



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SWIM LESSONS MARCH SESSION

CLASSES BEGIN: MARCH 6TH - 29TH

Classes are held Tuesday & Thursday

Classes are 30 mins long

Fees:

Members: \$30.00

Registration begins February 1st

Non-Members: \$50.00

Registration begins February 20th



<u>Time</u>	<u>Level's Offered</u>	<u>Pool</u>
4:30 - 5:00 pm	Pike, Starfish	Family
5:15 - 5:45 pm	Eel, Polliwog	Family
6:00 - 6:30 pm	Starfish, Guppie, Minnow, Fish	Family & Lap

Please write the time and level you are enrolling your child in:

Time: _____ Level: _____

Participants Name: _____

Birthdate: _____

Parent(s) Name: _____

Phone: _____

Address: _____

City/State: _____

Emergency Contact: _____

Phone: _____

Parent Email Address: _____

Parent Permission and Release: I release the YMCA of Ponca City and its coaches/staff/volunteers from all claims if injuries which may be sustained by the above participant in any YMCA sponsored activity. If medical attention is required I give permission for such medical care to be given.

Parent Signature: _____

Office Use Only

Receipt Date: _____ Amount Paid: _____

Receipt # _____

Payment Type: (circle one) Cash Charge Check ABW

Staff Initials: _____

Pre-school classes (Ages 3 to 5 years)

- These classes are not parent involved.
- Class ratio is 6 students to 1 instructor.
- There must be a minimum of 3 children registered in order to host the class.
- Each class is 30 minutes long.

PIKE:

- Beginner Level - NO swimming skills required
- Students will be Introduced to water and swimming
- Students will be taught the basic paddle stroke and kicking skills, pool safety, proper use of PFD's and develop comfort and confidence in the water.

EEL:

- Intermediate
- Ability to put face in water
- Ability to swim with float belt without assistance
- This class introduces front and back paddle skills and breath control.

STARFISH:

- Advanced
- Ability to swim on front and back without a float belt
- Tread water for 30 seconds, must be comfortable swimming under water.
- Students will review previous skills, improve stroke skills, learn personal safety and rescue skills, and build endurance



Youth Levels (Ages 6 to 12 years)

- These classes are not parent involved.
- Class ratio is 1 instructor to 8 students.
- There must be a minimum of 3 children in order to host the class.
- Each class is 30 minutes long.

POLLIWOG:

- No swimming skill requirements, introduction to water and swimming
- Children are acquainted with the pool, use flotation devices, floating, front and back paddle strokes

GUPPIES:

- Ability to swim without float belt the width of the pool,
- Students are introduced to the front and back crawl, sidestroke, breaststroke and elementary backstroke

MINNOW:

- Ability to swim with face in the water,
- Student should have elementary knowledge of front crawl, back crawl, sidestroke and breaststroke.
- Endurance to swim length of pool with multiple strokes
- In this class students will further refine the strokes they have learned and will master the front crawl with face in the water

FISH:

- Know and be able to confidently swim the following strokes, front crawl with rotary breathing, backstroke, breaststroke, sidestroke.
- Ability to tread water for 1 minute
- Endurance to swim multiple lengths of the pool
- Students will be introduced to the dolphin kick and basic butterfly

