



YMCA SWIM LESSONS AT CRYSTAL SPRINGS

Summer 2020—weekday mornings



Lessons are for youth ages 3 and up. One session is 8 lessons over two weeks, Monday through Thursday. **(Note: the first July session will start on Tuesday, July 14th. There will be no lessons on Monday, July 13th. The first session price is discounted due to one less lesson.)**

Classes for level 1 through 4 are 30 minutes, available to start at either 9:15am or 10:00am. The class for level 5 & 6 is 60 minutes and begins at 9:30am. See Swim Lesson Selector Guide for level descriptions.

East Brunswick residents may register without YMCA membership, however, online registration is not available for non-members. East Brunswick residents wishing to register without membership may visit 144 Tices Lane to register with their driver's license or other proof of residence, or contact BRose@raritanvalleymca.org for details.

One parent per day, and no more, must accompany their child into the facility. **(Parents will not enter the water.)** Parents and swimmers must study and follow our new disease prevention procedures. Procedures are detailed on page 3 and 4 of this packet.

Minor liability waiver and adult liability waiver (for accompanying parent) must be signed, as well as Crystal Spring waiver. Waivers can be found on page 5 through 7.

Lesson location: Crystal Springs Family Waterpark
380 Dunhams Corner Rd.
East Brunswick, NJ 08816

Register at: Raritan Valley YMCA
144 Tices Lane, East Brunswick, NJ 08816
732-257-4114
raritanvalleymca.org
Email: Brose@raritanvalleymca.org

Stage 1, Age 3-5	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30
	\$91	\$104	\$104	\$104

Stage 2, Age 3-5	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30
	\$91	\$104	\$104	\$104

Stage 1&2, Age 5-12	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30
	\$91	\$104	\$104	\$104

Stage 3, Age 5-12	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30
	\$91	\$104	\$104	\$104

Stage 4, Age 5-12	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30	Time slots: 9:15 - 9:45 10:00 - 10:30
	\$91	\$104	\$104	\$104

Stage 5 & 6, Age 5-18	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	Only one time slot: 9:30 – 10:30	Only one time slot: 9:30 – 10:30	Only one time slot: 9:30 – 10:30	Only one time slot: 9:30 – 10:30
	\$91	\$104	\$104	\$104

Make-ups will be scheduled when classes are canceled for inclement weather. ***We cannot guarantee make-up periods for late arrivals or missed lessons.*** (Make-up lessons, in time slots other than the one you have registered for, will only be available in classes which are not filled to capacity.) Please consult with the on-deck staff before making up a missed class. Make-ups may be less easily available than previous sessions, due to social distancing restrictions.

See Swim Level Selector guide for level descriptions. Swimming is a skill which requires repetition to perfect. Most swimmers will require multiple sessions at their current level before moving up.

New Safety Procedures

The following safety considerations will apply due to current social distancing restrictions. Raritan Valley YMCA will follow all state and CDC guidelines and regulations. Students and parents who do not follow social distancing protocol, or do not display respect for the facility, will be dismissed from swim lessons:

- Exactly one parent per swimmer should attend the lessons and enter the fenced-in pool area. A specified area will be provided for parents, and parents must not approach the pool or visit the rest of the facility while lessons are in progress. Parents must wear a face covering and remain 6 feet apart from other parents, swimmers, and YMCA staff during lessons. (Students must wear a face covering for arrival and screening, but not need a face covering and should not wear a face covering during lessons.) Please note that Crystal Springs will not provide seats for guests this year. You are encouraged to bring your own chair.
- Crystal Springs will be locking the men's and women's restrooms in the facility to ensure they are cleaned and sanitized for the opening to the general public. No changing of clothes or showering is allowed at the facility. We ask that your family utilize the restroom at home before coming to swim lessons. If you need to utilize the restroom in an emergency - you can do so in the Family Restroom. As per NJ Dept. of Health guidelines - you must be wearing shoes and a face covering to enter the family restroom. Students should arrive and leave in their bathing suit; please shower and change at home. Parents must remain available to take their child to the bathroom if an emergency bathroom break is needed.
- In order to provide social distancing - we ask that you please follow all staff member instructions regarding entering and exiting the facility. We may ask you to wait away from the pool deck to ensure participants are distanced. Multiple entry and exit points may be used based upon need. We appreciate your cooperation.
- Any swimmer or parent entering the facility must first pass the following screening: a non-contact temperature check (must be lower than 100.4 degrees Fahrenheit) and 3 verbal questions. The three questions are:
 - Has any medication been used to lower your temperature?
 - Within the past 14 days, have you been in close contact (within 6 feet for 10 minutes or more) with anyone diagnosed with COVID-19?
 - Does anyone in your household have symptoms of respiratory illness (e.g. fever, cough, shortness of breath)?

The answers to the above questions must be "no" to enter. If you suspect that you or your swimmer cannot pass the screening with complete honesty, DO NOT COME

TO SWIM LESSONS. Stay home and consult your health care provider on the next steps.

