



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH, LEARN, GROW

WINTER 2023 PRESCHOOL & SCHOOL AGE SWIM LESSONS

Session Dates

Mondays and Wednesdays

January 9 – February 15, 2023

Saturdays

January 14 – February 18, 2023



Registration Starts Monday, December 12th Online or In-Person

3-6 Preschool Program

PS 1: Beginner: Stage 1, introduces new swimmers to the pool and helps them acclimate to water in a fun and encouraging environment. Swimmers will focus on basic front and back stroke skills, blowing bubbles, floating, and water safety.

PS 2: Intermediate Beginner: Stage 2, refines swimmers front stroke skills in order to gain independence safely in the water. Swimmers will focus on front and back stroke skills, blowing bubbles, floating, and water safety.

PS 3: Intermediate Beginner: Stage 3, focuses on swim float swim and backstroke across our training pool. Swimmers are also introduced to elementary backstroke.

Questions: Contact Rosalynn Ross, Aquatics Director at: (310) 393-2721 ext. 106 or rosalynn@ymcasm.org

6-13 School Age Program

SA 1: Beginner: Stage 1, introduces new swimmers to the pool and helps them acclimate to water in a fun and encouraging environment. Swimmers will focus on basic front and back stroke skills, blowing bubbles, floating, and water safety.

SA 2: Intermediate Beginner: Stage 2, refines swimmers front and backstroke skills in order to gain independence safely in the water. Swimmers will focus on swimming 10yds of front stroke and backstroke independently.

SA 3: Intermediate: Stage 3, introduces treading water and side breathing. In this class, swimmers learn how to swim a full length of the pool safely and independently.

SA 4: Intermediate Advanced: Stage 4, focuses on refining freestyle and backstroke and introduces breaststroke and butterfly kick. Students start building up endurance by swimming up to 50 yds at a time and treading water for 1 min.

SWIM CREW*

SWIM CREW: Program designed for those who are training for swim team. In this hour-long class, swimmers will be pushed to swim on intervals and perfect their technique.

**Prerequisite: Must be able to swim a 200 IM and know how to perform open turns and flip turns.*

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

CLASS	TIMES	COST	M/W	S
PS 1	3:30-4:00 pm	\$100		
PS 1	9:05-9:50 am	\$95		
PS 2	4:00-4:30 pm	\$100		
PS 2	9:55-10:40 am	\$95		
PS 3	4:30-5:00 pm	\$100		
PS 3	10:45-11:30 am	\$95		
SA 1	5:00-5:30 pm	\$100		
SA 2	4:00-4:30 pm	\$100		
SA 2	9:00-9:45 am	\$95		
SA 3	4:30-5:00 pm	\$100		
SA 3	9:55-10:40 am	\$95		
SA 4	5:00 - 5:30 pm	\$100		
Swim Crew	5:00-6:00 pm	\$135		
Swim Crew	11:00 am - 12:00 pm	\$105		

POLICIES AND REMINDERS:

- Please note that we are unable to process swim registrations without a current active SMF YMCA membership
- Registrations can be done online.
- Payments must be made online or in person by the Membership team or by the Aquatics Director.
- No cancellations after session starts are accepted.
- No refunds or online credit will be given for cancellations after child is registered.
- Parents must communicate to the Youth Department if they are signed up for swim lessons and after school enrichment.
- Please make sure your child showers, has appropriate footwear, a swim cap, and is on time for class.
- Swim caps are required for pool entry.
- 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 this box, you understand and are agreeing to abide by the Policies and Reminders.

Parent
Initials

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: _____

EMAIL: _____

PAYMENT METHOD: Check Credit Card Charge credit card on file

CHECK #: _____ NAME ON CARD: _____

TYPE OF CARD: (CIRCLE ONE) AMEX VISA MASTERCARD DISCOVER

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 the **SANTA MONICA FAMILY YMCA** for the appropriate amount.

Signature: _____ Date: _____