



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN TO SWIM BE SAFER NEAR WATER

## Summer Swim Lessons at BA Family Aquatics Center YMCA OF GREATER TULSA

Learn to swim with YMCA of Greater Tulsa swim instructors! These summer 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 at the Broken Arrow Family Aquatics Center, private and semi-private lessons are also available. Call or email the YMCA Aquatics department at 918-728-3992 for more information.

- \$45 per session, all levels of group lessons
- Each session is 8 30-minute classes
- Class Times and Descriptions listed on the back
- Morning lessons available between 8:30-11:00 AM
- Evening lessons available 6:30-8:30 PM
- Classes are held Monday - Thursday

**WHEN:** Five 8-day Summer Sessions, June 4<sup>th</sup> - August 2<sup>nd</sup>

**LOCATION:** FAMILY AQUATICS CENTER  
1200 S. Main  
Broken Arrow, OK  
[tinyurl.com/FACswimlessons](http://tinyurl.com/FACswimlessons)





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# Class Times & Descriptions

## Ages 3 years – 5 years

**Level 1 (Water Acclimation) – 8:30am, 9:00am, 10:00am, 10:30am, 6:30pm, 7:00pm, 7:30pm**

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

**Level 2 (Water Movement) – 9:00am, 9:30am, 10:30am, 6:30pm, 7:30pm, 8:00pm**

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

**Level 3 (Water Stamina) – 8:30am, 9:00am, 9:30am, 10:30am, 6:30pm, 7:00pm, 8:00pm**

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

## Ages 6 years – 12 years

**Level 4 (Stroke Intro) – 8:30am, 9:30am, 10:00am, 7:00pm, 7:30pm**

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

**Level 5 (Stroke Development) – 10:00am or 8:00pm**

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

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

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**FAC Swim Lessons**  
**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:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
Street address:					
P.O. box:	City:		State:	ZIP Code:	
LEVEL AND TIME					
(Please check with Front Desk Staff for availability)					
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"/>					
Two-week Sessions: (1) 06/04/2018-06/14/2018, (2) 06/18/2018-06/28/2018, (3) 07/09/2018- 07/19/2018, (4) 07/23/2018-08/02/2018					
Time of Class:			Session Number:		
POLICY AND PROCEDURES					
<ul style="list-style-type: none"> <li>A full refund will only be given if you withdraw before the registration deadline.</li> <li>After the class starts: NO refund, or transfer to a different session is allowed</li> <li>The Y reserves the right to combine classes due to low enrollment</li> <li>The Y reserves the right to cancel class due to low enrollment</li> <li>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</li> </ul>					
<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:		