



SWIM LESSONS



Fall 2019 September 15–December 14

No Swim Lessons 10/31, 11/28–12/1

Early Bird Registration:
August 10–September 4

Registration:
Effective September 5

DAY OF THE WEEK	FULL MEMBER	BASIC MEMBER
MONDAY (13 Classes)	\$214	\$266
TUESDAY (13 Classes)	\$214	\$266
WEDNESDAY (13 Classes)	\$214	\$266
THURSDAY (11 Classes)	Swim Fit Only	Swim Fit Only
FRIDAY (12 Classes)	\$198	\$246
SATURDAY (12 Classes)	\$198	\$246
SUNDAY (12 Classes)	Swim Fit Only	Swim Fit Only

DAY OF THE WEEK	FULL MEMBER	BASIC MEMBER
MONDAY (13 Classes)	\$253	\$305
TUESDAY (13 Classes)	\$253	\$305
WEDNESDAY (13 Classes)	\$253	\$305
THURSDAY (11 Classes)	Swim Fit Only	Swim Fit Only
FRIDAY (12 Classes)	\$234	\$282
SATURDAY (12 Classes)	\$234	\$282
SUNDAY (12 Classes)	Swim Fit Only	Swim Fit Only

YOU WILL NOT BE CONTACTED IF YOU GET INTO YOUR 1ST CHOICE

RANDOLPH YMCA
14 Dover Chester Road
Randolph, NJ 07869
973.366.1120 • www.randolphymca.org

Updated 8/7/2019

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 973.366.1120 Ext. 31 to schedule your swim evaluation.**

Call the front desk at 973 366 1120 to confirm class placement after **SEPTEMBER 12, 2019**

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.
- You may call the Y to confirm your class placement after **SEPTEMBER 12, 2019**

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

FALL 2019 SWIM LESSON SCHEDULE

MONDAY

4:30-5:10 pm-MP
5 Stroke Development
6 Stroke Mechanics

5:15-5:55 pm-WWP
1 Water Acclimation
4B (9-14) Stroke Intro.

6:00-6:40 pm-WWP
3 Water Stamina
4A (5-8) Stroke Intro.

TUESDAY

4:30-5:10 pm-WWP
1 Water Acclimation
2 Water Movement
4B (9-14) Stroke Intro.

5:15-5:55 pm-WWP
1 Water Acclimation
2 Water Movement
4A (5-8) Stroke Intro.

6:00-6:40 pm-WWP
1 Water Acclimation
3 Water Stamina
4B (9-14) Stroke Intro.

WEDNESDAY

4:30-5:10 pm-WWP
1 Water Acclimation
2 Water Movement
4B (9-14) Stroke Intro.

5:15-5:55 pm-WWP
1 Water Acclimation
3 Water Stamina
4A (5-8) Stroke Intro.

6:00-6:40 pm-WWP
3 Water Stamina
4B (9-14) Stroke Intro.

FRIDAY

4:15-4:55 pm-WWP
1 Water Acclimation
2 Water Movement

4:15-4:55 pm-MP
5 Stroke Development

5:00-5:40 pm-WWP
1 Water Acclimation
3 Water Stamina

5:00-5:40 pm-MP
4B (9-14) Stroke Intro.

5:45-6:25 pm-WWP
1 Water Acclimation
4A (5-8) Stroke Intro.

5:45-6:25 pm-MP
6 Stroke Mechanics

6:30-7:10 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

9:00-9:40 am-WWP
B Water Exploration
1 Water Acclimation
3 Water Stamina

9:00-9:40 am-MP
4B (9-14) Stroke Intro.
5 Stroke Development
6 Stroke Mechanics

9:45-10:25 am-WWP
A Water Discovery
1 Water Acclimation
3 Water Stamina

SATURDAY Cont'd

9:45-10:25 am-MP
4A (5-8) Stroke Intro.
5 Stroke Development

10:30-11:10 am-WWP
B Water Exploration
1 Water Acclimation
2 Water Movement

10:30-11:10 am-MP
4B (9-14) Stroke Intro.
5 Stroke Development
5 Stroke Development

11:15-11:55 am-WWP
A Water Discovery
2 Water Movement
3 Water Stamina

11:15-11:55 am-MP
4A (5-8) Stroke Intro.
5 Stroke Development
6 Stroke Mechanics

12:00-12:40 pm-WWP
B Water Exploration
1 Water Acclimation
3 Water Stamina

12:00-12:40 pm-MP
4A (5-8) Stroke Intro.
4B (9-14) Stroke Intro.
6 Stroke Mechanics

Classes require a minimum of 3 participants. Video recording & photography is prohibited in the aquatic center.

