



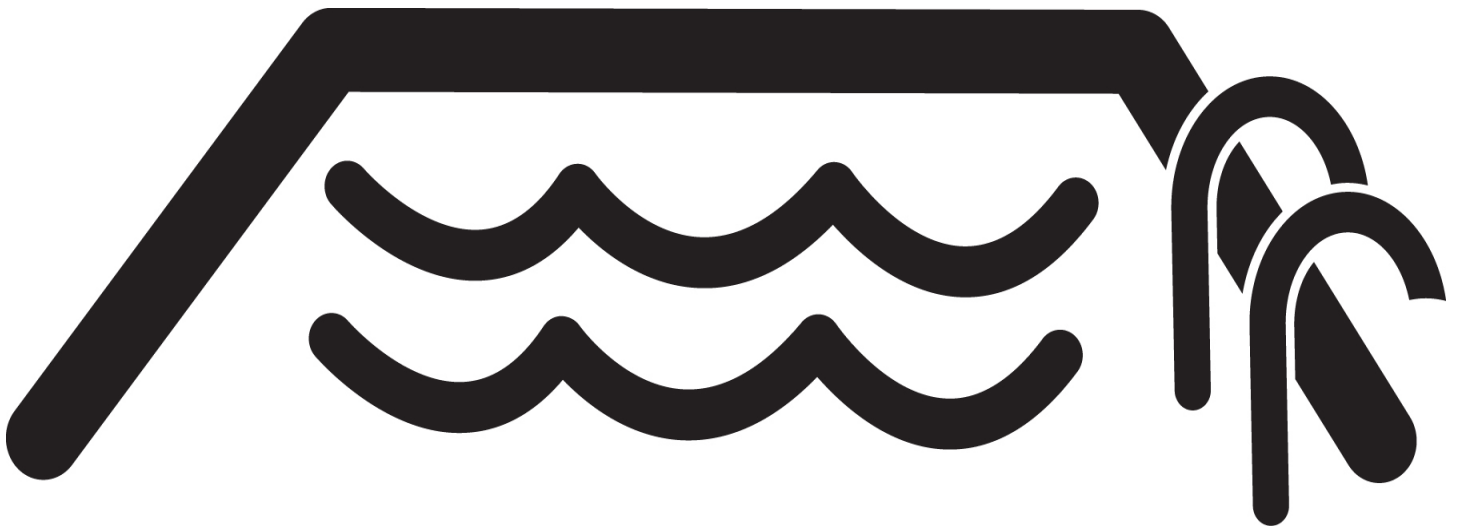
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANDOLPH YMCA

Swim Lessons

Fall 2017

September 10–November 18 (10-weeks)



REGISTRATION INFORMATION

Early Bird Registration: August 14–28

Full Member: **\$150** Basic Member: **\$190**

Registration: Effective August 29

Full Member: **\$180** Basic Member: **\$220**

Swim Fit fees are different from regular swim lesson fees.

Randolph YMCA
14 Dover Chester Road
Randolph, NJ 07869
(973) 366-1120

FALL SWIM LESSON SCHEDULE

MONDAY

4:45-5:25 pm-MP
4A (5-8) Stroke Intro.
4B (9-14) Stroke Intro.
5 Stroke Development

5:30-6:10 pm-MP
4A (5-8) Stroke Intro.
4B (9-14) Stroke Intro.
6 Stroke Mechanics

TUESDAY

4:45-5:25 pm-WWP
1 Water Acclimation
2 Water Movement
3 Water Stamina

5:30-6:10 pm-WWP
1 Water Acclimation
2 Water Movement
3 Water Stamina

6:15-6:55 pm-WWP
1 Water Acclimation
3 Water Stamina
4B (9-14) Stroke Intro.

WEDNESDAY

4:45-5:25 pm-WWP
1 Water Acclimation
2 Water Movement
3 Water Stamina

5:30-6:10 pm-WWP
4A (5-8) Stroke Intro.
4B (9-14) Stroke Intro.

6:15-6:55 pm-WWP
1 Water Acclimation
3 Water Stamina
4B (9-14) Stroke Intro.

