



# JANUARY – MARCH 2019

## SWIM LESSON REGISTRATION FORM

### STUDENT INFORMATION

<b>Student's first name:</b>		<b>Student's last name:</b>	
<b>Student's gender:</b> <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other:		<b>Student's birth date (mm/dd/yyyy):</b>	
<b>Name of parent/caregiver (if applicable):</b>		<b>Y Member?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Home address (city, state, zip code):</b>		<b>Phone:</b>	<b>Email:</b>
<b>Age:</b>		<b>Health Concerns</b>	
<b>Emergency contact:</b>		<b>Emergency phone:</b>	
<b>Has your child ever had a swim lesson before?</b>		Yes _____ No _____	

### PAYMENT INFORMATION

- Cash
- Check
- Credit Card
- Other:

#### How did you hear about this program?

- Y staff member/volunteer
- Media (TV, Web, radio, print, etc.)
- Friend/family member/word of mouth
- School
- Mailing/email communication
- Community-based organization
- Poster/flyer/Y event
- Other, please specify:
- Y's website

### Class Dates:

Session I: Runs week of **January 7- January 31, 2019**

Session II: Runs week of **February 4- February 28, 2019**

Session III: Runs week of **March 4- March 28 ,2019**

(Please **CIRCLE** the session of choice. And **CHECK** the class below.)

<i>Please</i> <b>CIRCLE</b>	Mondays and Wednesdays		6:15pm-6:45pm	<b>SWIM BASICS</b> <i>Preschool 3-5-year old</i>
	Mondays and Wednesdays		7pm-7:30pm	<b>SWIM BASICS</b> - <i>School age 5-12-year old</i>
		Tuesdays and Thursdays	4:45pm-5:15pm	<b>SWIM STARTERS-</b> <i>Parent/ Child (6 mos.-3 years. Accompanied by a parent)</i>
		Tuesdays and Thursdays	5:30pm-6pm	<b>SWIM BASICS WATER ACCLIMATION (3+)</b> <i>this is a child's first experience in the pool without parental assistance. Intro skills and safety</i>
		Tuesdays and Thursdays	6:30pm-7pm	<b>SWIM STROKES</b> - <i>Stroke Development (MUST have basic skills to swim without flotation device)</i>
		Tuesdays and Thursdays	7 pm-7:30pm	<b>SWIM BASICS-Teen &amp; Adults (12+)</b>

**\*COST: \$60 Members /\$80 Non-Members**

**Note:** Registration and full payment are required before classes begin.  
**FAMILIES w/children are asked to use the FAMILY restrooms for changing clothes.**

**Please sign waiver/consent on the reverse page**



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## Waiver/Consent Form

I hereby consent for my child or ward, named on the registration, to participate in YMCA Group swim lessons and agree to release the Beaufort-Jasper YMCA of the Lowcountry, swim instructors and lifeguards from any claims that may arise from injuries suffered by my child or ward during swim instruction. Further, I authorize the Beaufort-Jasper YMCA of the Lowcountry to provide for emergency treatment for illness or injury to my child, if qualified medical personnel consider the treatment necessary and perform treatment. I consent to the release of photos and name of my child as deemed necessary.

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**Parent/Guardian's signature**

**Date**

### **SWIM LESSONS ARE FOR EVERYONE!**

#### **Registration information:**

- ✓ **Formation:** Minimum of 3 students required for class to start.
- ✓ **Schedule:** Classes meet twice a week, for four weeks. 8 classes in total.
- ✓ **Placement:** Students will be grouped the first day of lessons, based upon skill level.
- ✓ **Cancellations:** Missed classes **will not** be made up. If weather or a pool closing forces cancellation of a class, **the class will be made up on a Friday.**

#### **Descriptions:**

There is a reason the Y is referred to as *America's Favorite Swim Instructor*. In Y Swim Lessons, not only are you taught how to swim, but you also learn about yourself, about safety and rescue skills, and about water activities you can enjoy for a lifetime. Instruction is caring and personalized. A variety of classes are available to meet your family's needs.

**SWIM STARTERS -Parent/ Child:** (*child 6 mos- 3yrs. & Adult*). Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. **Children must wear swim diapers - No regular diapers, please.**

**SWIM BASICS WATER ACCLIMATION (3+)** - This is a child's first experience in the pool without parental assistance! Intro skills and safety, the building blocks of swimming, are taught. Games that use basic movements such as kicking, arm strokes, and breath control are implemented.

**SWIM BASICS:** (*Preschool 3-5-year old; School age 5-12-year old; Teen & Adults (12+)*). 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 (Stroke Development)** -Next Level of YMCA swim lessons. 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.