SWIM FIT*

Tuesdays (13 Classes)
 4:00-5:00 pm **MP**
 (Ages 8-16)

Wednesdays (13 Classes)
 4:00-5:00 pm **MP**
 (Ages 8-16)

Thursdays (11 Classes)
 4:00-5:00 pm **MP**
 (Ages 8-16)

Saturdays (12 Classes)
 Swim Fit Jr. (Ages 6-10)
 12:45-1:45 pm **MP**

Sundays (12 Classes)
 2:30-3:30 pm **MP**
 (Ages 11-16)

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.

Choose from 1-4 days per week.

Full Member 1x per week

TUES.	4:00-5:00 pm	\$253
WED.	4:00-5:00 pm	\$253
THURS.	4:00-5:00 pm	\$214
SAT.	12:45-1:45 pm	\$234
SUN.	2:30-3:30 pm	\$234

Basic Member 1x per week

TUES.	4:00-5:00 pm	\$305
WED.	4:00-5:00 pm	\$305
THURS.	4:00-5:00 pm	\$258
SAT.	12:45-1:45 pm	\$282
SUN.	2:30-3:30 pm	\$282

Discount when you register for more than 1x per week. Contact Corinne at 973.366.1120 Ext. 22 for pricing.

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.

RANDOLPH YMCA 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 that must be current throughout the duration of the swim lesson 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 gray mailbox located in the vestibule of the Randolph YMCA
- We accept VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS



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

Date: _____ Staff Initials: _____

Fall 2019 SWIM LESSON Registration Form

September 15-December 14 (No Class 10/31, 11/28-12/1)

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: _____

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 Ext. 31

Early Bird Registration: Aug. 10-Sept. 4

Registration: Effective September 5

Day of the Week	Full Member	Basic Member	Add Basic Youth Membership
Monday (13 Classes)	__\$214	__\$266	__\$80
Tuesday (13 Classes)	__\$214	__\$266	__\$80
Wednesday (13 Classes)	__\$214	__\$266	__\$80
Friday (12 Classes)	__\$198	__\$246	__\$80
Saturday (12 Classes)	__\$198	__\$246	__\$80

Day of the Week	Full Member	Basic Member	Add Basic Youth Membership
Monday (13 Classes)	__\$253	__\$305	__\$80
Tuesday (13 Classes)	__\$253	__\$305	__\$80
Wednesday (13 Classes)	__\$253	__\$305	__\$80
Friday (12 Classes)	__\$234	__\$282	__\$80
Saturday (12 Classes)	__\$234	__\$282	__\$80

For class confirmation, you may call the Front Desk 973.366.1120 starting September 12, 2019
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: _____

Fall 2019 SWIM FIT Registration Form

September 15-December 14 (No Class 10/31, 11/28-12/1)

Participant's Last Name: _____ First Name: _____

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

Parent/Guardian Name: _____ Cell Phone #: _____

Address: _____ City: _____ Zip: _____

Email: _____

DAY OF THE WEEK	TIME	FULL MEMBER	BASIC MEMBER	RENEW BASIC YOUTH MEMBERSHIP
TUESDAYS (13 Classes) Ages 8-16	4:00-5:00 pm	__\$253	__\$305	__\$80
WEDNESDAYS (13 Classes) Ages 8-16	4:00-5:00 pm	__\$253	__\$305	__\$80
THURSDAYS (11 Classes) Ages 8-16	4:00-5:00 pm	__\$214	__\$258	__\$80
SATURDAYS (12 Classes) Ages 6-10 Swim Fit Jr.	12:45-1:45 pm	__\$234	__\$282	__\$80
SUNDAYS (12 Classes) Ages 11-16	2:30-3:30 pm	__\$234	__\$282	__\$80

To sign up for multiple days of Swim Fit, contact Corinne at 973.366.1120 Ext. 22 or corinne@randolphymca.org

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

SWIM FIT PARTICIPANTS WILL BE EVALUATED AT THEIR FIRST SESSION FOR READINESS FOR PROGRAM.

_____ 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.

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

Signature: _____ Print Name: _____ Date: _____