THURSDAY

11:00-11:30 am-WWP
A Water Discovery

11:30-12:00 pm-WWP
B Water Exploration

FRIDAY

4:20-5:00 pm-MP
4A (5-8) Stroke Intro.
5 Stroke Development
6 Stroke Mechanics

4:20-5:00 pm-WWP
1 Water Acclimation
2 Water Movement
3 Water Stamina

5:05-5:45 pm-MP
4B (9-14) Stroke Intro.
5 Stroke Development
5 Stroke Development

5:05-5:45 pm-WWP
1 Water Acclimation
3 Water Stamina
4A (5-8) Stroke Intro.

5:50-6:30 pm-MP
4B (9-14) Stroke Intro.
5 Stroke Development
5 Stroke Development

5:50-6:30 pm-WWP
1 Water Acclimation
3 Water Stamina
4A (5-8) Stroke Intro.

6:35-7:15 pm-WWP
1 Water Acclimation
2 Water Movement
3 Water Stamina

SATURDAY

8:00-8:30 am-WWP
 Adult Beginner
 Adult Intermediate

8:30-9:00 am-WWP
 Adult Beginner
 Adult Intermediate

9:10-9:50 am-MP
4A (5-8) Stroke Intro.
4B (9-14) Stroke Intro.

9:10-9:50 am-WWP
B Water Exploration
1 Water Acclimation
1 Water Acclimation

10:00-10:40 am-MP
4A (5-8) Stroke Intro.
5 Stroke Development
6 Stroke Mechanics

10:00-10:40 am-WWP
A Water Discovery
1 Water Acclimation
3 Water Stamina

10:50-11:30 am-MP
4A (5-8) Stroke Intro.
5 Stroke Development
5 Stroke Development

10:50-11:30 am-WWP
A Water Discovery
1 Water Acclimation
3 Water Stamina

11:40-12:20 pm-MP
4B (9-14) Stroke Intro.
6 Stroke Mechanics

11:40-12:20 pm-WWP
B Water Exploration
2 Water Movement
3 Water Stamina

SWIM FIT*

Sundays
 2:30-3:30 pm MP

Tuesdays
 4:00-5:00 pm MP

Wednesdays
 4:00-5:00 pm MP

Thursdays
 4:00-5:00 pm MP

Swim Fit is for the swimmer looking to improve their skills or just stay in shape. The focus will be on stroke technique, racing skills, endurance and fitness. Swimmers will be given the same instruction as our swim team to prepare them for competition in the future.
Choose from 1-4 days per week.

Full Members:
1 day: \$180
2 days: \$340
3 days: \$480
4 days: \$600

Basic Members
1 day: \$220
2 days: \$420
3 days: \$600
4 days: \$760

Registration page for Swim Fit is on Page 4.

Classes require a minimum of 3 participants.

Video recording & photography is prohibited in the aquatic center.



Membership Account # _____ Exp. Date _____ Membership Category: _____

Date: _____ Staff Initials: _____

RANDOLPH YMCA Fall 2017
SWIM LESSON Registration Form
September 10-November 18

Participant's Last Name: _____ First Name: _____

Sex: M / F (circle one) Date of Birth: ____/____/____ Home Phone #: _____

Parent/Guardian Name: _____ Cell Phone #: _____

Address: _____ City: _____ Zip: _____

Email: _____ Would you like to be on our email list? YES NO
Please write clearly.

Registering for : _____
(Name Of Swim Class)

1st Choice: Day: _____ Time: _____

2nd Choice: Day: _____ Time: _____

**If you are interested
in private swim lessons,
contact Sara Mabb x31**

Early Bird Registration: August 14-28

FULL: \$150 _____ BASIC: \$190 _____ Add or Renew Basic Membership: \$75 TOTAL: _____

Registration Fees: EFFECTIVE August 29

FULL: \$180 _____ BASIC: \$220 _____ Add or Renew Basic Membership: \$75 TOTAL: _____

For class confirmation, you may call the Front Desk (973) 366-1120 starting September 7, 2017
IF YOU HAVE A CREDIT, PLEASE WRITE A REMINDER NOTE WITH CLASS NAME, DAY & TIME OF CLASS CREDIT.

