



SWIM LESSONS: CRYSTAL SPRINGS

Raritan Valley YMCA Summer 2017 Lessons @ Crystal Springs

Register on line @ www.raritanvalleyymca.org or by phone 732-257-4114



The YMCA:

The Nation's Leader in Swim Lessons

We help you build swimming abilities at all levels--whether you're an absolute beginner learning basic water skills, or preparing for competition-level swimming. Lessons also increase water safety knowledge. Classes are taught by caring, YMCA instructors. Class participants are divided into skill levels and class size is such that the instructor can provide proper instruction.

- Pre-school age and school age groups. Beginner to advanced levels.
- Each class is 30 minutes long, 6 lessons per session. (Except advanced classes: 1-hour classes, 8 classes per session.)
- YMCA membership required for non-East Brunswick residents.
- Classes are held Tuesday, Wednesday, Thursday. (Advanced classes have an additional day on Monday.) If canceled for inclement weather, make-up days may be scheduled for Mondays or Fridays.

Class descriptions of each swim level are listed on another page of this flyer.

All families taking swim lessons must exit the pool area after lessons and re-enter as Crystal Springs members or paid visitors.

Swimming is a lifetime skill and learning to swim properly does not occur in 6 lessons. Each child progresses differently and repetition of skills is needed to develop true swim strokes.

Session Dates	9:30 am – 10:00 am	10:00 am – 10:30 am
Session 1: June 27– July 6 (2 weeks, 6 lessons. Tu/W/Thu. No lesson Tuesday, July 4 th – will include a class on Monday July 3 rd instead.)	Pike, Eel, Ray, Polliwog, Guppy \$78	Pike, Eel, Ray, Polliwog, Guppy \$78
Session 1: June 26– July 6 (2 weeks, 7 lessons. M/Tu/W/Thu. No lesson Tuesday, July 4 th .)	Minnow, Swim School (1 hour, 9:30 to 10:30) \$125	
Session 2: July 11– 20 (2 weeks, 6 lessons. Tu/W/Thu.)	Pike, Eel, Ray, Polliwog, Guppy \$78	Pike, Eel, Ray, Polliwog, Guppy \$78
Session 2: July 10– 20 (2 weeks, 8 lessons. M/Tu/W/Thu.)	Minnow, Swim School (1 hour, 9:30 to 10:30) \$145	
Session 3: July 25– Aug. 3 (2 weeks, 6 lessons. Tu/W/Thu.)	Pike, Eel, Ray, Polliwog, Guppy \$78	Pike, Eel, Ray, Polliwog, Guppy \$78
Session 3: July 24– Aug. 3 (2 weeks, 8 lessons. M/Tu/W/Thu.)	Minnow, Swim School (1 hour, 9:30 to 10:30) \$145	
Session 4: Aug. 8– 17 (2 weeks, 6 lessons. Tu/W/Thu.)	Pike, Eel, Ray, Polliwog, Guppy \$78	Pike, Eel, Ray, Polliwog, Guppy \$78
Session 4: Aug. 7– 17 (2 weeks, 8 lessons. M/Tu/W/Thu.)	Minnow, Swim School (1 hour, 9:30 to 10:30) \$145	

Lesson location:

Crystal Springs Aquatic
380 Dunham's Corner Road
East Brunswick, NJ 08816

Register with:

Raritan Valley YMCA
144 Tices Lane
East Brunswick, NJ 08816
732-257-4114
RaritanValleyYMCA.org

REFUND POLICY: A full refund will only be issued if a member withdraws 7 days prior to the first day of class. If a member withdraws from class after this date, no refund will be issued. Memberships are non-refundable. The membership is good for other programs at the YMCA.

Swim Lesson Requirements by Swim Level

*** Read below to determine the proper placement of your swimmer ***

Pre-School (ages 3-5 years old)



Pike (no requirements):

- An introductory class for beginners 3-5 years
- No pre-skills required

Eel requirements:

- Gets face wet and blows bubbles comfortably
- Can float on back without instructor

Ray/Starfish requirements:

- Must paddle stroke 15 feet without bubble
 - Submerges comfortably
- Floats on front and back without assistance
- Can jump from the side of the pool and surface without flotation device

School Age (ages 6-12 years old)

Polliwog 1 (no requirements)

- For beginners 6 to 12 years
- No pre-skills required



Polliwog 2 requirements:

- For beginners 6 to 12 years
- Can submerge comfortably
- Is able to paddle stroke for 15 feet on their front without flotation device or assistance

Guppy requirements:

- Is able to crawl stroke for 15 feet on their front with face in water
 - Can do backstroke for 10 feet
- Can back float on own for 10 seconds

Minnnow/Fish requirements:

- Must be able to swim front crawl with rotary breathing
 - Able to swim in deep water
- Can swim back crawl for 25 yards
- Able to tread water for 2 minutes
- Survival float for 3 minutes

Swim School (pre-competitive swim lessons) requirements:

- Fulfill all Minnow/Fish requirements
- Can swim at least 200 yards freestyle and backstroke without rest
 - Can participate in an endurance-building workout
- Class will focus on perfection competitive swim strokes and techniques (including breaststroke, butterfly, flip turns, etc.)

[This page must be signed and returned to the YMCA by East Brunswick residents who are **not** YMCA members. Participants with an active YMCA membership do not need to complete this form. If you are not an East Brunswick resident, this form does not apply; non-East Brunswick residents must purchase a YMCA membership to participate. Memberships start at \$70 annually.]

**INFORMED CONSENT AND RELEASE FOR FACILITY
USE AND HEALTH WAIVER**

I agree that the YMCA & Crystal Springs shall not be responsible for any personal injuries or losses sustained by me or my family while on premises, or as a result of any YMCA- Crystal Springs sponsored activities. I further agree to indemnify and hold harmless the YMCA & Crystal Springs from any claims or demands arising out of any such injuries or losses. The undersigned hereby releases, waives, discharges and covenants not to sue the YMCA, Crystal Springs, its directors, officers, employees, and agents from any claims for injury, illness, death, loss or damage that may be suffered as a result of participation in these activities. The undersigned assumes all risk for participation in YMCA & Crystal Springs activities. The undersigned acknowledges that a physician should be consulted prior to participating in any physical activity or program. I have read and understand the above policies. If I, or a member of my family have a Medical condition, I will make YMCA staff aware of prior to enrolling in class.

Participant name

Guardian
(Print name)

Guardian
(Signature)

Date