



Adamstown YMCA

Summer 2019 Swim Lessons

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Lessons (ages 3&up): YMCA Member: \$55.00 Non-Member: \$70.00

Class Descriptions: **Polliwog: Introduction to Water Skills:** This beginning level gets swimmers acquainted with the pool, use of floatation devices and independent floating.

*There are no skill prerequisites and a parent **MUST** accompany their child in the water*

Group Sessions run Monday-Thursday

Guppy: Fundamental Aquatic Skills: Swimmers are introduced to freestyle, backstroke, sidestroke, and breaststroke

Fridays will be used as make-up days for inclement weather.

Minnow: Stroke Development: This is the initial intermediate level. Swimmers will continue to practice and refine their strokes.

Morning Session(s): Adamstown Pool, June 17th– June 28st (Registration Deadline: Friday, June 7th) East Cocalico Pool, July 8th– July 19th (Registration Deadline: Friday, June 28th)
 Denver Pool, July 22nd – August 2rd (Registration Deadline: Friday, July 12th)

\$10.00 late fee will be assessed after registration deadline

Class Attending : Minnow 8-8:30 AM Guppy 8:40-9:10 AM Polliwog I 9:20-9:50 AM Polliwog II 10-10:30 AM

Evening Session(s): Adamstown Pool, July 22nd – August 2nd (Registration Deadline: Friday, July 12th)

Class Attending: Minnow 6-6:30 PM Guppy 6:40-7:10 PM Polliwog I 7:20-7:50 PM

Swimmer Information

Name: _____ Age: _____ Birthday: _____

Gender: M or F Grade: _____ Address: _____

City: _____ State: _____ Zip Code: _____

Parent/Guardian: _____ Phone: (C) _____

(H) _____ Email: _____

Parent/Guardian: _____ Phone: (C) _____

(H) _____ Email: _____

YMCA Release and Waiver of Liability: You have registered your child for a YMCA program that involves physical activity and completion of this form is required. This document is a release of claims, and by signing it you do the following:

1. Acknowledge that when performing any physical component of this program your child may suffer injury.
2. Represent to the YMCA that your child is in good health and physical condition, sufficient to engage in such activities and that your child is not suffering from any condition that would prevent your child from engaging in such activities or that make your child's participation in such activities potentially dangerous or harmful to your child.
3. Assume the risk of, and release the YMCA and its associates harmless from, any liability for physical or other injury that has been suffered by your child during, or as a consequence of, participation in the physical activities required in the curriculum of this course and you agree that neither the YMCA, nor any other person involved in organizing or teaching in this program, shall have any liability or responsibility for any injury or harm.
4. I authorize the YMCA to photograph or video tape both myself and my child and understand that all photos and video footage are property of the YMCA and may be used for publicity purposes.

I have read, understand, and affirm that my child is in good health and physical condition and am signing this of my own free will. I agree to all of the foregoing.

Parent/Guardian Signature

Date

Contact Bob Root, Program Director for more information: (717) 484-4996 or broot@ymca-berkscounty.org