- Classes in stages 1 through 3 will be limited to 6 students per class, without exceptions.
- Spaces will be marked on the side of the pool for students in Stage 4 and under to sit during lessons. These spaces will be 6 feet apart, and parents must stress to the swimmers that they must respect these distances and not approach other swimmers. (Swimmers who are siblings from the same household may sit next to each other).
- Stage 5 and 6 will be restricted to 2 swimmers per lane, with those swimmers starting each repeat on opposite sides of the pool.
- For Stage 3 and above, instructors will instruct from at least 6 feet away from students except if it is necessary to prevent a water safety emergency. For Stage 1 and 2, instructors WILL physically assist students and have their face covered whenever they are within 6 feet of students.
- Stages 3 and above will be taught without equipment. (You may provide your own goggles, but goggles will not be provided for you.) For Stage 1 and 2, you will need a "bubble," and communal bubbles cannot be provided at this time, nor any other shared equipment. Therefore, you may choose one of the following two options:
 1. Provide your own bubble. This is an example of an appropriate bubble: <https://www.swimlessonsuniversity.com/Swimways-Power-Swim-pluPOWER-SWIMR.html>. Please ask if you are not sure if your bubble is appropriate for lessons. TEACHING DEVICES ARE NOT LIFESAVING DEVICES, OR VICE VERSA. A lifejacket is an important safety device in many situations but will inhibit learning to swim if it is worn during a lesson. Water wings are also not appropriate, as they prevent proper use of the arms.
 2. You can buy a bubble from us. They can be reserved at registration for \$15.
- All swimmers must have a minor participant waiver form filled out before beginning lessons, and their accompanying parent must have an adult waiver form filled out for themselves. Families also need to sign Crystal Springs waiver. See the next three pages for waiver forms.

Crystal Springs Waiver

This Waiver of Liability and Release includes the waiver of any claims arising out of exposure to or infection with any communicable disease, including the novel coronavirus, COVID-19. COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and may cause serious or life-threatening illness or even death. Current medical knowledge indicates that it is believed to spread by contact between individuals, contact with contaminated surfaces, and even through the air. It is believed that an individual can be infected with COVID-19 without their knowledge and be asymptomatic. The Township of East Brunswick cannot guarantee that I, my family members, or child(ren), or anyone else, will not become infected with COVID-19. Participation in any Township program, event, or activity, or use of the Township's property or facilities could increase the risk of contracting COVID-19.

By signing this agreement, I agree that I have reviewed the guidelines published by the New Jersey Department of Health and Centers for Disease Control and Prevention, as well as the Executive Orders of Governor Philip Murphy, including Executive Order #149 and all amendments thereto, regarding COVID-19 and the use of municipal facilities and the participation in municipal activities. I agree that I have reviewed the requirements with my family members and child(ren) and agree that myself and my minor child(ren) will abide by same while participating in Township programs, events, activities, and while using Township property and facilities. In the event that I bring any family members or guests to any Township program, event, activity, property, or facility, I agree that I have advised them of the risks associated with COVID-19 and have advised them that they are required to abide by the aforementioned health guidelines. I further agree to take full responsibility for ensuring that these family members or guests comply with these health guidelines and all rules and regulations established by the Township with respect to the use of its property and facilities, whether related to COVID-19, safety, or otherwise.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and VOLUNTARILY ASSUME THE RISK that myself, my minor child(ren), my unborn child, my family members, and my guests, may be exposed to or infected by COVID-19 by participating in a Township program, event, or activity, or through use of the Township's property or facilities, and that such exposure or infection may result in personal injury, illness, permanent disability, or death to myself, my minor child(ren), or unborn child. I understand that the risk of becoming exposed to or infected by COVID-19 at a Township program, event, activity, or facility, may result from the actions, omissions, or negligence of myself or others, including, but not limited to, the Township of East Brunswick's elected and appointed officials, agents, employees, volunteers, guests, and program participants. I have read and understand the above warning concerning COVID-19. I UNDERSTAND AND VOLUNTARILY ACCEPT AND ASSUME ALL the foregoing risks related to COVID-19 for myself and/or my child(ren), my unborn child, my family members, and my guests, and accept sole responsibility for any injury, illness, disability, or death that may occur.

I HAVE READ THIS WAIVER OF LIABILITY AND RELEASE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I AM GIVING UP MY RIGHT TO FILE A CLAIM/LAWSUIT, AND VOLUNTARILY AND KNOWINGLY AGREE TO THE TERMS HEREIN.

Signature

Date

Name (print clearly)

Minor Participant Waiver, Release, Indemnification of All Claims & Covenant Not to Sue

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING RARITAN VALLEY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR

Assumption of Risk

I, in my legal capacity as parent/guardian of the minor named below (“Minor”), acknowledge and agree that any use of Raritan Valley YMCA facilities, services, equipment and premises (“Facilities”) and any participation in Raritan Valley YMCA programs and activities (“Programs”) comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor’s use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that Raritan Valley YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives (“Releasees”) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

Minor Name (Print Clearly)

Date

Parent/Guardian Signature

Parent/Guardian Name (Print Clearly)

Adult Participant Release & Waiver of Liability and Indemnity Agreement

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT YOU ARE RELEASING RARITAN VALLEY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR

Assumption of Risk

I acknowledge and agree that any use of Raritan Valley YMCA facilities, services, equipment and premises (“Facilities”) and any participation in Raritan Valley YMCA programs and activities (“Programs”) comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of the use of Facilities and participation in Programs I, the undersigned, agree that Raritan Valley YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives (“Releasees”) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, on behalf of myself and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I agree to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.

Participant Signature

Participant Name (Print Clearly)

Date