



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# SILVER BAY YMCA SWIM LESSON FORM

## CHILD INFORMATION please fill in each blank completely

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

BIRTHDAY \_\_\_\_\_ AGE \_\_\_\_\_

GENDER \_\_\_\_\_

## PARENT/GUARDIAN INFORMATION please fill in each blank completely

PARENT FIRST NAME	PARENT LAST NAME
STREET ADDRESS	CITY
STATE ZIP CODE	PRIMARY PHONE
EMAIL	OTHER PHONE

## STEP 1: CHOOSE YOUR DATES

- |                             |                            |                             |                             |
|-----------------------------|----------------------------|-----------------------------|-----------------------------|
| Session 1 June 26 - June 30 | Session 2 July 3 - July 7  | Session 3 July 10 - July 14 | Session 4 July 17 - July 21 |
| Session 5 July 24 - July 28 | Session 6 July 31 - Aug. 4 | Session 7 Aug. 7 - Aug. 11  | Session 8 Aug. 14 - Aug. 18 |

## STEP 2: CHOOSE YOUR GROUP Circle group choice; see back side of form for skills checklist

PARENT-CHILD Ages 2-4	POLLIWOG Beginner 1	GUPPY Beginner 2	MINNOW Intermediate 1	FISH Intermediate 2	FLYING FISH Advanced 1	SHARK Advanced 2	PORPOISE CLUB Competitive Swimmers
LESSON LOCATION** Slim Point 1:45-2:30pm				LESSON LOCATION** Bay Beach 1:45-2:30pm			

\*\*Lesson locations are subject to change based upon availability. Please check the Weekly Prompter for updates.

I understand there are certain hazards involved in participating in swimming/water activities. I have reviewed the swim lesson information section, including the swimming skills checklist, located in the Youth and Teen information booklet. I hereby give permission for my child to participate in swim lessons.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## STEP 3: CHOOSE YOUR MEMBERSHIP AND FEE SCALE

PROGRAM MEMBERS & ON-CAMPUS GUESTS	WEEKLY	BASIC MEMBERS & NON-MEMBERS	WEEKLY
REGULAR	\$28	REGULAR	\$39
EARLY BIRD DISCOUNT <small>For enrollment forms received by June 1</small>	\$20	EARLY BIRD DISCOUNT <small>For enrollment forms received by June 1</small>	\$30
MULTI-CHILD DISCOUNT <small>Applied for families with 3 or more children enrolled in the same swim lesson session</small>	\$18	MULTI-CHILD DISCOUNT <small>Applied for families with 3 or more children enrolled in the same swim lesson session</small>	\$27

## STEP 4: PAYMENT INFORMATION

Cash Check number \_\_\_\_\_ Room charge Reservation number and/or Name \_\_\_\_\_

Credit Card CC Number \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

# SKILLS CHECKLIST

Use the skills checklist to help determine which swim group to enroll your child. Your child should be able to perform each of the skills listed for their group as well as the skills listed for all previous groups.

- Check all the skills that your child can consistently perform
- Clearly mark the best swim group for your child according to our skills checklist
- *REMEMBER: it is better to underestimate a child's ability and move them up to a higher swim group later than it is to have to move them down to a lower swim group.*

<b>Parent-Child</b>	<input type="checkbox"/> Introduction to swim for children aged 2-4 years <input type="checkbox"/> Must be accompanied by a parent/guardian
<b>Polliwog 5 years &amp; up</b>	<input type="checkbox"/> Front float & back float with or without a floatation aid <input type="checkbox"/> Paddle for 25 yards w/a floatation aid on the front, side, and back (must perform all three) <input type="checkbox"/> Scull for 1 minute with or without a floatation aid
<b>Guppy 5 years &amp; up</b>	<input type="checkbox"/> Front & back float for 1 minute without floatation aid <input type="checkbox"/> Tread water for 20-30 seconds without floatation aid <input type="checkbox"/> Jump into deep water, paddle stroke 15 ft., roll to a back float for 10 seconds, return to shallow water with a floatation aid <input type="checkbox"/> Perform 10 bobs in deep water without a floatation aid <input type="checkbox"/> Swim for 25 yds. With or without a floatation aid <input type="checkbox"/> Crawl stroke, breast stroke, side stroke, back crawl stroke, elementary back stroke <input type="checkbox"/> Perform a kneeling dive
<b>Minnow 5 years &amp; up</b>	<input type="checkbox"/> Tread in deep water for 1 minute using a scissor kick <input type="checkbox"/> Swim for 25 yards without a floatation aid <input type="checkbox"/> Crawl stroke, breast stroke, side stroke, back crawl stroke, elementary back stroke <input type="checkbox"/> Perform a stride jump into deep water <input type="checkbox"/> Perform a standing dive
<b>Fish 5 years &amp; up</b>	<input type="checkbox"/> Float for 6 minutes with a minimum movement on the front or back without a floatation aid <input type="checkbox"/> Tread in deep water for 3 minutes using single, double, and circle kicks <input type="checkbox"/> Swim for 50 yards <input type="checkbox"/> Crawl stroke w/rotary breathing, breast stroke w/a pull, kick, & glide, side stroke with a regular scissors kick & glide, back crawl stroke w/bent arm, & elementary back stroke w/a glide <input type="checkbox"/> Swim 15 yds. Of the butterfly stroke <input type="checkbox"/> Perform head-first and feet-first sculling for 45 ft. each <input type="checkbox"/> Perform a standing dive <input type="checkbox"/> Perform a head-first & feet-first surface dive & swim down 6-8 feet
<b>Flying Fish 5 years &amp; up</b>	<input type="checkbox"/> Tread in deep water for 6 minutes using single, double, circle, & rotary kicks <input type="checkbox"/> Swim for 100 yards <input type="checkbox"/> Crawl stroke w/bilateral breathing, breast stroke w/a pull, kick, & glide, side stroke with a regular and inverted scissors kick and glide, back crawl stroke w/bent arm, and elementary backstroke with a glide <input type="checkbox"/> Swim 25 yards of the butterfly stroke
<b>Shark 5 years &amp; up</b>	<input type="checkbox"/> Swim 100 yards of the crawl stroke with bilateral breathing <input type="checkbox"/> Swim 100 yards of the breast stroke, swim 50 yards of inverted breast stroke <input type="checkbox"/> Swim 25 yds of the butterfly stroke & Swim 50 yds of the trudgen crawl <input type="checkbox"/> Swim 50 yards of overarm side stroke (25 yards on each side) <input type="checkbox"/> Swim 100 yards of back crawl stroke performing transitions with dolphin kick <input type="checkbox"/> Swim 200 yards of the individual medley: butterfly, backstroke, breaststroke, and front call
<b>Porpoise Club 5 years &amp; up</b>	COMPETITIVE SWIMMING for swimmers who meet all the requirements to complete the Shark Level