

March 2017



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF CENTRAL FLORIDA SWIM ACADEMY

Mondays/Wednesdays

February 27th – March 29th
No Lessons week of Spring Break

PRESCHOOL

Stage 1	10:30am 3:30pm
Stage 2	11:10am 4:10pm
Stage 3	4:50pm
Stage 4	5:30pm

SCHOOL AGE

Stage 1	5:00pm
Stage 2	5:55pm

Y Member: \$75

Y Programs Only: \$150

Registration ends February 22, 2017

Tuesdays/Thursdays

February 28th – March 30th
No Lessons week of Spring Break

PRESCHOOL

Stage 1	4:50pm
Stage 2	3:30pm
Stage 3	4:10pm
Stage 4	5:30pm

SCHOOL AGE

Stage 2	5:00pm
Stage 3	5:55pm
Stage 4	6:50pm
Stage 5	6:10pm

Y Member: \$75

Y Programs Only: \$150

Registration ends February 23, 2017

Parent/Child classes will be available during our April Saturday session.

Private Lessons

6–30min sessions / Y Member: \$200

Add a 2nd Y Member: \$75

Questions? Contact Ramana Lewis • rlewis@cfymca.org • 407-644-1509

Winter Park YMCA • 1201 N. Lakemont Ave • Winter Park, FL • 32792

CLASSES	AGE	CLASS DESCRIPTION
Parent/Child Water Discovery	6 – 36 months	Parents accompany infants and toddlers in the water to explore the aquatic environment.
Parent/Child Water exploration	6 – 36 months	Parents accompany infants and toddlers in the water to explore body positions, floating, blowing bubbles, and fundamental safety skills
Preschool Stage 1 Water Acclimation	3 – 5 years	Through water exploration students learn to be comfortable, breath holding and basic safety skills.
Preschool Stage 2 Water Movement	3 – 5 years	Students begin to learn how to move in the water, float, change direction and exit safely.
Preschool Stage 3 Water Stamina	3 – 5 years	Students learn to swim longer by incorporating swim-float-swim technique.
Preschool Stage 4 Stroke Introduction	3 – 5 years	Stroke technique on front and back crawl, breaststroke and butterfly are introduced, begin to tread water.
School Age Stage 1 Water Acclimation	5 – 12 years	Through water exploration students learn to be comfortable, breath holding and basic safety skills.
School Age Stage 2 Water Movement	5 – 12 years	Students begin to learn how to move in the water, float, change direction and exit safely.
School Age Stage 3 Water Stamina	5 – 12 years	Students learn to swim longer by incorporating swim-float-swim technique.
School Age Stage 4 Stroke Introduction	5 – 12 years	Stroke technique on front and back crawl, breaststroke and butterfly are introduced, begin to tread water.
School Age Stage 5 Stroke Development	5 – 12 years	Continued work on technique in all competitive strokes and water safety.
School Age Stage 6 Stroke Mechanics	5 – 12 years	Refinement of competitive strokes and turns, endurance training and water safety. Preparation to join YCF recreational swim team.
Private Lessons & Semi Private Lessons (Y-Members Only)	3+	Individually tailored learning through specific goals and learning outcomes. For all ages and abilities.

For more information, contact our Aquatics department.

rlewis@cfymca.org | 407.644.1509

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SWIM ACADEMY REGISTRATION FORM

Participant name: _____

Parent name: _____ Phone number: _____

Address: _____

Email address: _____

Emergency Contact & Number: _____

Participant Age: ___ DOB: ___/___/___ M/F ___ Y-Member ___ Non Member ___

Days (check one): ___ M/W (\$75/\$150) ___ T/TH (\$75/\$150) ___ SAT (\$38/\$75)

Start Date: _____ Lesson Time: _____

Level (check one): **Preschool** : Stage 1 2 3 4 **School Age**: Stage 1 2 3 4 5 6

Waiver

I understand that the YMCA of Central Florida assumes no responsibility for injuries or illness which the participant may sustain as a result of his/her physical condition or resulting from his/her athletic activities, the aquatic program, the use on any equipment, exercise, or other activities. I expressly acknowledge on behalf of myself that I assume the risk for any and all injuries and illnesses, which may result from my child's participation in these activities. I hereby release and discharge the YMCA of Central Florida, its agents, servant and employees from any and all claims for injury, illness, death and loss or damage which the participant may suffer as a result of his/her participation in these activities. I understand that the YMCA of Central Florida is not responsible for personal property lost or stolen while a member and/or program participant on Central Florida premises. I give my permission to the Central Florida YMCA to use, without limitation of obligation, photographs, film footage, or tape recordings, which may include a family's image or voice for the purpose of promoting or interpreting YMCA of Central Florida programs. **All registrations are final. Full refund will be given before the start of the first class, and no refunds will be given after the second class. A 75% refund less a \$10 fee may be given before the start of the second class.** We will make every attempt to make up weather related lesson cancellations as needed. Classes cancelled by the Y due to instructor illness will be rescheduled. Participant absences will not result in a refund, no makeups will be offered. **Weather cancellations will not result in refund.**

Make-ups –take place typically on the following Friday at the normal lesson time. Further arrangements will be made if Friday rains out.

Signature: _____

Date: _____

Would you like to help support the Scholarship Fund with a donation? YES NO

----- FOR OFFICE USE ONLY -----

Amount paid: _____ Scholarship Amount: _____ Date: ___/___/___

Cash: _____ Credit _____ Check #: _____ Staff Initials: _____

Source Code: _____ Member #: _____

Please complete the registration form and return to the Membership Desk.

Winter Park YMCA **407-644-1509** or e-mail rlewis@cfymca.org