

Swim Class Descriptions

Parent/Child Classes Class ratio 1:12

Babies: Shrimp/Kipper (ages 6 months to 18 months)

This class is designed to begin a child's swimming experience in a positive manner. The parent and child together will begin their swimming development so that the parent can understand safe practices with their children in a water environment. The class covers basic water adjustment through the use of songs, the association of basic water skills and the reinforced repetition of skills in a fun and playful manner.

Preschool Classes Class ratio 1:6

Tots: Inia/Perch (ages 19 months to 36 months)

The Tots class is designed to continue the child's swimming development. Moving from basic water adjustment, we begin to develop the child's understanding of more complex skills such as breath control, arm movements and leg movements. The child will continue their learning through reinforced repetition, thus preparing the child for the preschool level swim classes.

Beginner: Pike/Eel (Ages 3 to 5 years)

These classes are designed for the child who is either afraid of the water and does not put their face in the water; To the child who will attempt skills with assistance but cannot kick or glide properly. This class will teach the basic body positions of front, back and side along with beginning breath control. Basic arm and leg movements will also be taught.

Advanced: Ray/Starfish (Ages 4 to 5 years)

This class is for the child who can swim 15 yards without assistance. The child will be able to use the three different body positions of front, back and side with the corresponding arm and leg movements. The child needs to have a good understanding of breath control and be able to swim in shallow and deep water without the aid of any instructional floatation device.

Youth Classes Class ratio 1:8

Beginner: Polliwog/Guppy (Ages 6 to 12 years)

This class is intended for the beginner swimmer who has no swimming experience to one who can swim 15 yards without an instructional floatation device.

Advanced: Minnow/Fish/ Flying Fish/Shark & Porpoise (6 to 12)

The Minnow/ Fish class is intended for the intermediate swimmer who can swim 25 yards of front crawl, breaststroke, and backstroke. Flying Fish/Shark and Porpoise levels are intended for the advanced swimmer. who can perform 50 yards of each of Butterfly, front crawl, breaststroke, and backstroke.

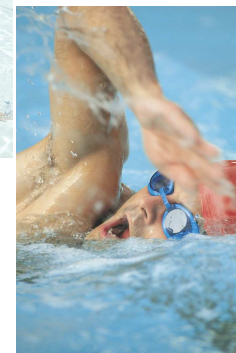
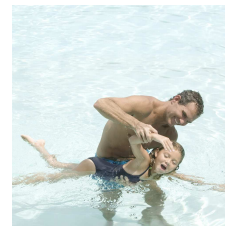
Teen/Adult Classes

All Levels: (Ages 13 years and up)

This class is for anyone desiring to improve their swimming skills. This is for the beginner as well as the adult who would like to "polish" some of their strokes.



Swim Lessons



- Discounted pricing for YMCA Members
- Classes for ages 6 months to adult
- Progressive Levels from beginner to advanced
- Weekday and Weekend classes
- Heated pool
- Year-round programming
- Experienced, caring, certified instructors
- Program prepares students for Swim Team, Water Polo Team, Tri-athlon and lifeguarding.

OSCEOLA YMCA FAMILY CENTER
2117 West Mabbette Street
Kissimmee, FL 34741
407-847-7413

www.tryYtoday.com

M/W & T/Th Evening Class Schedule

Classes meet 2 times per week for 4 weeks

May 10 – June 5th____, June 7th–July 3rd____, July 5th–July 31st____, August 2nd–August 28th____, August 30th–Sept 25th____, Sept 27th–October 23____

Mon/Wed Class times -\$45/95

Pre-school all levels	5:15pm -	5-45pm	_____
Parent/child	6:00pm -	6:30pm	_____
Pre-school all levels	6:00pm -	6:30pm	_____
Youth all levels	6:45pm -	7:15pm	_____

Tues/Thurs Class times—\$45/95

Teen/adult class 7:30 - 8:15

Sat Classes and times - \$25/55

Classes meet 1 time per week for 4 weeks

May 15 –June 5____, June 12– July 10 (no class July 3)____
 July 17–August 7____, August 14–September 4____,
 September 11–October 2____, October 9–30th____

Parent/Child	9:00am -	9:30am	_____
Minnow/fish	9:00am -	9:30am	_____
Polliwog/Guppy	9:45am -	10:15am	_____
Ray/Starfish	10:30am -	11:00am	_____
Pike/Eel	11:15am -	11:45am	_____

Private Lessons -\$135/270

We offer one on one instruction for children & adults ages 3 years and older. Call Gabriel Fonseca, 407-847-7413 to arrange your schedule.

Stingrays Swim Team—\$25/50

Developmental swim team that competes against other central Florida YMCA's. If your child can swim the length of the pool (25 yards) and is 5 years and older they can join!

Team practices, Tuesday, Thursday and Friday 6-7pm.

SWIM LESSON REGISTRATION FORM

Please check the class you would like to sign up for, from the list of classes on the left

Participants Name: _____

DOB: _____ Age: _____ Gender: M or F

Address: _____ City: _____ Zip: _____

Member: Yes or No Parents Name: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

Email: _____

Waiver/Policies:

I understand that the Central Florida YMCA assumes no responsibility for injuries or illness which the participant may sustain as a result of his/her physical condition or resulting from his/her athletic activities, the aquatic program, the use on any equipment, exercise, or other activities. I expressly acknowledge on behalf of myself that I assume the risk for any and all injuries and illness, which may result from my child's participation in these activities. I hereby release and discharge the Central Florida YMCA, Its agents, servant and employees from any and all claims for injury, illness, death and loss or damage which the participant may suffer as a result of his/her participation in these activities. I understand that the Central Florida YMCA is not responsible for personal property lost or stolen while a member and/or program participant on Central Florida premises. I give my permission to the Central Florida YMCA to use, without limitation of obligation, photographs, film footage, or tape recordings, which may include a family's image or voice for the purpose of promoting or interpreting Central Florida YMCA programs.

I acknowledge the waiver set forth above, and being in sympathy with the Mission Statement of the Central Florida YMCA, agree to sign this waiver.

Make-up Policy:

- The Osceola YMCA Family Center will only reschedule cancelled swim classes due to **inclement weather** or **pool mechanical problems**.
- No other make-ups will be conducted.

Refund Policy:

- Refunds for any swim class will be issued as long as the request is **Prior** to the start date of the class
- Refunds will require 4 to 6 weeks to be processed
- Refunds **Will not** be given for make-up classes being missed

Signature of Parent/Guardian Date

FOR OFFICE USE ONLY

Scholarship amount: _____ Amount paid: _____ Date: ____/____/____
 Cash: _____ Credit _____ Check #: _____ Staff Initials: _____
 Member # _____