

UPPER BUCKS YMCA
2009 Swimming Lesson Registration Form
Location: Borough of Quakertown Pool
(Please fill out one form per child per session)

Fee - \$35 per child per session.
Participants must have a season pass to the Quakertown Pool.
Forms and fees are to be returned to the **Borough Hall.**
Sessions run four times a week for two weeks.

Class Times:

9:00 to 9:45 a.m.	Youth
9:45 to 10:30 a.m.	Preschool A
10:45 to 11:30 a.m.	Youth
10:30 to 11:15 a.m.	Preschool B

Descriptions of the different levels are printed on the back of this page.

Session I

June 22, 23, 24, 25 and June 29, 30, July 1, 2
Sign-up deadline: June 15th at noon

Session II

July 6, 7, 8, 9, and July 13, 14, 15, 16
Sign-up deadline: June 29th at noon

Session III

July 20, 21, 22, 23, and July 27, 28, 29, 30
Sign-up deadline: July 13th at noon

Session IV

August 3, 4, 5, 6, and August 10, 11, 12, 13
Sign-up deadline: July 27th at noon

Quakertown Borough Swim Lessons, 2009
(One form per child per session)

Name _____ Age _____ Date of Birth _____

Address _____

Parent Phone (home/work) _____

Emergency Contact Name and Phone _____

Season Ticket # _____ Session I II III IV (circle one)

Class _____ Time _____

My child has taken swimming lessons at the Upper Bucks YMCA. Yes No

My child has taken swimming lessons at the Borough Pool. Yes No

Medical concerns? Please explain on back of this page. Yes No



YMCA Swimming Lesson Descriptions

All children, regardless of age group, will be swim tested on the opening day of the session and then divided into skill levels by ability. At the end of the session, each child will be given a report card that can be used to continue their aquatic learning throughout the year at the Upper Bucks YMCA.

Preschool – For children 3 – 6 years of age, who have not yet entered first grade.

This program offers children their first experience in the water without parental assistance. The children are taught the skills that are the building blocks of swimming. They also learn about pool safety and the use of personal floatation devices. Beginning, intermediate and advanced levels are taught in each class depending on the readiness of the child. Levels include:

- **Pike** – This level helps children develop safe pool behavior, adjust to the water and develop independent movement in the water.
- **Eel** – Children are taught to kick, dive, float and perform the progressive paddle stroke. Children will also adjust to getting their faces wet while performing aquatic skills.
- **Ray** – At this level, children review their previous skills, improve stroke technique, learn more personal safety and build endurance. Rotary breathing also is introduced.
- **Starfish** - At this highest level of Preschool Lessons, children learn underwater swimming skills and to swim a length of the pool without flotation devices on both their front and back while improving their crawl strokes.

Youth Classes – For children in 1st grade through 12 years of age

This program comprises five main components: personal growth, personal safety, stroke development, water sports and games and rescue. Each skill level builds upon the preceding level, with six levels covering all the strokes, diving fundamentals and safety skills.

- **Polliwog** – Beginning level for the elementary school child. Children adjust to being in the water and getting their faces wet. An endurance swim of one length is taught, as well as floating, a life-saving and personal safety skill.
- **Guppy** – The child learns the front and back crawl stroke. Survival floating, endurance and personal safety are also included at this level.
- **Minnow** – Front and back crawl strokes are working towards mastery at this level and endurance drills are introduced.
- **Fish** – More complex strokes are being taught at this level, particularly breaststroke. Endurance in previously learned skills is stressed as well as an introduction to first aid.
- **Flying Fish** – Child is now learning the butterfly and will learn to combine all four strokes for the individual medley.
- **Shark** – An advanced level of swimming. Time will be spent on endurance and learning different forms of lifesaving strokes and safety procedures.

Reminders:

1. No make-ups will be allowed.
2. During inclement weather, classes are usually moved indoors and safety skills are taught. If class is cancelled you will receive a phone call from a YMCA instructor.
3. Except on the last day of each session, parents are asked to wait in the snack stand or canopy area of the pool so as not to distract their child from the lessons.
4. Parent observation days will be held on the last day of each session.
5. For further information, call the Aquatic Director at the Upper Bucks YMCA – 215-536-8409.

Medical Concerns for Participant – For the safety of your child, we ask that you please make us aware of any medical concerns that might affect your child during swim lessons.