



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

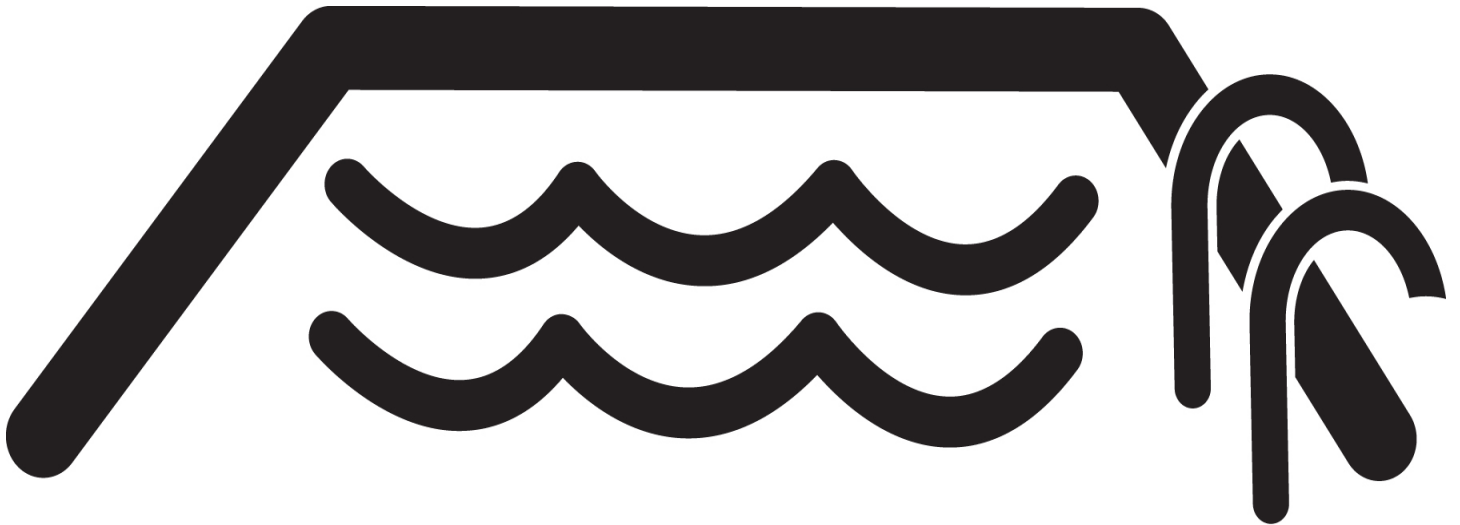
RANDOLPH YMCA

Swim Lessons

Summer 2017

June 27-August 22 (8-weeks)
No class 7/4

Swim lessons offered on Tuesdays, Thursdays & Saturdays ONLY



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

Revised 5/19

SUMMER SWIM LESSON SCHEDULE

TUESDAY

4:00–4:40 pm

- 1 Water Acclimation **WWP**
- 3 Water Stamina **WWP**
- 4 Stroke Introduction (5-8) **WWP**
- 4 Stroke Introduction (9-14) **MP**
- 5 Stroke Development **MP**
- 6 Stroke Mechanics **MP**

4:45–5:25 pm

- 1 Water Acclimation **WWP**
- 2 Water Movement **WWP**
- 3 Water Stamina **WWP**
- 4 Stroke Introduction (5-8) **MP**
- 5 Stroke Development **MP**
- 6 Stroke Mechanics **MP**

THURSDAY

4:00–4:40 pm

- 1 Water Acclimation **WWP**
- 3 Water Stamina **WWP**
- 4 Stroke Introduction (5-8) **WWP**
- 4 Stroke Introduction (9-14) **MP**
- 5 Stroke Development **MP**
- 6 Stroke Mechanics **MP**

4:45–5:25 pm

- 1 Water Acclimation **WWP**
- 2 Water Movement **WWP**
- 3 Water Stamina **WWP**
- 4 Stroke Introduction (5-8) **MP**
- 5 Stroke Development **MP**
- 6 Stroke Mechanics **MP**

SATURDAY

8:00–8:30 am

- Adult Beginner **WWP**
- Adult Intermediate **WWP**

8:30–9:00 am

- Adult Beginner **WWP**
- Adult Intermediate **WWP**

9:10–9:50 am

- B Water Exploration **WWP**
- 1 Water Acclimation **WWP**
- 1 Water Acclimation **WWP**
- 4 Stroke Introduction (5-8) **MP**
- 5 Stroke Development **MP**

10:00–10:40 am

- A Water Discovery **WWP**
- 1 Water Acclimation **WWP**
- 3 Water Stamina **WWP**
- 5 Stroke Development **MP**
- 6 Stroke Mechanics **MP**

10:50–11:30 am

- A Water Discovery **WWP**
- 1 Water Acclimation **WWP**
- 3 Water Stamina **WWP**
- 4 Stroke Introduction (9-14) **MP**
- 5 Stroke Development **MP**

11:40–12:20 pm

- B Water Exploration **WWP**
- 2 Water Movement **WWP**
- 3 Water Stamina **WWP**
- 5 Stroke Development **MP**
- 6 Stroke Mechanics **MP**

REGISTRATION INFORMATION

Summer Swim Lessons June 27–August 22 (no class 7/4)

Early Bird Registration: May 30–June 12

Full Member: **\$120** Basic Member: **\$152**

Registration: Effective June 13

Full Member: **\$144** Basic Member: **\$176**

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 June 21 for class placement.

MP=Main Pool

WWP=Warm Water Pool

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
2017 SUMMER SESSION SWIM LESSON REGISTRATION FORM
June 27-August 22 (no class 7/4) 8-week session

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 Fees May 30-June 12

FULL: \$120 _____ BASIC: \$152 _____ Add or Renew Basic Membership: \$75 TOTAL: _____

Registration Fees: EFFECTIVE June 13

FULL: \$144 _____ BASIC: \$176 _____ Add or Renew Basic Membership: \$75 TOTAL: _____

For class confirmation, you may call the Front Desk (973) 366-1120 after 6/21

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: _____

SWIM CLASS DESCRIPTIONS

SWIM STARTERS

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

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

SWIM BASICS

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

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

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

SWIM STROKES

4: 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. (Previously Rays & Starfish)

4: 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. (Previously Guppy)

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

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. (Previously Flying Fish & Shark)

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.

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 worn **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

