



# Sarasota's Best Value Swim School!

Swim school at the Y offers Sarasota's best value for swimming lessons for people of all ages! Each one hour Preschool and Youth class includes extra time at the end for play and instructor interaction.

## Swimming is a Crucial Life Saving Skill.

Our classes focus on safe behaviors around water. Once the session starts, the program becomes non-refundable & non transferable. We also offer private or semi-private lessons for all ages. Contact us for details.

SARASOTA CITY YMCA BRANCH  
1075 S. EUCLID AVE  
SARASOTA, FL 34237  
941.955.8194  
KEN DIFFENDERFER:  
KDiffenderfer@ymcaswfl.org

## FINANCIAL ASSISTANCE AVAILABLE!

### SELECT YOUR 2024 SESSION:

- |   |   |
|---|---|
| <input type="checkbox"/> Jan 8 - Feb 2    | <input type="checkbox"/> Jun 24 - Jul 20  |
| <input type="checkbox"/> Feb 5 - Mar 2    | <input type="checkbox"/> Jul 22 - Aug 3   |
| <input type="checkbox"/> Mar 4 - Mar 16*  | <input type="checkbox"/> Aug 12 - Sep 7   |
| <input type="checkbox"/> Mar 18 - Apr 13  | <input type="checkbox"/> Sep 9 - Oct 12   |
| <input type="checkbox"/> Apr 15 - May 11  | <input type="checkbox"/> Oct 14 - Nov 16  |
| <input type="checkbox"/> May 13 - May 25* | <input type="checkbox"/> Nov 18 - Nov 23* |
| <input type="checkbox"/> May 27 - Jun 22  | <input type="checkbox"/> Dec 1 - Dec 21   |

\*2 week Mini Session

### SELECT YOUR CLASS:

Class descriptions on reverse of page.

### PARENT/CHILD (AGES 6mo -3y/o)

- Tuesday & Friday 10-10:30am (2x week)  
\$80 member / \$120 non-member
- Saturday 9:30-10am (1x week)  
\$40 member / \$60 non-member

### PRESCHOOL (AGES 3-5)

- Monday & Wednesday 5-6pm (2x week)  
\$120 member / \$180 non-member
- Tuesday & Thursday 5-6pm (2x week)  
\$120 member / \$180 non-member
- Saturday 10:15-11am (1x week)  
\$60 member / \$90 non-member

### YOUTH SWIM LESSONS (AGES 6-12)

- Monday & Wednesday 6-7pm (2x week)  
\$120 member / \$180 non-member
- Tuesday & Thursday 6-7pm (2x week)  
\$120 member / \$180 non-member
- Saturday 11am-12pm (1x week)  
\$60 member / \$90 non-member

### PRIVATE AND SEMI-PRIVATE 30 MINUTE LESSONS

#### PRIVATE LESSONS

- 1 Lesson \$30 member / \$45 non-member
- 5 Lessons \$125 member / \$180 non-member
- 10 Lessons \$225 member / \$360 non-member

#### SEMI PRIVATE LESSONS (Must be same swim level)

- 1 Lesson \$20 member / \$30 non-member
- 5 Lessons \$95 member / \$142.50 non-member
- 10 Lessons \$180 member / \$270 non-member

# SWIM LESSONS REGISTRATION FORM



SELECT PROGRAM CHOICES ON FRONT OF FLYER

Participant's Name _____	Sex: M F		
School _____	Grade _____	Age _____	DOB _____

Parent/Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact _____
Relationship _____ Phone _____

In consideration of being permitted to utilize the facilities, services and programs of the CORE SRQ, Inc. for any purpose including, but not limited to participation in any off-site programs affiliated with CORE SRQ, Inc., the undersigned for himself, herself and any personal representatives, WAIVE, DISCHARGE AND COVENANT NOT TO SUE CORE SRQ, Inc., their directors, officers, employees and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in this program or any other activities.

**PHOTO/TALENT RELEASE**

I hereby irrevocably release, consent and allow CORE SRQ and its agent to use my (and/or my children) photograph/likeness/voice as it pertains to my participation with CORE SRQ, in any manner for promotional efforts without exception.

**I have read and understand this agreement:**

\_\_\_\_\_  
Parent/Guardian Signature Date

**\$ TOTAL DUE**

Credit Card Account #:  Visa  MasterCard  Discover  Amex

Exp. Date: \_\_\_\_ / \_\_\_\_ CW Code: \_\_\_\_\_

\_\_\_\_\_  
AUTHORIZED SIGNATURE DATE

**SWIM LESSON DESCRIPTIONS**

**Parent and Child** Participants would learn skills through games and songs. They would learn to put their faces in and blow bubbles, float, kick on front and back, along with rocket glides and more.

**Preschool Level 1** Students will learn to streamline and kick on both front and back float, progress into doing the front stroke with their faces in the water, and learn the use of a Life Jacket.

**Preschool Level 2** Students will be introduced to both freestyle and backstroke, floating, side breathing and threading water.

**Youth Level 1** Students will learn to rocket glide with proper streamline. They will progress into efficient kicking on front and back and be introduced to freestyle and backstroke, Starfish float, and elementary backstroke.

**Youth Level 2** Students will venture into stroke mechanics for Freestyle, Backstroke, Elementary Backstroke and Breaststroke. They will learn to tread water, be safe around Aquatic environments, and basic reach and assist.

FOR OFFICE USE ONLY	Date:	Amount Paid:	Check #:	Cash:	Receipt:
---------------------	-------	--------------	----------	-------	----------