

# **GREATER HOLYOKE YMCA SWIM LESSONS AT THE**



## **How to sign up:**

Stop by and sign up at the Swim Club. Kyle, Alison & James will both be available to take registrations!

South Hadley Swim Club Members: \$50.00 per Session  
Checks can be made payable to **Greater Holyoke YMCA.**

## **Classes and Times Offered:**

**Pike/Eel: Beginner class 3 to 5 years of age kids will learn to blow bubbles, bob under the water, floating, and swimming on their front and back with flotation.**

11:00 to 11:30 AM

**Starfish: Advanced class for 3 to 5 year olds that can swim 5 yards on their front and back without flotation. Swimmers will learn freestyle and backstroke technique, treading water, breath control and much more!**

11:00 to 11:30 AM

**Polliwog: Beginner class for 6 to 13 year olds. Swimmers will learn to swim on their front and back, breath control, floating, treading water and much more!**

10:30 to 11:00 AM

**Guppy/Minnow: Intermediate class for 6 to 13 year olds that can swim 25 yards on their front and back. Swimmers will learn rotary breathing, Freestyle, Backstroke, introduced to breaststroke and butterfly kick, treading water, diving, and much more!**

10:30 to 11:00 AM

**Fish/Shark: Advanced class for 6 to 13 year olds that can swim 50 yards on their front and back. Swimmers will work on endurance, technique for all strokes, diving, and much more!**

10:30 to 11:00 AM

**\*\*Classes must have at least 3 participants signed up to run so please sign up early.\*\***

**AM Classes will run in 2 week blocks Monday Thru Thursday with Friday as a make-up day in case of weather.**

**Session 1: July 17-27, 2017**

**Session 2: July 31-August 10, 2017**



# GREATER HOLYOKE YMCA

## SWIM LESSON REGISTRATION FORM

### PARTICIPANT INFORMATION

Child #1

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ DATES ENROLLED \_\_\_\_\_ LEVEL \_\_\_\_\_

Child #2

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ DATES ENROLLED \_\_\_\_\_ LEVEL \_\_\_\_\_

Child #3

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ DATES ENROLLED \_\_\_\_\_ LEVEL \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

EMAIL: \_\_\_\_\_

### Informed Consent

In consideration for myself and/or my child being allowed to participate in Greater Holyoke YMCA Programs, I agree to assume the risk for participating in such programs, and further agree to hold harmless the Greater Holyoke YMCA, the Board of Directors and its staff members conducting such programs from any and all claims, suits, losses, or related causes of action for damages, including, but not limited to, such claims that my result from injury or death, accidental or otherwise, during, or arising in any way from the Greater Holyoke YMCA programs.

\_\_\_\_\_  
Signature of Parent/Guardian if child is under 18 years of age

DATE SIGNED: \_\_\_\_\_