



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF CENTRAL FLORIDA SWIM ACADEMY

MONDAY - THURSDAY (two week session)

SESSION DATES

Jun 5 - Jun 15	Jun 2
Jun 19 - Jun 29	Jun 16
Jul 3 - Jul 13	Jul 15
Jul 17 - Jul 27	Jul 14

**Registration
Deadline***

No Class on the 4th of July

(All Classes are 30 minutes in length)

Parent/Child Lessons: Ages 6-36mon.

Mon-Thurs

Parent/Child: 10:30 AM

Preschool Lessons: Ages 3-5yrs

Mon-Thurs

(Beginners) Pike: 9:00 AM or 9:30 AM
(Interm/Advan) Eel/Ray: 11:00 AM

Youth Lessons: Ages 6-12yrs

Mon-Thurs

(Beginners) Polliwog: 9:30 AM
(Interm/Advan) Guppy/Minnow: 11:45 AM

Teen/Adult Lessons: Ages 13 & Up

Mon-Thurs

Teen/Adult: 9:15 AM

REGISTRATION FEE

Weekday-8 classes

\$50 Members

\$100 Non-Members

MON & WED or TUES & THUR (four week session)

SESSION DATES

May 1 - May 25	Apr 29
May 30 - Jun 22	May 27
Jun 26 - Jul 20	Jun 24
Jul 24 - Aug 17	Jul 22

(no classes Memorial Day or Jul 4th)

**Registration
Deadline***

Class times & age groups are listed below

(All Classes are 30 minutes in length)

Preschool Lessons: Ages 3-5yrs

Mon & Wed

(Beginners) Pike: 5:15 PM or 6:00 PM
(Interm/Advan) Eel/Ray: 6:30 PM

Tue & Thurs

(Beginners) Pike: 5:15 PM or 6:30 PM
(Interm/Advan) Eel/Ray: 6:00 PM

Youth Lessons: Ages 6-12yrs

Mon & Wed

(Beginners) Polliwog: 5:00 PM or 6:45 PM
(Interm/Advan) Guppy/Minnow: 6:00 PM

Tue & Thurs

(Beginners) Polliwog: 5:00 PM or 6:45 PM
(Interm/Advan) Guppy/Minnow: 6:00 PM

Teen/Adult Lessons: Ages 13 & Up

Tue & Thurs

Teen/Adult: 7:00 PM

REGISTRATION FEE

Weekday-8 classes

\$50 Members

\$100 Non-Members

SATURDAYS (four week session)

SESSION DATES

May 6 - May 27	May 5
Jun 3 - Jun 24	Jun 2
Jul 1 - Jul 22	Jun 30
Jul 29 - Aug 19	Jul 28

**Registration
Deadline***

(All Classes are 30 minutes in length)

Parent/Child Lessons: Ages 6-36mon.

Saturday

Parent/Child: 9:30 AM

Preschool Lessons: Ages 3-5yrs

Saturday

(Beginners) Pike: 10:00 AM
(Interm/Advan) Eel/Ray: 10:30 AM

Youth Lessons: Ages 6-12yrs

Saturday

(Beginners) Polliwog: 10:00 AM
(Interm/Advan) Guppy/Minnow: 11:00 AM

Teen/Adult Lessons: Ages 13 & Up

Saturday

Teen/Adult: 9:15 AM

REGISTRATION FEE

Saturdays-4 classes

\$25 Members

\$50 Non-Members

WAYNE DENSCH YMCA FAMILY CENTER

870 N. Hastings St., Orlando, FL 32808. 407.299.4350

*\$10 late fee after the registration deadline



Parent Child Lessons: Ages 6 months-3 years

This introductory course is designed to help develop a sense of comfort in the water utilizing songs, games and activities with parents and the instructor.

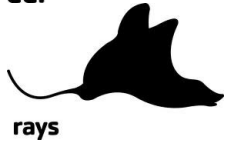


Preschool Lessons: Ages 3-5

Prerequisites: Must be at least 3 years of age or turning 3 during the time frame of the class.



