



# SWIM LESSONS: CRYSTAL SPRINGS



**Raritan Valley YMCA Summer 2018 Lessons @ Crystal Springs.** Register online @ [www.raritanvalleyymca.org](http://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.

- Stages 1 through 3 will be separated by age as well as level. Groups will be separated into preschool (age 3 to 5) and school age (age 5 to 12). All ages are combined for Stages 4 and up.
- 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. Non-member East Brunswick residents must sign Informed Consent and Release waiver.
- 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 lifelong skill, and learning to swim properly does not occur in 6 lessons. Each child progresses differently and repetition of skills is needed to develop swim strokes. Most swimmers require multiple sessions at the same level before moving up.

Session Dates	9:30 am – 10:00 am	10:00 am – 10:30 am
<b>Session 1: June 26– July 5</b> (2 weeks, 6 lessons. Tu/W/Thu. No lesson Wednesday, July 4th – will include a class on Monday, July 2nd instead.)	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>
<b>Session 1: June 25– July 5</b> (2 weeks, 7 lessons. M/Tu/W/Thu. No lesson Tuesday, July 4th.)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 <b>\$125</b>	
<b>Session 2: July 10– 19</b> (2 weeks, 6 lessons. Tu/W/Thu.)	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>
<b>Session 2: July 9–19</b> (2 weeks, 8 lessons. M/Tu/W/Thu.)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 <b>\$145</b>	
<b>Session 3: July 24– Aug. 2</b> (2 weeks, 6 lessons. Tu/W/Thu.)	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>
<b>Session 3: July 23– Aug. 2</b> (2 weeks, 8 lessons. M/Tu/W/Thu.)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 <b>\$145</b>	
<b>Session 4: Aug. 7– 16</b> (2 weeks, 6 lessons. Tu/W/Thu.)	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>	Stages 1, 2, 3, & 4 for ages 3 to 12 <b>\$78</b>
<b>Session 4: Aug. 6– 16</b> (2 weeks, 8 lessons. M/Tu/W/Thu.)	Stages 5 & 6 (combined) for ages 6 to 18 1 hour, 9:30 to 10:30 <b>\$145</b>	

#### 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.

[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.

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Participant Name

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Guardian Name (print)

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Guardian Name (signature)

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Date