

YMCA Youth Swim Lessons

Parent/Tot Lessons

(Ages 6 months- 3 years)

Tuesday and Thursday 5:00-5:25



Parent/Child Swim Classes: No swimming skills required. Primary focus is water adjustment with basic introduction using songs, games, and free play. Semi-structured format. Swim diapers required and **NO CLOTH OR DISPOSABLE DIAPERS.**

Preschool Swim Lessons (AGES 3 - 5)

Tuesday and Thursday 5:30 -6:00

Pike: NO swimming skills; toilet trained; comfortable without parents; water adjustment and submersion; front & back float with flotation device.



Eel: Front & back float with IFD; jump in shallow water; front paddle stroke with flotation device 25 yards and 15 feet without; side paddle stroke; side paddle stroke with IFD 25 yards and 15 feet without.

Ray: Front & back float without flotation device; jump into deep water; front alternating paddle stroke with rhythmic breathing 15 yards with IFD and 20 feet without; front symmetrical paddle stroke with IFD and 20 yards without.

Starfish: Front & back float without IFD; tread water; jump into deep water; front alternating paddle stroke with rhythmic breathing 25 yards with IFD and 40 feet without; front symmetrical paddle with flotation device and 40 feet without.



Youth Swim Lessons (Ages 6 - 14)

Tuesday and Thursday 5:30 -6:15

Polliwog: Water adjustment & submersion; front & back float with IFD; front paddle with IFD 10 yards and 5 without.

Guppy: Front & back float with IFD; tread water; jump into deep water, front alternating paddle stroke with rhythmic breathing 2 yards.

Minnow: Resting float; tread water; front alternating paddle stroke with over arm recovery & rotary breathing 25 yards.

Fish: Front crawl 50 yards; elementary backstroke 50 yards; back crawl 50 yards; sidestroke 50 yards.



Flying Fish: Front crawl; breaststroke; back crawl 100 yards; sidestroke 100 yards.

Shark: Front crawl with flip turns; breaststroke with open turns; elementary backstroke & back crawl 100yards.

SESSION A

Tuesday and Thursday (4 Weeks)

August 31—September 23, 2010

Sign Up Early and Save!

Open Registration

July 26—August 22, 2010

Fees: \$22 per “Y” Member

\$32 per Non “Y” Member

*Non-members will not be able to register until 8/2/10

Late Registration

August 23– August 27, 2010

Fees: \$32 per “Y” Member

\$42 per Non “Y” Member

SESSION B

Tuesday and Thursday (4 Weeks)

September 28—October 21, 2010

Sign Up Early and Save!

Open Registration

August 29—September 19, 2010

Fees: \$22 per “Y” Member

\$32 per Non “Y” Member

*Non-members will not be able to register until 9/5/10

Late Registration

September 20—September 24, 2010

Fees: \$32 per “Y” Member

\$42 per Non “Y” Member

Financial Assistance Available:

**No one is turned away
due to an inability to pay a fee!**

Please call for assistance.

**Jodi Coakley, Membership Director
(563) 652-6566 jcoakley@maqymca.org**

Please Check Level	
SESSION A (Ages 3-5)	<input type="checkbox"/> Pike /Eel 9AQ116A <input type="checkbox"/> Ray/starfish 9AQ136A (Ages 6-14) <input type="checkbox"/> Polliwog 9AQ206A <input type="checkbox"/> Guppy 9AQ216A <input type="checkbox"/> Minnow 9AQ226A <input type="checkbox"/> Fish/Shrk 9AQ236A <input type="checkbox"/> Parent/Tot 9AQTOT A
SESSION B (Ages 3-5)	<input type="checkbox"/> Pike /Eel 9AQ116B <input type="checkbox"/> Ray/starfish 9AQ136B (Ages 6-14) <input type="checkbox"/> Polliwog 9AQ206B <input type="checkbox"/> Guppy 9AQ216B <input type="checkbox"/> Minnow 9AQ226B <input type="checkbox"/> Fish/Shrk 9AQ236B <input type="checkbox"/> Parent/Tot 9AQTOT B

The Maquoketa Area Family YMCA Swim Lessons – Registration Form
500 E. Summit St. Maquoketa, IA 52060

TO BE FILLED OUT BY PARENT OR GUARDIAN

Participants Name _____ Boy _____ Girl _____ Birthdate ____/____/____ Age _____

Address _____ City _____ State _____ Zip _____

Home Phone # _____ Work/Cell Phone# _____

E-Mail _____

School _____ Grade _____

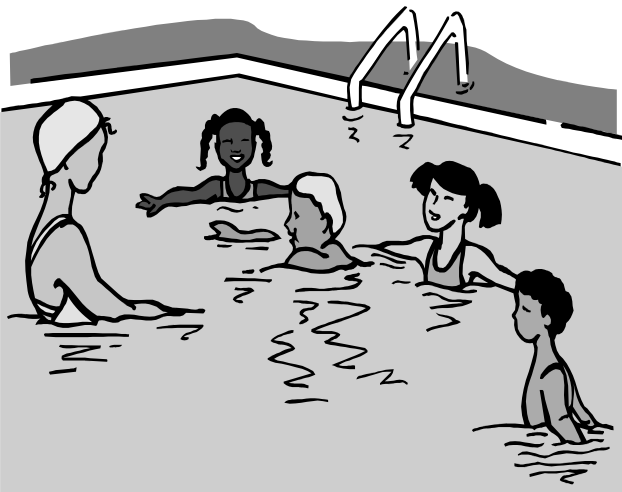
Session Code
10F1

Fill in both sides of the registration form. The waiver of liability **MUST BE SIGNED** to have a valid registration.

Y SWIM LESSONS™

We build strong kids, strong families, strong communities.

Fall 2010 Maquoketa Area Family YMCA Swim Lessons



SWIM LESSONS

TUESDAY / THURSDAY

**SESSION A
AUGUST 31 – SEPTEMBER 23**

**SESSION B
SEPTEMBER 26 — OCTOBER 21**



Financial Assistance Available

PRSR1 STD
US POSTAGE PAID
MAQUOKETA IA
PERMIT NO. 9



Maquoketa Area Family YMCA
500 E. Summit St.
Maquoketa, IA 52060

RETURN SERVICE REQUESTED

**We build strong kids,
strong families, strong
communities**

Waiver of Liability and Promotion

The Maquoketa Area Family "Y" (hereinafter referred to as "Y") is not obligated to furnish any insurance under the "Y" Swim Lessons Program referred to below although it may do so without any obligation as to the adequacy of any insurance it might furnish. I, the parent or guardian of the applicant agree that the "Y" and all individuals participating in the "Y" Swim Lessons in any capacity, will not be liable for any causes of actions, claims and injuries arising out of the participation of the applicant in the "Y" Swim Lessons, and hereby release all said individuals from such claims and liabilities. The undersigned acknowledges that in all sports there are certain risks of physical injuries and all players participate at their own risk. I, as legal guardian or parent of any applicant hereby consent to the participation of the applicant in the "Y" Swim Lessons under the above mentioned conditions. I, also agree to abide by the young athlete's bill of rights.

We (I) give our (my) consent for this player to be photographed, videotaped and/or filmed while participating in any YMCA activity and for the resulting photos, etc. to be used by the YMCA for educational and promotional purposes. I have read and understand the above:

LEGAL AUTHORIZATION OF REGISTRATION INFORMATION AND WAIVER OF LIABILITY AND PROMOTION

Signature of Parent or Guardian

Date