



SEPTEMBER SWIM LESSONS

Raritan Valley YMCA 2020 September Lessons at Brookside Swim Club



Summer is not over yet! We have one more session of outdoor lessons, taking place weekday afternoons at Brookside Swim Club.

Dates: 8 lessons, Monday/Wednesday/Friday
September 9, 11, 14, 16, 18, 21, 23, 25

[If lessons must be canceled for inclement weather or other reasons, Monday, September 28th will be used as a make-up.]

See next page for time slots for each class.

New safety procedures are now in place. Please see Page 3 for procedures.

Lesson location: Brookside Swim Club
Washington Ave.
Milltown, NJ 08850

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

Stage 1&2, Age 3-5	September 9 – September 23
	Time slots (M/W/F): 3:45 - 4:15pm 4:30 - 5:00pm
	\$ 104
Stage 1&2, Age 5-12	September 9 – September 23
	Time slots (M/W/F): 3:45 - 4:15pm 4:30 - 5:00pm
	\$ 104
Stage 3, Age 4-12	September 9 – September 23
	Time slots (M/W/F): 3:45 - 4:15pm 4:30 - 5:00pm
	\$ 104
Stage 4, Age 5-12	September 9 – September 23
	Time slots (M/W/F): 3:45 - 4:15pm 4:30 - 5:00pm
	\$ 104
Stage 5 & 6, Age 5- 18	September 9 – September 23
	Only one time slot (M/W/F): 4:00 – 5:00pm
	\$ 144

Membership (options starting at \$75) is required to register.

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.

The following safety considerations will apply due to current social distancing restrictions. Raritan Valley YMCA will follow all state and CDC guidelines and regulations. Keep in mind that this is not our facility, and we are guests of Brookside Swim Club which has graciously allowed us to operate our swim lessons. 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 seating 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 during entrance/exit, but do not need a face covering and should not wear a face covering during lessons.)
- No changing of clothes or showering is allowed at the facility. Students must arrive and leave in their bathing suit. Bathrooms will be available only for emergencies and occupied only by one parent/child pair at a time. Parents must remain available to take their child to the bathroom if an emergency bathroom break is needed. Shoes and face covering must be worn in the bathroom.
- 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 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 or 2 family units per lane, with those swimmers starting each repeat on opposite sides of the pool.
- For Stage 3 and above, instructors will attempt to instruct from at least 6 feet away from students whenever possible. If physical assistance to the student is necessary, the instructor will wear a mask. 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-Swimr-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. See the next two pages for waiver forms.

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

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Assumption of Risk

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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