



YMCA SWIM LESSONS AT YMCA TEACHING POOL: 144 TICES LANE

Summer 2020—weekday afternoons



Lessons are for youth ages 3 to 12, except for our evening session for teens and adults. 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 are available for levels 1 through 4 (beginner and intermediate). Advanced classes are not offered at this pool. If interested in advanced lessons, please see our weekday morning Crystal Springs lessons. See Swim Lesson Selector Guide for level descriptions.

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

One parent per day, and no more, must accompany their child to 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 of this packet.

Minor liability waiver and adult liability waiver (for accompanying parent) must be signed. Waivers can be found on page 4 and 5.

Lesson location and registration:

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

Due to new capacity limits and safety procedures, only one class (maximum 5 swimmers, or 6 if there are any sibling classmates) will be allowed in the pool area at a time. Compared to our other locations, our pricing structure reflects these needs, as well as the smaller and more intimate setting of the afternoon teaching pool lessons.

Stage 1 & 2, Age 3-10	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	4:30pm to 5:00pm	4:30pm to 5:00pm	4:30pm to 5:00pm	4:30pm to 5:00pm
	\$142	\$162	\$162	\$162

Stage 3 & 4, Age 5-12	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	5:15pm to 5:45pm	5:15pm to 5:45pm	5:15pm to 5:45pm	5:15pm to 5:45pm
	\$142	\$162	\$162	\$162

Stage 1&2, Age 3-10	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	6:00pm to 6:30pm	6:00pm to 6:30pm	6:00pm to 6:30pm	6:00pm to 6:30pm
	\$142	\$162	\$162	\$162

Adults and Teens	July 14 – July 23	July 27 – Aug 6	Aug 10 – Aug 20	Aug 24 – Sep 3
	6:45pm to 7:30pm	6:45pm to 7:30pm	6:45pm to 7:30pm	6:45pm to 7:30pm
	\$172	\$196	\$196	\$196

NOTE: The Adult and Teen class will only run if at least 2 students are enrolled. If only one student is enrolled as of 3:00pm on the first day, the class will be canceled and all fees refunded to the student.

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. Students and parents who do not follow social distancing protocol will be dismissed from swim lessons:

- Exactly one parent per swimmer should attend the lessons. Parents should not enter the fenced in pool area, but can observe from outside the fence. (The fence is in close proximity to the pool and still provides a good view of the lesson.) 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 should not wear the face covering during lessons. Seating will not be provided for parents, but you may bring your own chair.
- The inside of the YMCA will not be open to participants except in the case of a sudden weather emergency. Please come straight to the pool for screening, followed by the swim lesson. Portable toilets are available for emergency bathroom breaks. Parents must remain available to take their child to the bathroom if an emergency bathroom break is needed. If anyone (parent and/or child) needs to enter the portable toilet or the inside of the building, shoes and face covering must be worn.
- Please follow all staff member instructions and signs regarding entering and exiting the area. Multiple entry and exit points may be used based upon need. We appreciate your cooperation.
- Any attending student and/or parent must 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 attend. 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.

- Students should enter the pool with only one student on the staircase at a time. When not swimming, students will wait on separate platforms during the lesson. Siblings from the same household may stand on the same platform.
- Classes will be limited to 5 swimmers, or 6 swimmers if at least two of the students are siblings from the same household. Only one class will be in the pool at a time.
- For the Stage 3&4 class, 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 & 2, instructors **WILL** physically assist students and have their face covered whenever they are within 6 feet of students.
- The Stage 3&4 class 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. 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.

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