



We build strong kids, strong families, strong communities.

Lakewest YMCA Summer 2010

Summer 1: June 7 – June 17
 Summer 2: June 21 – July 1
 Summer 3: July 5 – July 15

Summer 4: July 19 – July 29
 Summer 5: August 2 – August 12
 Summer Sat: June 19 – August 7

PLEASE MARK THE APPROPRIATE CLASS AND TIME

CLASS	CLASS TIME	YMCA MEMBER (Circle One)	YMCA TEEN MEMBER (Circle One)	ACTIVITY MEMBER (Circle One)
<input type="checkbox"/> Pike/ Eel 3-5yrs <input type="checkbox"/> Polliwog 6-12yrs <input type="checkbox"/> Guppy/ Minnow 6-12 yrs <input type="checkbox"/> Fish 6-12 yrs <input type="checkbox"/> Teen/ Adult 13 and Up	4:00pm-4:30pm MONDAY – THURSDAY FOR 2 WEEKS	\$35	\$35	\$55
<input type="checkbox"/> Pike/ Eel 3-5yrs <input type="checkbox"/> Polliwog 6-12yrs <input type="checkbox"/> Guppy/ Minnow 6-12 yrs <input type="checkbox"/> Fish 6-12 yrs <input type="checkbox"/> Teen/ Adult 13 and Up	4:40pm – 5:10 pm MONDAY – THURSDAY FOR 2 WEEKS	\$35	\$35	\$55
<input type="checkbox"/> Pike/ Eel 3-5yrs <input type="checkbox"/> Polliwog 6-12yrs <input type="checkbox"/> Guppy/ Minnow 6-12 yrs <input type="checkbox"/> Fish 6-12 yrs <input type="checkbox"/> Teen/ Adult 13 and Up	5:20pm – 5:50 pm MONDAY – THURSDAY FOR 2 WEEKS	\$35	\$35	\$55
<input type="checkbox"/> Parent/ Child 6 mo- 36 mo <input type="checkbox"/> Pike/ Eel 3-5yrs <input type="checkbox"/> Polliwog 6-12yrs	10:00am – 10:30 am SATURDAYS FOR 8 WEEKS	\$35	\$35	\$55
<input type="checkbox"/> Teen/ Adult 13 and Up <input type="checkbox"/> Guppy/ Minnow 6-12 yrs <input type="checkbox"/> Fish 6-12 yrs	10:40am – 11:10 am MONDAY – THURSDAY FOR 2 WEEKS	\$35	\$35	\$55

PARTICIPANT'S INFORMATION:

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

PHONE: _____ D.O.B: MONTH DAY YEAR

PARENT/GUARDIAN INFORMATION:

FIRST NAME: _____ LAST NAME: _____

ADDRESS (IF DIFFERENT): _____

OTHER/EMERGENCY PHONE: _____ D.O.B: MONTH DAY YEAR

BY MY SIGNATURE AND OF MY FREE WILL, I DO HEREBY AGREE TO INDEMNIFY AND WAIVE HARMLESS THE YMCA OF METROPOLITAN DALLAS FROM ANY AND ALL CLAIMS OF DEMANDS, COST OR EXPENSE ARISING OUT OF ANY INJURIES, DAMAGES OR OTHER LOSSES, WHETHER PERSONAL OR PROPERTY, SUSTAINED BY ME OR ANY PARTY TO WHOM I AM RESPONSIBLE. BY MY SIGNATURE I ACKNOWLEDGE I HAVE BEEN GIVEN INFORMATION TO READ WITH REGARD TO OTHER YMCA POLICIES.

NSF POLICY (INSUFFICIENT FUNDS) – ALL RETURNED CHECKS, BANK DRAFTS AND CREDIT CARD CHARGES WILL BE SUBMITTED TO ECASHFLOW SYSTEMS AND INCLUDE A SERVICE FEE OF \$ 25. . PROGRAM REFUND POLICY – PRIOR TO THE REGISTRATION DEADLINE, IF ANY INDIVIDUAL WISHES TO WITHDRAW FROM A PROGRAM, A FEE, AS DETERMINED BY THE YMCA WILL BE DEDUCTED BEFORE THE REFUND IS ISSUED. NO REFUND CAN BE MADE AFTER THE START OF A PROGRAM.

SIGNATURE: _____ DATE: _____ (please read & sign next page)

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.
Financial Assistance Available: Through our Annual Scholarship Campaign, the YMCA is able to provide scholarships for members and programs based on individual need and the ability of the YMCA to fund the subsidy. Contact the YMCA at 214-421-5301 or stop by the Welcome Center to pick up an application.

Lakewest Family YMCA • 3737 Goldman. • Dallas, Texas 75212 • 214-630-9880 • Fax: 214-689-6460

www.lakewestymca.org

STAFF USE ONLY: _____

DATE PURCHASED: _____ RECEIPT #: _____ STAFF INITIALS: _____ AQUATIC STAFF INITIALS: _____

INSTRUCTORS NAME: _____

Course Descriptions

Preschool (3-5 years)

Pike

Designed for new swimmers, the Pike class helps children adjust to the water and develop independent movement in the pool. Children will learn to swim on their front and back with and without the use of floatation devices

Eel

For children who are able to swim 5 feet on their front and back without assistance. Children will practice swimming longer distances on their front and back without assistance.

Ray/Starfish

Children must be able to swim 15-20 feet on their front and back. This level builds endurance, teaches underwater swimming, treading water and reviews/refines stroke skills on front and back. More advanced swimmers (Starfish) will learn to sidestroke, backstroke and the beginning of breaststroke.

Youth (6 years & Up)

Polliwog

Beginning level for swimmers who are uncomfortable or inexperienced in the water. Teaches the basics of front crawl and swimming on the back and side.

Guppy

Children must be able to swim 15-20 feet without assistance to enter this level. Participants will work on endurance to include swimming 25 yards front crawl, backstroke and sidestroke with/without floatation devices. Swimmers will also learn the beginning elements of elementary backstroke and sidestroke.

Minnow

For children who are able to swim 25 yards of front crawl, backstroke and sidestroke with/without floatation devices. Swimmers should also know the basic movements of breaststroke and elementary backstroke. This class refines the front crawl and teaches rotary breathing, and improves endurance and form of backstroke, breaststroke and elementary backstroke.

Fish

Children in the Fish level must be able to swim 25 yards front crawl with rotary breathing, backstroke, breaststroke, sidestroke and elementary backstroke. Swimmers increase endurance and improve form in the aforementioned strokes and will learn butterfly.

Flying Fish/Shark

Usually combined with the Fish class, children must be able to swim 50 yards front crawl, backstroke, and breaststroke as well as 25 yards of butterfly. This class improves butterfly, learns flip turns and advances stroke technique and endurance.