



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SECURE SWIMMERS

**SWIM LESSONS**  
Swim Lessons for All Ages  
**BOWLING FAMILY YMCA**



**LEARN  
TO SWIM  
NOW!**

The YMCA swim lessons are all taught by certified swim instructors. The classes include many skills included in the swim lessons. The classes include personal safety, personal growth, stroke development, water sports & games, as well as rescue. The youth swim lessons are set up as progressive program. The youth will be able to progress through four levels in the preschool programs and seven levels in the six and up youth programs. The Parent/Child class helps the parent's get comfortable with their children in the water and helps the children with water adjustment.

## **Sessions**

All classes are set up in eight (8) 30 minute classes.

## **Classes**

Classes are available

- Monday/Wednesday (2 days a week - Group Lessons - 1 instructor with 6-8 students)
- Tuesday/Thursday (2 days a week - Parent assisted - Parents are in water with student )
- Saturdays (1 day a week - Group Lessons & Parent assisted options )

## **Private and Semi-Private Lessons**

Private and Semi-Private Lessons are available upon request and can be scheduled at the desire fo the parents. Please inquire at the Front Desk for details.



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# Preschool and Youth

**Ages 3 and up**  
Classes are 30 minutes in length

**Mon/Wed (Group Instructed\*\*)**

- Youth Level 1 - 4:00pm
- Youth Level 2 - 4:40pm
- Youth Level 3 - 5:20pm
- Youth Level 4 - 6:00pm

**Tues/Thurs (\*\*Parent Assisted)**

- Preschool Level 1 - 4:00pm
- Preschool Level 2 - 4:40pm
- Preschool Level 3 - 5:20pm

**Saturdays**

**(Group Instructed\*\*)**

- Youth Level 1 - 9:40am
- Youth Level 2 - 10:20am
- Youth Level 3 - 11:00pm
- Youth Level 4 - 11:40pm

**(\*\*Parent Assisted)**

- Preschool Level 1 - 9:40am
- Preschool Level 2 - 10:20am
- Preschool Level 3 - 11:00am

**PLEASE NOTE:** If children are 36 months old & are willing to be led by an adult instructor other than their parent, they can be signed up for the preschool classes.

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Release of liability/Assumptions of risk: The undersigned participant or parent/guardian, in consideration of participation in the program activities indicated on this form, agree to indemnify and hold harmless the YMCA of El Paso, it's representatives, it's successors, and assigns all releases the same from any and all liability for any injury or illness which may be suffered by the participant, name herein, arising out of, or in any way connected with the program or activity indicated and assumes the risks for such injury or illness. I also authorize the use of any photographic image of the participant, name herein, taken during program or activity, for use in any YMCA of El Paso publication. I further agree to abide by all of the YMCA of El Paso policies and procedures.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## PARENT/CHILD

**6 months – 3 years of age**

\*Children who are not potty-trained must wear swim diapers.

**Saturdays - 11:40 - 12:10**

## TEEN & ADULT

**Ages 13 and up**

**Saturdays - 9:00 –9:30 a.m.**

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**PRIVATE LESSONS**

Members            \$100            Non-members    \$130

**SEMI-PRIVATE LESSONS**

Members            \$150            Non-members    \$200

**Classes will start the week of January 4th, 2020**

PRICING: Members \$25.00    Non-Members \$60.00

All Group & Parent Assisted classes are 8 sessions long