

Ardmore Family YMCA



MAY 7-16TH AND MAY 28-JUNE 6TH

\$40 FOR MEMBERS | \$60 FOR NONMEMBERS

Child's first name:		Child's last name:	
Child's gender: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other:		Child's birth date:	
Name of parent/caregiver:			
Zip code:	Phone:	Email:	
Address:		City:	
Emergency contact and phone number:			
Comments:			
MAY 7TH– MAY 16TH		please check the box	
Safety Around Water 3yrs-5 yrs. Tuesday & Thursday 5:30–6:00 PM <input type="checkbox"/> 6:10–6:40 PM <input type="checkbox"/>	Level 1 & 2 6 yrs. and up Small Pool Tuesday & Thursday 5:00–5:30 PM <input type="checkbox"/>	Level 3 6 yrs. and up Small Pool Tuesday & Thursday 6:10–6:40 PM <input type="checkbox"/>	For stroke instruction, register for swim team prep!
MAY 28TH–JUNE 6TH		please check the box	
Safety Around Water 3yrs-5 yrs. Tuesday & Thursday 5:30–6:00 PM <input type="checkbox"/> 6:10–6:40 PM <input type="checkbox"/>	Level 1 & 2 6 yrs. and up Small Pool Tuesday & Thursday 5:00–5:30 PM <input type="checkbox"/>	Level 2 & 3 6 yrs. and up Small Pool Tuesday & Thursday 6:10–6:40 PM <input type="checkbox"/>	Level 4-6 6 yrs. and up Large Pool Tuesday & Thursday 6:10–6:40 PM <input type="checkbox"/>

Safety Around Water

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

- 1) Swim, float, swim and
- 2) Jump, push, turn , grab

Swim Basics: Level 1 and Level 2-3

Basic swimming competency by learning two benchmark skills: 1) Swim, float, swim and 2) Jump, push, turn , grab. Level 2 and 3 focus on body position and control, directional change, and forward movement the water. Rhythmic breathing and arm and leg action are introduced.

Intro to Strokes: Level 4-6

Additional water safety skills are taught along with stroke technique and skill development of the major competitive strokes: free-stroke, breaststroke, backstroke and butterfly.

YMCA use only

CASH | CHECK # _____ | CC Auth _____

Amount Paid: \$40 | \$60 | Other