



GROUP SWIM LESSONS

PALMER RANCH YMCA Group Swim Lessons

Descriptions

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 treading water

Youth Swim Lessons

Students will learn to rocket glide with proper stream line. They will progress into efficient kicking on front and back and be introduced to freestyle and backstroke, starfish float an elementary backstroke.

SESSION DATES:

March 18th

April 22nd

June 3rd

Preschool-Level 1 (Ages 3-5)

Monday & Wednesday 4:45pm-5:15pm(2x wk)
\$120 Member / \$180 Non-Member

Preschool-Level 2 (Ages 3-5)

Monday & Wednesday 5:20pm-5:50pm(2x wk)
\$120 Member / \$180 Non-Member

Youth Swim Lessons (Ages 6-12)

Tuesday & Thursday 5pm-5:45pm(2x week)
\$120 Member / \$180 Non-Member

Monday & Wednesday 6pm-6:45pm(2x week)
\$120 Member / \$180 Non-Member

LOCATION: Palmer Ranch YMCA

TELEPHONE: 941-922-9622 ext. 207

EMAIL: rtello@ymcaswfl.org

YMCA of Southwest Florida scholarship program may be available for those with demonstrated financial need. Ask your Welcome Center for a scholarship application.



Swim Lesson Registration Form

Participant's Name: _____

Age: _____ Grade: _____ DOB: _____

Parent/Guardian's Name: _____

Address: _____

City: _____ ZIP: _____

Email: _____ Phone: _____

Emergency Contact: _____

Phone: _____

Select Program

- Preschool Level 1 M/W 4:45pm
- Preschool Level 2 M/W 5:20pm
- Youth Swim Lessons T/Th 5pm
- Youth Swim Lessons M/W 6pm
- Private Lessons
- Semi Private Lessons
- Piranhas Swim Club
- Parent and Child Swim Lessons

In consideration of being permitted to utilize the facilities, services and programs of Palmer Ranch YMCA for any purpose including, but not limited to participation in any off-site programs affiliated with Palmer Ranch YMCA, the undersigned for himself, herself and any personal representatives, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Palmer Ranch YMCA, 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 irrevocable release, consent and allow Palmer Ranch YMCA and its agent to use my (and/or my children) photograph/likeness/voice as it pertains to my participation with Palmer RanchYMCA, in any manner for promotional efforts without exception.

I have read and understand this agreement:

Parent/Guardian Signature Date