Prerequisites: Has passed Pike with instructors signature OR is able to jump into shallow end of pool without assistance, can back float for 10 seconds without assistance, can blow bubbles in the water, is able to perform 5 full bobs, swims from wall to flags without assistance.



Prerequisites: Has passed Eel with instructors signature OR is able to jump into deep end of pool without assistance, can roll from front to back and from back to front independently, can blow bubbles out of nose, swim freestyle independently across shallow end, is able to kick on back.

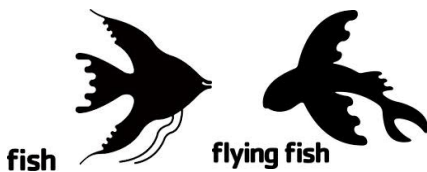
Youth Lessons: Ages 6-12



Prerequisites: Must be at least 6 years of age OR is turning 6 during the time frame of the class



Prerequisites: Has passed Polliwog with instructors signature OR can roll from front to back and from back to front independently, is able to consistently streamline off walls, can blow bubbles out of nose, can swim freestyle independently across shallow end, and can swim backstroke independently across shallow end



Prerequisites: Has passed Guppy/Minnow with instructors signature OR is able to dive into deep end is able to consistently rotary breath during freestyle, swims freestyle independently the entire length of the pool, swims backstroke independently the entire length of the pool, swims breaststroke independently across shallow end

Teen/Adult: Ages 13 and up

The focus of this class is basic stroke technique and development for teens and adults with little to no experience with swimming.

YMCA Swim Lessons FAQ

Its Raining at my house! Do I still have lessons?

Yes! Only in the event of lighting or unforeseen circumstances which forces the YMCA cancel lessons will your lessons be made up. All lessons will be made up on Friday of that same week, at the exact time of your swim lessons.

Where do parents sit?

Parents, please sit near the fences away from the pool while the lesson is in session. The instructors will not leave the pool in the event that your participant needs help in the restroom. No parent is allowed to sit on the side of the pool during lessons.

Additional questions?

If you have additional questions, please contact Smullens@cfymca.org or 407-656-6430.



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Aquatic Registration Form

Participant' Name _____ D.O.B. _____ Age _____ MALE/FEMALE

Address _____ City _____ State/zip _____

Cell phone: _____ Email _____

Father's name _____ Cell phone: _____ Email _____

Mother's name _____ Cell phone: _____ Email _____

Allergies, medical conditions _____

Registration:

Start Date: _____ Lesson Time: _____

Level (circle one): Parent Child Pike Eel Ray Polliwog Guppy/Minnow Fish/Flying Fish Adult

Days: M-TH M/W T/ TH SAT

Refunds are given in the form of program credit ONLY. If unable to attend the registered session, a program fee credit minus a \$10 transfer fee to other programs will be awarded if cancellation is posted at the YMCA one week prior to the first day of class. Refunds will only be honored if a written doctor's excuse is submitted within 24 hours of class meeting. Refunds are subject to a \$25 administrative fee and a prorated balance for class attendance.

Agreement (Please initial on each line)

_____ I hereby confirm that the participant listed is in normal health and capable of safe participation in this aquatic program. I assume all risk(s) and hazards incidental to the conduct of this program. I hereby authorize the YMCA to obtain medical treatment for the participant listed above in the event that a parent and the emergency contact cannot be reached.

_____ I understand that make up lessons are only given if the YMCA cancels the lessons. If I miss a lesson for any other reason other than the YMCA canceling the lesson it will not be made up.

_____ I understand that the program fee must be paid and turn in with the registration form before the deadline to be able to participate. The fee is non-refundable if the participant listed is unable to attend. I am also aware of the refund policy stated forth by the YMCA.

_____ I give my consent for full participation in the aquatic program for which the participant is registered. I accept the risk incidental to this activity and do hereby release the Central Florida YMCA, its employees, volunteers, directors, members, and guest of any liability or negligence resulting from an accident or injury incurred while participating in this activity.

Participant's Signature (Under 18 must have Guardian's Signature)

Date

<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit			For Office Use Only:	Amount Paid: _____
Date: _____		Staff: _____		