

Swim Lesson Registration Form - 2010

Session 1: June 7 – June 17 Session 3: July 5 – July 15 Session 5: August 2 – August 12

Session 2: June 21 – July 1 Session 4: July 19 – July 29

Class time subject to change based on enrollment. Please use the instructional levels below for placement.

Class	8:00am	6:30pm
Parent/Child		<input type="checkbox"/>
Pre School		
Pike / Eel	<input type="checkbox"/>	<input type="checkbox"/>
Ray / Starfish	<input type="checkbox"/>	<input type="checkbox"/>
Youth		
Polliwog	<input type="checkbox"/>	<input type="checkbox"/>
Guppy	<input type="checkbox"/>	<input type="checkbox"/>
Minnow	<input type="checkbox"/>	<input type="checkbox"/>
Fish/ Flying Fish/ Shark	<input type="checkbox"/>	<input type="checkbox"/>
Teen		<input type="checkbox"/>
Adult		<input type="checkbox"/>

Participant's Name _____ DOB _____

Ethnicity: Caucasian African American American Indian Hispanic Other _____

Address _____

City _____ State _____ Zip _____

Telephone (H) _____ (W) _____ (Cell) _____

E-mail _____

Participant's Doctor _____ Phone _____

Please List any medical conditions and any medications you may be taking

By signing the below and paying program fees, I agree to indemnify and hold harmless the Palestine YMCA including it's Board of Directors, Staff, and sponsors, from any and all claims or demands, costs or expenses, which may result from participating in the program. **I also understand that I will abide by the refund policy.** I authorize the YMCA to administer emergency medical treatment for the above named participant and notify the proper authorities should any injury occur. THE YMCA DOES NOT CARRY ACCIDENT INSURANCE.

Signed _____ Date _____

Parent/Guardian/Participant Signature

Diverse groups find common ground by playing, learning and working together. By making a small donation, YOU help provide others with the ability to participate in YMCA family programs.

\$1

\$3

\$5

\$10

Other _____

For Office Use Only

Amount Paid

\$ _____
 Member Participant Employee Scholarship

Cash Check # _____ Credit Receipt # _____

Staff _____ Date _____

Description of Swim Levels

Please use description lists below to gage your child's ability level. If you can complete EVERY skill in a category, register for the next level. If your child cannot complete every skill, then register for that level. Please Note. This is a guide; participants may be moved during the first day of class based on the instructor's recommendation.

If you participated in Palestine YMCA Swim Lessons last summer, register for the level you last participated. Please contact Kace with any questions, (903) 729-3139.

1 – Parent/Child (6 - 36 mos)

2 – Pike & Eel (3 - 5 yrs), Polliwog (6 – 11 yrs)

- _____ Walk or swim away from the pool wall, turn around, and reach for and grab the wall
- _____ Front and back float with or without float belt
- _____ Step away from pool side, paddle to surface, turn, and return to side
- _____ Paddle for 25 yards with float belt (all three)
 - _____ On the front
 - _____ On the back
 - _____ On the side
- _____ Scull for 1 minute with or without a float belt

3 – Ray & Starfish (3 - 5 yrs), Guppy (6 – 11 yrs))

- _____ Front & back float for 1 minute w/ or w/o float belt
- _____ Tread water for 20 to 30 seconds w/ or w/o float belt
- _____ Jump in to deep water, paddle stroke for 15 feet, roll to a back float for 10 seconds, then return to wall with or without float belt
- _____ Perform 10 bobs in deep water w/ or w/o float belt
- _____ Swim for 25 yard with or without float belt (must perform all)
 - _____ On the front with an alternating paddle, using rhythmic breathing
 - _____ On the front with a symmetrical paddle
 - _____ On the side with an alternating paddle
 - _____ On the back with an alternating paddle
 - _____ On the back with a symmetrical paddle
- _____ Jump in to deep water and swim 5 to 7 feet
- _____ Perform a knelling dive with assistance, glide, paddle 15 feet without a float belt

4 – Minnow (6 – 11 yrs)

- _____ Tread water for 1 minute with or without float belt
- _____ Swim for 25 yard without float belt (must perform all)
 - _____ On the front with an alternating paddle, using rhythmic breathing (crawl stroke)
 - _____ On the front with a symmetrical paddle (breast stroke)
 - _____ On the side with an alternating paddle (side stroke)
 - _____ On the back with an alternating paddle (back crawl)
 - _____ On the back with a symmetrical paddle (elementary backstroke)
- _____ Perform a stride dive
- _____ Perform a standing dive

5 – Fish (6 – 11 yrs)

- _____ Float for 6 minutes with minimum movement on front or back without a float belt
- _____ Tread water in deep water for 3 minute using a combination of single, double, and circle kicks
- _____ Swim for 50 yards without float belt (must perform all)
 - _____ Crawl stroke with rotary breathing and open turns
 - _____ Breaststroke with a pull, kick, and glide with open turns
 - _____ Elementary backstroke with a glide
 - _____ Back crawl with a roll and bent arm with open turns
 - _____ Sidestroke with a regular kick and glide
- _____ Swim 25 yards of butterfly stroke
- _____ Head first and feet first sculling for 45 feet
- _____ Perform a headfirst and feet first surface dive and swim down 6 to 8 feet

6 – Flying Fish (6 – 11 yrs)

- _____ Tread water in deep water for 6 minute using single, double, circle, and rotary kicks
- _____ Swim for 100 yds without float belt (must perform all)
 - _____ Crawl stroke with bilateral breathing and open turns
 - _____ Breaststroke with a pull, kick, and glide with open turns
 - _____ Elementary backstroke with a glide
 - _____ Back crawl with a roll and bent arm with open turns
 - _____ Sidestroke with a regular and inverted scissors kicks and
- _____ Swim 25 yards of butterfly stroke
- _____ Perform a flip turn for the front crawl and back crawl strokes

7 – Shark (6 – 11 yrs)

- _____ Crawl stroke 100 yds with front start and front flip turn
- _____ Breaststroke 100 yds with a pullout
- _____ Inverted breaststroke 50 yds
- _____ Back crawl 100 yds with a dolphin kick and streamlining
- _____ Overarm sidestroke 50 yds (alternate sides)
- _____ Butterfly stroke 25 yds with push-off and streamlining
- _____ Trudgen crawl 50 yds
- _____ Swim individual medley 200 yds

8 – Teen (12 – 17 yrs) [beginner – advanced]

9 – Adult (18 yrs – up) [terrified of water – advanced]