

Backyard Swim Summer 2010
Registration Form

The Valley-Shore YMCA

Presents

Backyard Swim

Host Pool

Host Name: _____

Address: _____

Town/Zip: _____

Phone: _____

Session Choice: _____ am pm

Swim Level: _____

We will do our best to schedule lessons based on your request, our instructor availability and travel distances. Special requests welcome! Classes cancelled due to inclement weather will be made up on Fridays.

Student 1: _____ Age: _____

Parent Name: _____

Phone Number: _____

Student 2: _____ Age: _____

Parent Name: _____

Phone Number: _____

Student 3: _____ Age: _____

Parent Name: _____

Phone Number: _____

Student 4: _____ Age: _____

Parent Name: _____

Phone Number: _____

Student 5: _____ Age: _____

Parent Name: _____

Phone Number: _____



Participants

Got Kids?

Got Pool?

We've Got Fun!

Please enclose payment with your registration:
Amount enclosed: _____ Check or
Visa/MasterCard # _____ exp _____
Signature: _____
Mail to: Valley-Shore YMCA P.O. Box 694
Westbrook, CT 06498



We Supply Certified Instructors and Learn-to-Swim Equipment for summer swim lessons in your very own pool!

Three 2 Week Sessions with 8 Classes Monday-Thursday

Session 1	June 21– July 1	am	pm
Session 2	July 12– July 22	am	pm
Session 3	August 2– August 12	am	pm

\$425 per instructor for YMCA members

\$485 per instructor for non-members

Our goal at the YMCA is to help your family have a fun, safe summer. Children learn well in familiar surroundings and our staff can help assist you in creating the best possible environment for your backyard pool.

Our instructors are fully certified and knowledgeable and have years of previous swim instruction in our YMCA Learn to Swim program.

We have all the equipment needed and lesson plans that incorporate safety, swimming skills and water play that will engage children of all ages and skill levels.

Invite your neighbors' children or other friends to join in the classes, up to five children in each class.

Classes are 45 minutes in length and can accommodate up to 5 swimmers of the same age and skill level.

Please let us join you this summer at your backyard pool for fun, fitness and safety in the fresh air and sunshine!

**Call the Aquatic Department at 860-399-9622 ext 14
for more information and to schedule your
Backyard Swim classes.**

Preschool Age Swim Levels 3-5years



PIKE Level: Children with little or no swimming experience are introduced to basic swimming skills and age appropriate water safety concepts. Flotation devices are used to help develop independence and confidence.

EEL Level: Once children are able to support themselves comfortably for short distances we work to help them improve body position, breath control and stroke readiness.



RAY Level: Children who are stroke ready are introduced to the basics of the front crawl and backstroke, and in pools where there is at least a depth of 8 feet, children will also learn to dive safely.

School Age Swim Levels 6 years and up



Polliwog: Children learn to comfortably move in water of varying depth, gain independence and learn basic swim skills

Guppy: These fully independent swimmers are introduced to basic stroke skills for the front crawl and backstroke, diving and survival skills



Minnow: Front Crawl and backstroke and endurance improve and children also learn to dive and swim underwater. Elementary backstroke is also introduced.

Fish: Advanced swimmers now learn dolphin kick, breast stroke kick and surface dives. Breathing, body position and technique improve efficiency



Flying Fish: Swimmers focus on the four competitive strokes and learn starts and turns. Fitness and personal safety concepts are incorporated in the class.

Valley-Shore YMCA Fit Kids Backyard Swimming is part of Activate America and our commitment to helping individuals lead active, healthy lives!