Raritan Valley YMCA Summer 2015 Lessons @ Crystal Springs
Register on line @ www.raritanvalleymca.org or by phone 732-257-4114

The YMCA:
The Nation’s Leader in Swim Lessons
We help you build swimming abilities at all levels--whether you’re an absolute beginner learning basic water skills, or preparing for competition-level swimming. Lessons also increase water safety knowledge. Classes are taught by caring, YMCA instructors. Class participants are divided into skill levels and class size is such that the instructor can provide proper instruction.

Registering pre-school and grade school age groups
Fee:
$75.00 for six ½ hour lessons
$112.50 for six 1-hour lessons (Swim School)

- Beginner through advance levels available.
- Each class is 30 minutes long (except 1-hour Swim School) and runs for 6 lessons total.

| Session Dates       | 9:30 am         | 10:00 am         | Classes are held
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<tr>
<td>Pre-session: June 29-July 3 (mini-session, 3 lessons, half-price)</td>
<td>Pike Polliwog Guppy Minnow Swim School (1 hour)</td>
<td>Pike Polliwog Guppy Minnow</td>
<td>Monday, Tuesday, Wednesday (2 week sessions). Thursday and Friday are reserved for make-ups</td>
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<td>Session 1: July 6-15</td>
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<td>Session 2: July 20-29</td>
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<td>Session 3: Aug. 3-12</td>
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Class descriptions of each swim level are listed on the next page.

All families taking swim lessons must exit the pool area after lessons and re-enter as Crystal Springs members or paid visitors.

Swimming is a life time skill and learning to swim properly does not occur in 6 lessons. Each child progresses differently and repetition of skills is needed to develop true swim strokes.

Location: Crystal Springs Aquatic Center
380 Dunham’s Corner Road
East Brunswick, NJ 08816
 Register with: Raritan Valley YMCA
144 Tices Lane, EB
732-257-4114
raritanvalleymca.org

Directions: www.mapquest.com or contact the YMCA Information Desk

REFUND POLICY: A full refund will only be issued if a member withdraws 7 days prior to the first day of class. If a member withdraws from class after this date, no refund will be issued. Memberships are non-refundable. The membership is good for other programs at the YMCA.
Swim Lesson Requirements by Swim Level

* Read below to determine the proper placement of your swimmer *

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Pre-School (ages 3-5 years old)

Pike
- An introductory class for beginners 3-5 years
- No pre-skills required

School Age (ages 6-12 years old)

Polliwog
- For beginners 6 to 12 years
- No pre-skills required

Guppy-(Next level upon successful completion of the above classes)
- Can submerge comfortably
- Is able to paddle stroke for 15 feet on their front with face in water
- Do backstroke for 10 feet
- Can back float on own for 10 seconds

Minnow-(Advanced level before Swim School)
- Must be able to swim front crawl with rotary breathing
  - Able to swim in deep water
  - Can swim back crawl for 25 yards
  - Able to tread water for 2 minutes
  - Survival float for 3 minutes

Swim School (1 hour class) Pre-team Skills
- Focus is on building endurance
- Perfecting strokes
- Starts and turns through drills and swim set that focuses on each part of the competitive stroke.

INFORMED CONSENT AND RELEASE FOR FACILITY USE AND HEALTH WAIVER

I agree that the YMCA & Crystal Springs shall not be responsible for any personal injuries or losses sustained by me or my family while on premises, or as a result of any YMCA- Crystal Springs sponsored activities. I further agree to indemnify and hold harmless the YMCA & Crystal Springs from any claims or demands arising out of any such injuries or losses. The undersigned hereby releases, waives, discharges and covenants not to sue the YMCA, Crystal Springs, its directors, officers, employees, and agents from any claims for injury, illness, death, loss or damage that may be suffered as a result of participation in these activities. The undersigned assumes all risk for participation in YMCA & Crystal Springs activities. The undersigned acknowledges that a physician should be consulted prior to participating in any physical activity or program. I have read and understand the above policies. If I, or a member of my family have a Medical condition, I will make YMCA staff aware of prior to enrolling in class.

_________________________  __________________________
Guardian  Date