

2018 SUMMER SWIM SCHEDULE

WELLSVILLE YMCA



All swim lessons include (5) classes that run Monday-Friday for (1) week. COST: \$40/non-resident; \$35/Wellsville resident; \$20/Y members

PRESCHOOL SWIM LESSON OPTIONS

	Age	July 9 - 13	July 16 - 20	July 30 - Aug. 3	Aug. 6 - 10	Aug. 13 - 17
Swim Starters (Stage A)	6 mo. - 4 yr.		4:00-4:30 pm	9:00-9:30 am		10:00-10:30 am
Swim Starters (Stage B)	1 - 5 yr.	9:00-9:30 am		9:30-10:00 am	4:00-4:30 pm	10:30-11:00 am
Swim Basics (Stage 1)	3 - 5 yr.	9:30-10:00 am	4:30-5:00 pm		4:30-5:00 pm	

YOUTH SWIM LESSON OPTIONS



Level	July 9 - 13	July 16 - 20	July 30 - Aug. 3	Aug. 6 - 10	Aug. 13 - 17
1	10:00-11:00 am	9:00-10:00 am	4:00 - 5:00 pm	4:00 - 5:00 pm	10:00-11:00 am
2	10:00-11:00 am	4:00-5:00 pm	4:00 - 5:00 pm	10:00-11:00 am	9:00-10:00 am
3	4:00-5:00 pm	10:00-11:00 am		9:00-10:00 am	10:00-11:00 am
4/5	4:00-5:00 pm	9:00-10:00 am	10:00-11:00 am		9:00-10:00 am

SUMMER POOL SCHEDULE

Starting
June 25

	Monday	Tuesday	Wednesday	Thursday	Friday
Lap Swim	7:00-8:00 am	7:00-8:00 am 5:00-6:00 pm	7:00-8:00 am	7:00-8:00 am 5:00-6:00 pm	7:00-8:00 am
Open Swim	2:00-4:00pm 7:00-9:00pm	2:00-4:00pm 7:00-9:00pm	2:00-4:00pm 7:00-9:00pm	2:00-4:00pm 7:00-9:00pm	2:00-4:00pm 7:00-9:00pm
Water Exercise	8:00-9:00 am	8:00-9:00 am 6:00-7:00 pm	8:00-9:00 am	8:00-9:00 am 6:00-7:00 pm	8:00-9:00 am

Wellsville YMCA
SUMMER SWIM REGISTRATION



Please fill in below the correct name and spelling of your child's name to be used in our program/media releases:

NAME: _____ AGE: _____ BIRTHDATE: ___/___/___

PARENTS NAME: _____ BIRTHDATE: ___/___/___

SEX: () Male () Female **Check all that apply:** ___ Y Member ___ Wlsv Resident ___ Non Resident

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

PHONE: (____) _____ (home) email: _____

PLEASE INDICATE PROGRAMS DESIRED:

- Swim Starters, Stage A
- Swim Starters, Stage B
- Swim Basics, Stage 1
- Level 1
- Level 2
- Level 3
- Level 4/5

Session Date(s): _____ Time(s): _____

Who will be dropping off and picking up child: _____

EMERGENCY CONTACT INFORMATION:

Please list phone numbers that we can contact you from 8:00am – 8:00pm. These numbers are used for emergency situations such as medical emergencies or class cancellations, etc.

1st Contact Name: _____ **2nd Contact Name:** _____

Home Phone: _____ Home Phone: _____

Work Phone: _____ Work Phone: _____

Does your child have any medical conditions we should be aware of? Yes ___ No ___

If you answered yes, please list: _____

Financial assistance is available for participants in need. Contact the YMCA Office to apply.

I understand that the Wellsville Family YMCA assumes no responsibility for injuries or illness, which my child may sustain as a result of his/her physical condition or resulting from his/her athletic activities.

Signature of Applicant/Parent/Guardian

Date

For more information, contact the WELLSVILLE YMCA at 585-593-3246 for more information.

Preschool Swim Lesson Classes (Ages up to 5yr.)

SWIM STARTERS, Stage A – Ages 6mo – 4 yr.

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Introduces infants and toddlers to the aquatic environment. Note: One adult must accompany each child in the pool and swimmie diapers are required.

SWIM STARTERS, Stage B: 1-5 yr.

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS, Stage 1: 3-5 yr.

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

1. Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
2. Jump, push, turn, grab —Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

Youth Swim Lesson Classes (Ages 5 - 12 yr.)

Stage 1: Beginning level where youth will learn the basic water fundamentals including front and back floats and front crawl.

Level 2: Participant is able to tread water for half a minute and is able to swim one width of the pool comfortably on their front and back with beginning rotary breathing.

Level 3: Participant is able to swim two widths of the pool, using front crawl with good consistent rotary breathing and two widths of back stroke.

Level 4/5: Participant is able to complete a six pool-width endurance swim without rest and can perform a good butterfly stroke.