

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

Pike /Eel/ Ray/Starfish(3-5years) \$65

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) \$65

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) \$65

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) \$65


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

Parent/Child (6 mos-3 years) \$65

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.

Scholarships are available. Requests need to be made at the YMCA office 2105 W. March Lane, Suite 1. Stockton, CA 95207

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 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



Oak Park
Summer 2016
Ymcasjc.org/swim



SWIM LESSONS AT OAK PARK

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.

Session 1: June 7- June 17									
Parent/Child	4:00				Guppy	11:40	5:20		
Pollywog	12:20	4:00	4:40	6:10	Pike/Eel/Ray/Starfish	12:20	4:00	4:40	
Minnow	11:00	5:20							
Session 2: June 21-July 1									
Parent/Child	4:00				Guppy	11:40	5:20		
Pollywog	12:20	4:00	4:40	6:10	Pike/Eel/Ray/Starfish	12:20	4:00	4:40	
Minnow	11:00	5:20							
Session 3: July 5- July 15									
Parent/Child	4:00				Guppy	11:40	5:20		
Pollywog	12:20	4:00	4:40	6:10	Pike/Eel/Ray/Starfish	12:20	4:00	4:40	
Minnow	11:00	5:20							
Session 4: July 19 - July 29									
Parent/Child	4:00				Guppy	11:40	5:20		
Pollywog	12:20	4:00	4:40	6:10	Pike/Eel/Ray/Starfish	12:20	4:00	4:40	
Minnow	11:00	5:20							

Other Activities at Oak Park Pool:

Home of the Blue Dolphins Swim Team
 Join the Team!

Recreational Swim *Subject to Change*

Monday-Friday 1:00pm-3:45pm

Saturday & Sunday 12:00-6:00

