

NON-PROFIT ORG.  
PRSRT-STD  
PERMIT NO. 332  
STOCKTON, CA

**Parent/Child (6 mos-3 years) \$70**

This class is designed to teach water adjustment and comfort for infants and toddlers. Focus is placed also on parent role in water safety for this age level.

**Pike /Eel/ Ray/Starfish( 3-5years) \$70**

This class is for beginner swimmers with little or no experience in the water. This class is designed to get students comfortable with the water and to introduce kicking and paddling. As an eel and up, students practice padding on front, back & side. introduces breathing, while developing stronger stroke & kicking skills.

**Pollywog (5-12 years) \$70**

For beginner swimmers with little or no experience in the water. This class is designed to get students comfortable with the water and to introduce the beginnings of front and back crawl. Also suitable for swimmers who have completed Pike.

**Guppy (5-12 years) \$70**

This class is for swimmers who have completed Pollywog or Eel or can swim 10 feet on their front without a flotation device. The goal of this class is to build front and back crawl endurance and introduce rotary breathing.

**Minnow (7-12 years) \$70**

For swimmers who can swim 20 yards strong front crawl and back crawl. Works on developing freestyle and backstroke, while endurance training continues.

**Teen (12-16 years) \$70**

A beginner class for teens who want to learn the basics of swimming. Special emphasis is placed on getting comfortable in the water.

Note: YMCA Aquatics is neither related to nor endorsed by Lincoln or Stockton Unified School Districts. The program is solely offered and managed by the YMCA of San Joaquin County.

the  
YMCA  
YMCA of San Joaquin County  
2105 W March Lane, Suite 1  
Stockton, CA 95207



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA SUMMER SWIM LESSONS



## Lincoln High School

### Summer 2016

[Ymcasjc.org/swim](http://Ymcasjc.org/swim)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS AT LINCOLN HIGH

Child's Name: Last \_\_\_\_\_ First \_\_\_\_\_ Gender: M or F

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Ethnicity (Statistics only) \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Name of Parent \_\_\_\_\_ Parent Date of Birth \_\_\_\_\_

Email Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Special accommodations: Yes No

If yes please list accommodations \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Contact Day Phone \_\_\_\_\_

**Waiver of Liability:** I hereby accept any and all responsibility for, and assume the risk of any and all injury or damage to my person or dependent children which might arise directly as a result of, and or participation in the YMCA of San Joaquin County, the various branches and subdivisions thereof, and all employees and volunteers in their capacities as representatives of the YMCA expressly including but not limited to the Board of Directors of the YMCA of San Joaquin County except injuries caused intentionally, or by willful misconduct. I give my permission for my children(s) picture to be used as a promotion for the YMCA. I certify that I am familiar with the contents of this release, that I have read and understand the same, and that it is my intention by my heirs, administrators, executors, successors, and assigns.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of parent/guardian if under 18)

Sessions meet daily for 2 weeks, Tuesday-Friday. Each lesson is 30 minutes long.  
Please circle the session time preferred. Class size is limited. Classes may be canceled due to low enrollment.

<b>Session 1: June 7 June 17</b>						
Parent/Child	5:10	6:20		Pike/Eel/Ray/Starfish	3:15	4:25 5:10
Pollywog	3:15	3:50	4:25	Pollywog	5:10	5:45 6:20
Guppy	3:50	4:25		Minnow	3:15	4:25 5:10
Fish/Fly Fish	3:50	5:45		Teen	6:20	
<b>Session 2: June 21- July 1</b>						
Parent/Child	5:10	6:20		Pike/Eel/Ray/Starfish	3:15	4:25 5:10
Pollywog	3:15	3:50	4:25	Pollywog	5:10	5:45 6:20
Guppy	3:50	4:25		Minnow	3:15	4:25 5:10
Fish/Fly Fish	3:50	5:45		Teen	6:20	
<b>Session 3: July 5- July 115</b>						
Parent/Child	5:10	6:20		Pike/Eel/Ray/Starfish	3:15	4:25 5:10
Pollywog	3:15	3:50	4:25	Pollywog	5:10	5:45 6:20
Guppy	3:50	4:25		Minnow	3:15	4:25 5:10
Fish/Fly Fish	3:50	5:45		Teen	6:20	
<b>Session 4: July 19 - July 29</b>						
Parent/Child	5:10	6:20		Pike/Eel/Ray/Starfish	3:15	4:25 5:10
Pollywog	3:15	3:50	4:25	Pollywog	5:10	5:45 6:20
Guppy	3:50	4:25		Minnow	3:15	4:25 5:10
Fish/Fly Fish	3:50	5:45		Teen	6:20	

For updates on schedule changes, online registration and other information please follow us on twitter or visit us

[ymcasjc.org/swim](http://ymcasjc.org/swim)

[Facebook.com/sjcymca](https://Facebook.com/sjcymca)