PAYMENT

_____ CASH

_____ CHECK

_____ CREDIT CARD

_____ Credit Card # _____ Exp. Date _____ CVV Code _____ Name Of Card Holder _____

"I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as persons or parents transporting participants to and from activities from any claims or injury sustained during my use of the YMCA property." I also understand that no make ups or refunds will be given for classes missed due to vacation, illness or personal reasons.

By signing below, I am agreeing to the above statement.

Signature: _____

Print Name: _____ Date: _____



Membership Account # _____ Exp. Date _____ Membership Category: _____

Date: _____ Staff Initials: _____

RANDOLPH YMCA Fall 2017

SWIM FIT Registration Form
September 10-November 16

Participant's Last Name: _____ First Name: _____

Sex: M / F (circle one) Birthdate: ____/____/____ Home Phone #: _____

Parent/Guardian Name: _____ Cell Phone #: _____

Address: _____ City: _____ Zip: _____

Email: _____ Would you like to be on our email list? YES NO

PLEASE CHOOSE YOUR REGISTRATION BY MEMBERSHIP STATUS AND NUMBER OF DAYS

ONE DAY: FULL MEMBERS: \$ 180 BASIC MEMBERS: \$ 220 Add or renew basic membership: \$75 _____

TWO DAYS: FULL MEMBERS: \$ 340 BASIC MEMBERS: \$ 420 Add or renew basic membership: \$75 _____

THREE DAYS: FULL MEMBERS: \$ 480 BASIC MEMBERS: \$ 600 Add or renew basic membership: \$75 _____

FOUR DAYS: FULL MEMBERS: \$ 600 BASIC MEMBERS: \$ 760 Add or renew basic membership: \$75 _____

Please circle your day choices: **TUESDAYS** 4:00-5:00 pm **WEDNESDAYS** 4:00-5:00 pm **THURSDAYS** 4:00-5:00 pm **SUNDAYS** 2:30-3:30 pm

TOTAL: \$ _____

***FULL MEMBERSHIP:** Family, (annual, 6-months, monthly), Single Parent Family (annual, 6-months, monthly) Adult (annual, 6-months, monthly), Young Adult (annual, 6-months, monthly) Youth (annual, 6-months, monthly)

***BASIC YOUTH:** Basic Youth membership allows for class registration only and only entitles participant to come on the day/time of their assigned class.

PAYMENT

_____ **CASH**

_____ **CHECK**

_____ **CREDIT CARD**

_____ Credit Card # _____ Exp. Date _____ CVV Code _____ Name Of Card Holder _____

"I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as persons or parents transporting participants to and from activities from any claims or injury sustained during my use of the YMCA property."

I also understand that no make ups or refunds will be given for classes missed due to vacation, illness or personal reasons.

By signing below, I am agreeing to the above statement.

Signature: _____

Print Name: _____ Date: _____

SWIM CLASS DESCRIPTIONS

SWIM STARTERS

A: WATER DISCOVERY (6 mos.-2 years) Introduces infants and toddlers to the aquatic environment.

B: WATER EXPLORATION (ages 2-5) Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

1: WATER ACCLIMATION (ages 3-5) Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2: WATER MOVEMENT (ages 4-6) Encourages forward movement in water and basic self-rescue skills performed independently.

3: WATER STAMINA: (ages 6-12) Develops intermediate self-rescue skills performed at longer distances than in previous stages

SWIM STROKES

4A: STROKE INTRODUCTION (ages 5-8) This stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

4B: STROKE INTRODUCTION (ages 9-14) This stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5: STROKE DEVELOPMENT (ages 6-14) This stage introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6: STROKE MECHANICS (ages 6-14) This stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

ADULT SWIM LESSONS (ages 15 & older)

Adults learn the fundamentals of swimming and are introduced to the water in a safe & comfortable environment. As you progress to the next level, technique and endurance are focused upon. Lessons are tailored to fit each individual's needs.

BEGINNER: Learn to feel comfortable in the water. Skills introduced include front float, front paddle stroke, back float, treading and elementary backstroke.

