



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONG SWIMMERS CONFIDENT KIDS

SWIM LESSONS

Registration for Fall begins
Friday, October 8th at 9am
Online or In-Person at the Y

M&W, T&TH Session Dates:
November 1st – December 16th

Saturday Session Dates:
November 6th – December 18th

We will not have swim lessons the week of
November 22nd – 27th

Santa Monica Family YMCA
1332 6th St. Santa Monica, CA 90401
(310)393-2721
www.ymcasm.org



3-5 years old Preschool Program				6-12 years old School Age Program			
<p><u>Level 1</u> Beginner: Level 1, <i>formally Pike</i>, 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.</p>				<p><u>Level 1</u> Beginner: Level 1, <i>formally Polliwog</i>, introduces school-age children to the pool and helps them adjust to the water. It teaches basic skills including stroke work, gliding, front & back floating, & kicking as well as beginner rotary breathing.</p>			
	Monday & Wednesday	4:00-4:30pm	\$90		Monday & Wednesday	5:30-6:00pm	\$90
	Tuesday & Thursday	4:00-4:30pm	\$90				
	Saturday	8:15-9:00am	\$85				
<p><u>Level 2</u> Intermediate Beginner: The level 2, <i>formally Eel</i>, is for little swimmers who are comfortable in the water and have completed Level 1 skills. Level 2 swimmers continue to build on the basics learned in Level 1, such as kicking and progressive paddle stroke. Additionally, they will learn more about pool safety and develop their floating.</p>				<p><u>Level 2</u> Intermediate: Swimmers in Level 2, <i>formally Guppy</i>, will begin to refine swimmer's freestyle skills and learn backstroke. They will learn introductory breaststroke. Swimmers build confidence and improve techniques. *Saturday class meets in lane 1 of the lap pool</p>			
	Monday & Wednesday	4:30-5:00pm	\$90		Monday & Wednesday	5:00-5:30pm	\$90
	Tuesday & Thursday	4:30-5:00pm	\$90		Tuesday & Thursday	5:00-5:30pm	\$90
	Saturday	9:00-9:45am	\$85		Saturday*	10:30-11:15am	\$85
<p><u>Level 3</u> Advance Beginner: Level 3, <i>formally Ray</i>, allows little swimmers a chance to begin developing endurance as well as improving stroke skills. Swimmers in the level 3 learn rhythmic breathing, front and back crawl, treading water, and rescue skills. Swimmers will also start learning the basics of elementary backstroke and breaststroke.</p>				<p><u>Level 3</u> Intermediate Advance: Swimmers in level 3, <i>formally Minnow & Fish</i>, continue to work on learning and improving their strokes while increasing endurance to swim 50+ yards of freestyle with side breathing, sidestroke, backstroke and breaststroke.</p>			
	Monday & Wednesday	5:00-5:30pm	\$90		Monday & Wednesday	4:30-5:00pm	\$90
	Tuesday & Thursday	5:00-5:30pm	\$90		Tuesday & Thursday	5:00-5:30pm	\$90
	Saturday	9:45-10:30am	\$85		Saturday	11:15-12:00pm	\$85

We will not have swim lessons the week of November 22nd - November 27th

Membership # _____ Child's DOB: ___/___/_____ Financial Assistance Yes No
 Child's First Name: _____ Last Name: _____
 Address: _____ Zip: _____
 Phone: (____) _____ - _____ Email: _____ @ _____

Method of Payment: Check Credit Card Name on 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 or missed classes. Checks must be made out to SANTA MONICA FAMILY YMCA for the appropriate amount.
 Signature: _____ Date: _____