



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF CENTRAL FLORIDA SWIM ACADEMY

NURTURING THE NEXT GENERATION
OF STRONG, CONFIDENT SWIMMERS



For more information, contact the Aquatics Director:

Mike Platta, MPlatta@cfymca.org



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YMCA OF CENTRAL FLORIDA SWIM ACADEMY

CLASS NAME	AGE	What the child needs to be able to do to be placed in this class	What will be worked on in this class
Parent/Child Swim Lesson Water Discovery	6 – 36 months	Child must have solid head control and can sit upright with support from hands.	The instructor works with parent so that the child becomes oriented to the water. Skills such as breath control, kicking and body position are introduced through songs and games.
Parent/Child Swim Lesson Water Exploration	6 – 36 months	Child must have solid head control and can sit upright with support from hands.	The instructor works with parent so that the child becomes oriented to the water. Skills such as breath control, kicking and body position are introduced through songs and games.
Preschool Safe Start Bridge Swim Lesson	6 – 36 months	Child must have completed at least one full session of Safe Start plus a refresher as well as a recommendation from a Safe Start Instructor.	The instructor will continue to focus on elementary water skills while maintaining Safe Start survival criteria.
Stage 1 Water Acclimation	3-5 years 6-12 years	Child is comfortable in the water, is able to put face in the water, can swim 5 feet unassisted and float for 20 seconds.	The instructor will work on: submerging, front glide, water exits, back and front floats, back glides, and swim/float/swim skills.
Stage 2 Water Movement	3-5 years 6-12 years	Child can swim independently at least 15 feet without flotation and can float for 20 seconds by themselves.	The instructor will work to improve form in swimming on front, treading water, jump/push/turn/grab skills and the Water Acclimation skill set.
Stage 3 Water Stamina	3-5 years 6-12 years	Child can swim 40 feet without assistance while using rhythmic breathing. Child has the ability to tread water and float for 30 seconds by themselves.	The instructor will work on improving endurance by swimming 15 yds on front and back, treading water for 1 min and the swim/float/swim skills for 25 yds.
Stage 4 Stroke Introduction	6- 12 years	The beginner swimmer, children who are first being introduced to the water, may not like getting their face wet or rely on flotation are best placed in this class.	The instructor will work to develop stroke skills including front and back crawl, breaststroke and butterfly, resting strokes and diving introduction.
Stage 5 Stroke Development	6-12+ years	Child is comfortable in the water, can swim 40 feet without flotation, can tread water and float for 30 seconds.	The instructor will work on building endurance and technique with all strokes and turns as well as improve personal safety and diving.
Stage 6 Stroke Mechanics	6-12+years	Child must be able to swim 50 yards of Front Crawl, Backstroke, Breaststroke, and 25 yards of Butterfly.	The instructor will work on building endurance and technique with all strokes and turns as well as improve personal safety and diving.
Competition	6-12+ years	Child must be able to swim 50 yards of Front Crawl, Backstroke and Breaststroke. Child must have endurance to swim 150 yards with any combination of strokes.	The instructor will work on technique and endurance of all strokes. Competitive stroke and turn technique are refined.
Leadership/ Recreation	6-12+ years	Child must be able to swim 50 yards of Front Crawl, Backstroke, Breaststroke, Elementary Backstroke and Butterfly.	The instructor will continue work on technique and endurance of all strokes, introduce bilateral breathing and refine flip turns. Lifesaving skills are introduced.

LAKE NONA YMCA | SWIM ACADEMY

SESSION DATES

4 week sessions:

Monday/Wednesday

6/5 – 6/28

7/3 – 7/26

8/7 – 8/30

Tuesday/Thursday

6/6 – 6/29

7/6 – 7/27

8/8 – 8/31

Saturday

6/3 – 6/24

7/8 – 7/29

8/5 – 8/26

Monday/Wednesday

Y member: \$75

Non-member: \$150

Preschool

Stage 1	3:30	5:00	6:15
Stage 2	3:30	5:00	6:15
Stage 3	4:15	5:45	
Stage 4	4:15	5:45	

School Age

Stage 1	4:00	6:00
Stage 2	4:00	6:00
Stage 3	5:00	
Stage 4	5:00	

Tuesday/Thursday

Y member: \$75

Non-member: \$150

Preschool

Stage 1	3:30	5:00	6:15
Stage 2	3:30	5:00	6:15
Stage 3	4:15	5:45	
Stage 4	4:15	5:45	

School Age

Stage 1	4:00	6:00
Stage 2	4:00	6:00
Stage 3	5:00	
Stage 4	5:00	

Saturday

Y member: \$38

Non-member: \$75

Preschool

Parent Child	9:45
Stage 1	10:30
Stage 2	11:15
Stage 3/4	12:00

School Age

Stage 1	10:00
Stage 2	11:00
Stage 3/4	12:00
Teen/Adult	9:00

TWO WEEK POWER SESSIONS:

6/5-15

6/19-29

7/3-13

7/17-27

7/31-8/7

Monday-Thursday

Preschool

Y member: \$75

School Age

Non-member: \$150

Stage 1	9:00	10:15
Stage 2	9:30	
Stage 3	11:00	
Stage 4	11:45	

Stage 1	9:00	10:30
Stage 2	9:45	
Stage 3	11:15	
Stage 4	12:00	



YMCA OF CENTRAL FLORIDA SWIM ACADEMY

Participant: _____ DOB: _____ Age: _____ Gender: M / F

Member: Yes / No

Address: _____ City/St: _____ Zip: _____

Parent/Guardian: _____ Email: _____ Phone #: _____

Parent/Guardian: _____ Email: _____ Phone #: _____

Emergency Contact: _____ Phone #: _____

Start Date: _____ Lesson Time: _____ Days (circle one): M-TH M/W T/TH SAT

LEVEL (Circle One): Parent Child A Parent Child B Teen/Adult

Preschool: Stage 1 - Stage 2 - Stage 3 - Stage 4 (Child must be age 3-5)

School Age: Stage 1 - Stage 2 - Stage 3 - Stage 4 - Stage 5 (Child must be age 6-12)

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, and no refunds will be given once the first class has begun.**

Make-ups - We do not offer make-ups for illness or absences; we will only hold make-ups due to inclement weather. If your class is affected, you will receive notice by an aquatic staff member informing you of the make-up day and time. If you cannot attend that designated make-up there will not be another opportunity.

Acceptance - I acknowledge the waiver set forth above, and being in sympathy with the Mission Statement of the YMCA of Central Florida, agree to sign this waiver.

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. Contact the Aquatics Department at [407-852-3520](tel:407-852-3520), or e-mail MPIatta@cfymca.org