PHOTOGRAPHY/VIDEOTAPING

Photos and videotaping are NOT allowed. Ask us about taking photos of your child only.

PROGRAM MEMBERSHIPS AND DEPOSITS

Each child needs to have a Program or Facility Membership. If the child is not a member, a \$35.00 Program Membership fee is required. Program memberships and deposits, if any, are non-refundable.

CANCELLATIONS

- If the YMCA cancels a class/program, a full refund will be issued to the program participant.
- If a participant withdraws prior to the second class of any program/class's session start date, a 50% refund will be issued.
- No refunds will be distributed beyond the second class of any program/class's session start date without a doctor's note. If a doctor's note is provided, a refund for the prorated amount of the class fee (from the date the request was submitted) will be issued.

POOL CLOSURES

Credits and refunds cannot be issued due to unforeseen circumstances, including weather conditions that result in pool closure. We will make every attempt to accommodate for the lesson.

TRANSFERS

Transfers may be available if space allows, but not guaranteed. Transfers are not available after the second day of classes.

MISSED CLASSES

- If you miss a class, we cannot issue refunds or credits or schedule make-up sessions.
- In the event of a temporary facility shutdown for health or safety issues, a refund equal to the value of the canceled class will be issued.

LATE ARRIVALS

As a courtesy to all participants, students who arrive later than 15 minutes after class starts will be unable to join the class.

MINIMUM ENROLLMENT

All classes must have a minimum enrollment. Classes not reaching enrollment will be canceled. In this case, you will have the option of receiving a full refund, a credit, or switching to another similarly priced program or class.

FINANCIAL ASSISTANCE

To apply for Financial Assistance, download an application online or stop by our Membership Desk. We handle all applications confidentially.

PHOTO RELEASE

Photo Release: I hereby irrevocably consent to and authorize the use and reproduction by the YMCA, or anyone authorized by the YMCA, or any photographs which you have this day taken of me or my child, negative or positive, for any purpose whatsoever without compensation to me. All negatives and positives, together with the print, shall constitute the YMCA's property, solely and completely.

I understand and accept the above policies.

X

Parent/Guardian Signature _____ Date _____

OFFICE
USE

Rec'd by _____ Date _____ Entered by _____ Date _____