



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANDOLPH YMCA

## Swim Lessons Winter 2019

January 2-March 12 (10-weeks)



### REGISTRATION INFORMATION

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

**Early Bird Registration:** Nov. 11-Dec. 10

Full Member: **\$165**      Basic Member: **\$205**

**Registration:** Effective December 11

Full Member: **\$195**      Basic Member: **\$235**

\*Swim Fit fees are different from regular swim lesson fees.\*

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

# 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 to confirm class placement after **December 28, 2018**

## 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 **December 28, 2018**

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

# WINTER SWIM LESSON SCHEDULE

## MONDAY

**4:45-5:25 pm-MP**  
**5** Stroke Development  
**5** Stroke Development  
**6** Stroke Mechanics

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

## 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**  
**3** Water Stamina  
**4B** (9-14) Stroke Intro.

## WEDNESDAY

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

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

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

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

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

## 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  
**6** Stroke Mechanics

**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

**5:50-6:30 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

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

## 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

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

**10:50-11:30 am-MP**  
**5** Stroke Development  
**6** Stroke Mechanics

**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\*

**Tuesdays**  
 4:00-5:00 pm **MP**

**Wednesdays**  
 4:00-5:00 pm **MP**

**Thursdays**  
 4:00-5:00 pm **MP**

**Sundays**  
 2:30-3:30 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: \$195**  
**2 days: \$355**  
**3 days: \$495**  
**4 days: \$615**

### Basic Members

**1 day: \$235**  
**2 days: \$435**  
**3 days: \$615**  
**4 days: \$775**

Registration page for Swim Fit is on Page 6

## 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.

**IF YOUR CHILD IS UNDER THE AGE OF 12, YOU MUST REMAIN IN THE BUILDING DURING THE ENTIRE LENGTH OF THEIR SWIM LESSON.**

### 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](http://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: \_\_\_\_\_

**RANDOLPH YMCA Winter 2019**  
**SWIM LESSON REGISTRATION FORM**  
**January 2-March 12**

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 i.e. 5 Stroke Development or 4B Water Introduction)

1st Choice: Day: \_\_\_\_\_ Time: \_\_\_\_\_

2nd Choice: Day: \_\_\_\_\_ Time: \_\_\_\_\_

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

**Early Bird Registration: November 11-December 10**

FULL: \$165 \_\_\_\_\_ BASIC: \$205 \_\_\_\_\_ Add or Renew Basic Membership: \$75 TOTAL: \_\_\_\_\_

**Regular Registration: Effective December 11**

FULL: \$195 \_\_\_\_\_ BASIC: \$235 \_\_\_\_\_ Add or Renew Basic Membership: \$75 TOTAL: \_\_\_\_\_

For class confirmation, you may call the Front Desk (973) 366-1120 starting December 28, 2018  
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 Winter 2019**

**SWIM FIT REGISTRATION FORM**

**January 2-March 12**

Participant's Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Sex: M / F (circle one) Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Home Phone #: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

PLEASE CHOOSE YOUR REGISTRATION BY MEMBERSHIP STATUS AND NUMBER OF DAYS

**ONE DAY: FULL MEMBERS: \$195 BASIC MEMBERS: \$235** Add or renew basic membership: \$75 \_\_\_\_\_

**TWO DAYS: FULL MEMBERS: \$355 BASIC MEMBERS: \$435** Add or renew basic membership: \$75 \_\_\_\_\_

**THREE DAYS: FULL MEMBERS: \$495 BASIC MEMBERS: \$615** Add or renew basic membership: \$75 \_\_\_\_\_

**FOUR DAYS: FULL MEMBERS: \$615 BASIC MEMBERS: \$775** 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: \_\_\_\_\_