INTERMEDIATE: This class introduces rotary breathing, over arm backstroke and elementary backstroke.

SWIM EVALUATIONS

If you have been out of lessons for 1 or more sessions or are new to our swim program, you will need to have your child evaluated for proper swim class placement. **Call Sara at x31 to schedule your swim evaluation.**

Call the front desk at 973 366 1120 starting September 7 for class placement.

HOW TO REGISTER FOR SWIM LESSONS:

- Registrations are processed in the order in which they are received. Swimmers from the previous session get priority for 1 week (the last week of the session they are in)
- No confirmations are automatically sent to students when your first choice of class is met. Your swimmer will be entered in the first choice class.
- If your first choice of class is filled, but your second choice is available, your swimmer will be placed in that class and you will be notified of that via email or phone.
- If neither your first or second choice of class is available, you will be contacted to make another selection.
- Feel free to call the Y on or after September 7 to confirm your class placement.

YOU WILL ONLY BE CONTACTED IF YOU DO NOT GET INTO YOUR FIRST CHOICE OF A SWIM LESSON.

IMPORTANT NOTES TO REMEMBER

1. During lessons, if you plan to leave the pool deck to work out (full members only) or sit in the lobby, please sign out with our deck supervisor to let them know where you will be. **PARENTS WITH CHILDREN UNDER 12 YEARS OLD MUST REMAIN ON THE POOL DECK.**
2. Children are **NOT** permitted in the Mens or Womens Locker Rooms. If you are bringing a child for swim lessons, you must use the Boys or Girls Locker Rooms. There are two family changing stalls available, one on the Main Pool Deck and one on the Warm Water Pool Deck.
3. Please be advised that all traffic to and from the Aquatic Center is through the locker rooms **ONLY**. Once you exit the locker room, please wait on the Main Pool Deck for your child's instructor. Instructors will place a flotation device on your child if necessary and will then escort them to the proper pool location. Parents **MUST** pick up children on the Main Pool Deck at the entrance of the Warm Water Pool at the end of their lesson. Parents **MUST** stay in the building during the length of their child's lesson (if under the age of 14). There is no observation on the Warm Water Pool Deck. Viewing through the Main Pool windows will be permitted during the first week of lessons. For the remainder of the session, parents/guardians **MUST** wait for their child on the Main Pool Deck bleachers. Thank you for your anticipated cooperation.
4. **VINYL OR RUBBER PANTS ARE REQUIRED IN THE POOL** for children wearing diapers. The rubber or vinyl diaper is wore **UNDER** their swimsuit **OVER** their diaper. It is required by the Randolph Township Health Department. These pants **MUST** have elastic around the legs. Mandatory for both swim lessons & family swim. Without the vinyl or rubber pants, child will not be permitted to swim. Vinyl or rubber pants are available for purchase at the front desk for \$5.
5. Swimmers with hair at shoulder length must have it tied back with a hair tie. If a swimmer has hair longer than shoulder length, it must be pulled up into a swim cap. (Swim caps are available for purchase at the front desk, \$5)
6. Strollers are **NOT** permitted on the pool deck.
7. The Randolph YMCA is a glass free facility, inside & out. No glass of any kind is permitted on the YMCA premise.
8. Cell phones are **NOT** allowed in the locker rooms.
9. No video or photography is allowed in the Aquatic Center.
10. Food & gum are prohibited on the pool deck. Water only.
11. **FOR PARENT/CHILD CLASSES ONLY:** If the parent is an Adult Member, a Basic Youth Membership is not needed for the child, but only the parent who is a member may bring the child to the class. The Full Member rate will be charged for the lesson fee.

Y POLICIES

- **NO** makeups, credits, or refunds will be given for classes missed due to vacation, illness or personal reasons.
- All class participants require a membership at the Randolph YMCA
- Membership **MUST** be current throughout the duration of the session
- Please call the front desk for membership information or check our website www.randolphymca.org
- Registration is required for ALL classes
- Registration forms will not be accepted without membership & full payment
- Completed registration forms can be dropped in the white mailbox located in the vestibule of the Randolph YMCA
- We accept VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS

