



SAFETY WITH A SPLASH OF FUN

Sign up today for YMCA Swim Lessons



SAFE SWIMMING SAVES LIVES

Weatherproof your SWIM LESSONS
SHELBY YMCA

The YMCA offers swim lessons for all ages and swim levels, focusing on water safety and technique development. Rain or shine, winter or summer, your swim lessons will be held in a heated indoor pool, taught by caring instructors with guaranteed ratios

GROUP LESSONS

The Y offers a wide range of swimming options. Structured classes are divided by age and skill level and taught by certified instructors who guide with praise and encouragement. Students will improve swimming skill and build confidence in the water and learn personal safety.

Session: **Winter 2: February 24th – April 8th**

Swim Lessons Account #1314

Winter 2: February 24th – April 8th

Name: _____ Age: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Circle ONE

Preschool Classes (Ages 3-5): Members \$30/Non-Members \$80 **

Water Acclimation 1 (**Beginners**) Water Movement 1 (**Intermediate/Advanced**)

School-Age (Ages 6 and up): Members \$30/Non-Members \$80 **

Water Acclimation 2 Water Movement 2 Water Stamina 2/ Stroke Introduction
(**Beginners**) (**Intermediate**) (**Advanced**)

I hereby waive and release any and all injuries or claims related to or connected with my child's participation at the Shelby YMCA in conjunction with the said program.

Parent Signature: _____ Date: _____

For Office Use Only: Date Received: _____ Received by: _____

Payment: Check # _____ Cash Credit Amount \$ _____ Member or Non-Member



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Thank you for choosing the Shelby YMCA. Swimming is a life-long skill that everyone can enjoy, regardless of age. Swimming motivates participants to strive for self-improvement, teaches goal orientation, and cultivates a positive mental attitude and high self-esteem. There is a place for everyone at the Y – anyone at any skill level can take swimming lessons. It is never too late to learn how to swim and to enjoy the water. As part of the Y's commitment to keep swimmers safe in and around the water, the Y encourages children and adults to have fun and enjoy the various benefits of swimming, but to always make safety their first priority.

Preschool

3-5 Years Old (Mondays and Wednesdays 6:00-6:30pm)

Water Acclimation 1 (Pike): Beginner level for Preschool children with little or no previous swim instruction.

Children will learn safe pool behavior, begin getting face wet, floating with support and kicking with support

Water Movement 1 (Eel, Ray, Starfish): For Children who are more comfortable in the water and are beginning to swim independently. Front and back glides will be introduced. They will begin refining strokes and independent swimming along with working on building endurance and refining of their swim strokes.

School-Age

6 Years + (Mondays and Wednesdays 6:30-7:15pm)

Water Acclimation 2 (Polliwog): Beginning level for school-age program. Introduces breath control, front and back paddle with flutter kick.

Water Movement 2 (Guppy): Will build upon previous skills while improving endurance and distance.

Water Stamina 2/Stroke Introduction (Fish, Flying Fish, Shark): Butterfly stroke is introduced. To progress to the next swim level, swimmers must do survival float for 6 minutes, tread water for 3 minutes and swim each stroke 50 meters. Emphasis on endurance swim skills and flip turns are introduced. Swimmer will swim 100 meters of each stroke (except butterfly), learn basic lifesaving skills, and diving techniques. Goggles are recommended.

Shelby YMCA Community Center 111 W. Smiley Ave Shelby, OH 44875 419-347-1312

www.shelbyymca.org