



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPLASH, LEARN, GROW

## Youth Swim Lessons

**Registration for Winter A & 1 Session  
will be Saturday, December 21<sup>st</sup>  
at 9am  
Online or In-Person at the Y**

**Winter A Session Dates: Jan 13<sup>th</sup> – Feb 20<sup>th</sup>**

**Winter 1 Saturday Session Dates: Jan 11<sup>th</sup> – Feb 15<sup>th</sup>**



### 3-5 years old Program

#### Pike

Beginner: Pike introduces new little swimmers to the pool and helps them develop safe water habits in a fun and encouraging environment. Swimmers will focus on basic paddle stroke, kicking skills, blowing bubbles, front and back floats, and water safety.

#### Eel

Intermediate Beginner: The Eel level is designed for little swimmers who are well adjusted to the water and have completed Pike skills. Eel swimmers continue to build on the basics learned in Pike, such as kicking and progressive paddle stroke. Additionally, they will learn more about pool safety and develop their floating.

#### Ray

Advance Beginner: Ray is intended to allow little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in the Ray level will be introduced to rhythmic breathing, front and back crawl, treading water, and rescue skills. Swimmers will also start learning the basics of elementary backstroke and breaststroke.

### 6-12 years old Program

#### Polliwog

Beginner: Polliwog introduces school-age children to the pool and helps them adjust to the water. It teaches basic skills including stroke work, gliding, and front & back floating, & kicking as well as beginner rotary breathing.

#### Guppy

Intermediate: Swimmers in Guppy begin to refine their freestyle skills and learn back stroke. They will also be taught introductory breast stroke. Swimmers build confidence and improve technique.

#### Advanced Guppy

Designed for those students who are preparing to move to the Minnow level. This class builds the swimmers confidence in the lap pool while working on endurance, technique and other skills.

#### Minnow

Intermediate Advance: Swimmers in the Minnow level continue to work on learning and improving their strokes while increasing endurance and technique.

#### Fish

Advance: The Fish level is an advanced level for swimmers able to swim 50 yards of freestyle with side breathing, side stroke, backstroke and breaststroke. Other advanced skills and strokes will be taught.

PLEASE CHECK OFF THE CLASS (ES) YOU WOULD LIKE TO BE ENROLLED IN

CLASS	A	1	DAYS & TIMES	COST
PIKE			MON & WED 4:00 – 4:30 PM	\$95
PIKE 1			TUES & THURS 4:00 – 4:30 PM	\$95
PIKE 2			SATURDAY 8:00 – 8:45 AM	\$80
EEL			MON & WED 4:30 – 5:00 PM	\$95
EEL 1			TUES & THURS 4:30 – 5:00 PM	\$95
EEL 2			SATURDAY 8:45 – 9:30 AM	\$80
RAY			MON & WED 5:00 – 5:30 PM	\$95
RAY 1			TUES & THURS 5:00 – 5:30 PM	\$95
RAY 2			SATURDAY 9:30 – 10:15 AM	\$80
POLLIWOG			MON & WED 5:30 – 6:00 PM	\$95
GUPPY			TUES & THURS 5:30 – 6:00 PM	\$95
ADVANCED GUPPY			MON & WED 4:00 – 4:30 PM	\$95
ADVANCED GUPPY 2			SATURDAY 10:15 – 11:00 AM	\$80
MINNOW			MON & WED 4:30 – 5:00 PM	\$95
FISH			TUES & THURS 4:30 – 5:00 PM	\$95
MINNOW/FISH COMBO			SATURDAY 11:00 – 11:45 AM	\$80

POLICIES AND REMINDERS:

- Please note that we are unable to process swim registrations without a current Santa Monica Y membership.
- Registrations can be done online. <https://operations.daxko.com/Online/5131/Programs/Search.mvc>
- Payments must be made online or in person at the Membership Desk. Payments will not be taken on the pool deck by lifeguards or instructors.
- No cancellations after Friday before the session starts are accepted.
- No Refunds will be given once signed up for lessons. NO credit will be given for cancellations.
- Parents must notify After School Enrichment Program if their child is signed up for Swim Lessons and they wish to have their child taken to swim lessons by the ASE staff.
- Please remove shoes before entering the pool deck.
- Swim caps AND Full Body showers are required before entering the pool.
- Parents must stay in the facility during their child’s lesson. (By the hallway observation window or in the Y Lobby)
- NO PHOTOGRAPHY IS ALLOWED for the safety and privacy of our members.

By initialing in the box you agree and understand to abide by the Policies and Reminders.

Parent initials
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**REGISTRATION INFORMATION**

Today’s Date: \_\_\_\_\_

MEMBERSHIP #: \_\_\_\_\_ Financial Assistance? Yes No

CHILD’S FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

CHILD’S DOB: \_\_\_\_\_

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

ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_

E-mail: \_\_\_\_\_  
 Example: 

S	W	I	M	L	E	S	S	O	N	S	@	Y	M	C	A	S	M	.	O	R	G											
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**Method of Payment:**

Check #: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Type of Card: (Circle One) Amex Visa MasterCard Discover

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_/\_\_\_ CVV: \_\_\_\_\_ Initials: \_\_\_\_\_

I, the undersigned, authorize the Santa Monica Family YMCA to charge the above credit card for the cost of the program. I understand that the YMCA Swim Lessons do not offer refunds or credits for future classes. Checks should be made out to **SANTA MONICA FAMILY YMCA** for the appropriate amount.

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