

# Lincoln High Pool

6844 Alexandria Place 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 (4-5years) \$70

This class is for beginning swimmers with little or no experience in the water. This class is designed to get students comfortable with the water and introduces face in the water, blowing bubbles, kicking and paddling.

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

This beginner level class is for children who are a little more comfortable in the water but are inexperienced in swimming. It teaches basic skills including gliding, floating & kicking, and beginning stroke work, as well as beginner rotary breathing. Also, for swimmers who have completed Pike.

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

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

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

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

## Fish/Fly Fish (12-16 years) \$70

Fish is for children able to swim 50 yards of freestyle with rotary breathing, sidestroke, backstroke & breaststroke. It refines breaststroke, teaches butterfly, and improves other swim skills.

## Adult Swim Lessons

This class is a **Learn To Swim** program for adults only and is held at Brooking Park Pool.

## FINANCIAL ASSISTANCE AVAILABLE:

Application is due 2 weeks prior to the session start date.



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

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

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



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FOR HEALTHY LIVING  
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YMCA OF SAN JOAQUIN COUNTY

SWIM LESSONS

STRONG SWIMMERS, CONFIDENT KIDS

LINCOLN HIGH POOL  
[www.ymcasjc.org/swim](http://www.ymcasjc.org/swim)



# SWIM LESSONS AT LINCOLN HIGH POOL YMCA OF SAN JOAQUIN COUNTY

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. **Price: \$70.00/Session**  
Please circle the session time preferred. Class size is limited. Classes may be canceled due to low enrollment.

<b>Session 1: June 6- June 16</b>									
Parent/Child	6:35				Pike/Eel/Ray/Starfish	3:15	4:35	5:15	5:55
Pollywog	3:15	3:55	4:35		Pollywog	5:15	5:55	6:35	
Guppy	3:15	3:55	4:35	6:35	Minnow	3:15	4:25	5:10	
Fish/Fly Fish	6:35								
<b>Session 2: June 20- June 30</b>									
Parent/Child	6:35				Pike/Eel/Ray/Starfish	3:15	4:35	5:15	5:55
Pollywog	3:15	3:55	4:35		Pollywog	5:15	5:55	6:35	
Guppy	3:15	3:55	4:35	6:35	Minnow	3:15	4:25	5:10	
Fish/Fly Fish	6:35								
<b>Session 3: July 5- July 14 (including Monday July 10th)</b>									
Parent/Child	6:35				Pike/Eel/Ray/Starfish	3:15	4:35	5:15	5:55
Pollywog	3:15	3:55	4:35		Pollywog	5:15	5:55	6:35	
Guppy	3:15	3:55	4:35	6:35	Minnow	3:15	4:25	5:10	
Fish/Fly Fish	6:35								
<b>Session 4: July 18- July 28</b>									
Parent/Child	6:35				Pike/Eel/Ray/Starfish	3:15	4:35	5:15	5:55
Pollywog	3:15	3:55	4:35		Pollywog	5:15	5:55	6:35	
Guppy	3:15	3:55	4:35	6:35	Minnow	3:15	4:25	5:10	
Fish/Fly Fish	6:35								



For updates on schedule changes, online registration and other information please follow us on facebook or visit us on the web:



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