



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE SECURE SWIMMERS

## 2020 FALL SWIM LESSONS Swim Lessons for All BOWLING FAMILY YMCA



Children will become stronger swimmers and more confident kids. This new swim lesson program has eight (8) stages.

Stages A & B (currently not being offered) are swim starters for parent & child lessons who learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Stages 1-3 (**Swim Basics**) are for pre-school and up. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills of—Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit and—Jump, push, turn, grab.

Stages 4-6 (**Swim Strokes**) are for school age and older. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### Sessions

All classes are set up in eight (8) 30 for Stages A-3 or 40 minute classes for Stages 4-6.

### Classes

Classes are available

- Tuesday/Thursday (2 days a week)
- Saturdays (1 day a week)



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**Preschool**

Classes are 45 minutes in length

**Tuesday & Thursday**  
5:15p-6:00p Stage 1, 2 & 3

**Saturday**  
10:15a-11:00a Stage 1, 2 & 3

**School Age**

Classes are 45 minutes in length

**Tuesday & Thursday**  
4:15p-5:00p Stage 1, 2 & 3

**Saturday**  
11:15a-12:00p Stage 1, 2 & 3

Stage 1  
Water Acclimation

Stage 2  
Water Movement

Stage 3  
Water Stamina

Stage 4  
Stroke Introduction

Stage 5  
Stroke Development

Stage 6  
Stroke Mechanics

For the safety of your child and our staff, currently all classes will be held with the

**Instructors out of the water.**

**Parents will be required to be in the water for Stages 1-3**

We at the YMCA prioritize the safety of our staff and members. As we begin to reopen up Aquatic programs there will be many changes implemented designed to protect yourself, your child and our staff. Failure to adhere to these changes will result in removal from the aquatics program with no refund. With participation in any program including Aquatics, comes a greater risk of exposure to COVID-19 or any other illness. The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Individuals 65 or older with pre-existing health conditions are considered higher risk. Participants will be required to follow the practices specified through CDC guidelines and all new protocols, implemented by the YMCA of El Paso. If the immediate family of the participant or the participant themselves come into contact with someone who has tested positive of COVID-19 immediately contact the Aquatics director, temporarily remove yourself from the program and isolate yourself for a minimum of 14 days. \*credits may be given under special circumstances.

**All group classes Dates:**

**Family Members—\$25    Non-members—\$60**

**Two Days A Week:**  
**September 8-October 1**  
**October 6- October 29**

**One Day A Week:**  
**September 12-October 31**

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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: \_\_\_\_\_