



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO SWIM BE SAFER NEAR WATER

Swim Lessons at the Daily Family YMCA

Learn to swim with YMCA of Greater Tulsa swim instructors! Our fall sessions are designed for ages 3-12, including beginning swimmers with no previous formal swim instruction, and swimmers who are comfortable swimming short distances without assistance or flotation devices.

In addition to group lessons, private and semi-private lessons are also available. Call the YMCA Aquatics department at 918-728-3992 (or email: daily@ymcatulsa.org) for more information.

- \$45 per session for Y members
- \$90 per session for participants without a Y membership
- Each session is eight 30-minute classes
- Class Times and Descriptions listed on the back
- Classes are held Tuesday and Thursday night
- Classes start September 4 and end on September 27
- No Lessons on Thursday, 9/13. Make up lesson on Wednesday, 9/19



Daily Family YMCA
918-369-9622
ymcatulsa.org/swim





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Class Times & Descriptions

Ages 6 months – 2 years with Parent

Swim Starters (Level A and B) – 5:00pm

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences. Parents learn about water safety, drowning prevention and the importance of supervision. During these lessons, infants and toddlers will go through water discovery and water exploration.

Ages 3 years – 5 years

Level 1 (Water Acclimation) – 4:30pm

Increases comfort with underwater exploration and introduces basic self-rescue skills.

Level 2 (Water Movement) – 4:30pm

Encourages forward movement in water and basic self-rescue skills, performed independently.

Level 3 (Water Stamina) – 5:00pm

Develops intermediate self-rescue skills performed at greater distances than previous stages.

Ages 6 years – 12 years

Level 4 (Stroke Intro) – 5:00pm

Introduces front and back crawl, and reinforces water safety through treading water and elementary backstroke.

Level 5 (Stroke Development) – 5:30pm

Introduces breast stroke and butterfly, and reinforces water safety through treading water and sidestroke.

Level 6 (Stroke Mechanics) – 5:30pm

Builds on techniques already learned and refines those techniques on all major competitive swim strokes, and encourages swimming as a part of a healthy lifestyle

MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





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Registration Form
(please print)

Today's Date:			Program: Aquatics			
PARTICIPANT INFORMATION						
Last Name:		First:	Middle:		Guardian's Last Name: First:	
Home Phone:	Email Address:		Birth date:	Age:	Gender: M <input type="checkbox"/> F <input type="checkbox"/>	
Street address:						
P.O. box:		City:		State:	ZIP Code:	
LEVEL AND TIME						
(Please check with Front Desk Staff for availability)						
Swim Starters <input type="checkbox"/>	Level 1 <input type="checkbox"/>	Level 2 <input type="checkbox"/>	Level 3 <input type="checkbox"/>	Level 4 <input type="checkbox"/>	Level 5 <input type="checkbox"/>	Level 6 <input type="checkbox"/>
Time of Class:			Session Number: September			
POLICY AND PROCEDURES						
<ul style="list-style-type: none">• A full refund will only be given if you withdraw before the registration deadline.• After the class starts: NO refund, or transfer to a different session is allowed• The Y reserves the right to combine classes due to low enrollment• The Y reserves the right to cancel class due to low enrollment• In the event of a canceled class due to weather, instructor, or pool operation, make-up days will be announced at the next scheduled class time						
<p>THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location. THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Oklahoma and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.</p> <p>THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.</p>						
Participant/Guardian signature:				Date:		