



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TEEN & ADULT GROUP SWIM LESSONS

AMERICANA YMCA

- The lessons consist of 8(eight), 30(thirty) minute lessons for each session. Lessons are held Monday- Thursday (if warranted, make-ups will take place on Fridays **Makeups will only take place if lessons are cancelled due to weather**).
- Registration ends at 9:00pm the Thursday before the start of a session.
- **In case of low enrollment (2 or less), classes may be combined or canceled.**
- All payments must be made in advance at Americana YMCA
- Teen and Adult Swim lessons are for people ages 13 years and older

Cost: \$75 members or \$125 program participant

Participant's Name: _____
 Birth date: _____ Age: _____ Gender: _____
 Mailing address: _____
 City: _____ State: _____ Postal Code: _____
 Home phone: _____ E-mail: _____
 Parent's name: _____ Parent's phone: _____
 Parent's name: _____ Parent's phone: _____
 Emergency contact: _____ Emergency contact phone: _____

Choose a Session:

<input type="checkbox"/> Session 1: May 7 th – 17 th	<input type="checkbox"/> Session 5: July 2 nd – 13 th
<input type="checkbox"/> Session 2: May 21 st – 31 st	<input type="checkbox"/> Session 6: July 16 th – July 26 th
<input type="checkbox"/> Session 3: June 4 th – 14 th	<input type="checkbox"/> Session 7: July 30 th – August 9 th
<input type="checkbox"/> Session 4: June 18 th – 28 th	

Choose a level below. Descriptions are located on the back of this form.

Teen/ Adult Level 1	Teen/ Adult Level 2	Teen/ Adult Level 3
<input type="checkbox"/> 10:00 am	<input type="checkbox"/> 10: 00 am	<input type="checkbox"/> 10:00 am
<input type="checkbox"/> 7:00 pm	<input type="checkbox"/> 7:00pm	<input type="checkbox"/> 7:00pm

I would like to sponsor a child/adult/family/senior through the YMCA Annual Support Campaign for an additional ___\$5 ___\$10 ___\$15 ___ Other

Release form:

The YMCA of the Capital Area does not provide accident or medical insurance for program participants. I recognize that participation in YMCA sponsored activities may expose me or my child to risk of injury. I agree to hold the YMCA harmless from any claims, which may occur through participation in any activity at the YMCA or in its programs. In cases of emergency or accident to myself and/or to my child and I am unable to respond or be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for myself and/or my child to an appropriate facility for treatment. As a YMCA participant, I authorize the YMCA to use any images taken of myself and/or my child for promotional purposes of the YMCA. I have read and understand the above information and therefore grant myself and/or my child permission to participate in this YMCA Program in accordance with the conditions set forth above.

Signature of parent or guardian

Date

Teen/Adult Levels 1 & 2 Outcomes: 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. And Jump, push, turn, grab.

Teen/ Adult Level 3 Outcomes: 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.

- **Teen/Adult Level 1 (Water Movement):** Encourages forward movement in water and basic self-rescue skills performed independently. Skills learned include: submerge, front glide, water exit, jumping in, back float, assisted roll, front float, back glide, treading water and swimming unassisted 5 yds.
- **Teen/Adult Level 2 (Water Stamina):** Develops intermediate self-rescue skills performed at longer distances than in previous stages. Skills learned include: submerge, swim on front, water exit, jumping in, swim on back, unassisted roll, treading water and swimming unassisted 25 yds.
- **Teen/ Adult Level 3 (Stroke Introduction):** Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Skills learned include: Endurance, front crawl, back crawl, dive, resting stroke, treading water, breaststroke and butterfly.

Mission: To put Christian principles into practice through programs that build health spirit, mind and body for all.

Americana YMCA

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