



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **ARSENAL SCHOOL YOUTH SWIMMING LESSONS**

**THELMA LOVETTE YMCA  
AT ARSENAL MIDDLE SCHOOL**

At the Y, our swim lessons build skills, confidence and determination. Our instructors teach people of all ages and abilities how to be safe in the water while having fun. The Y staff will make sure that no matter what your goal is, they will help you achieve it.



**When:** February 23th– April 15th

Monday and Wednesday

5-6:30 p.m.

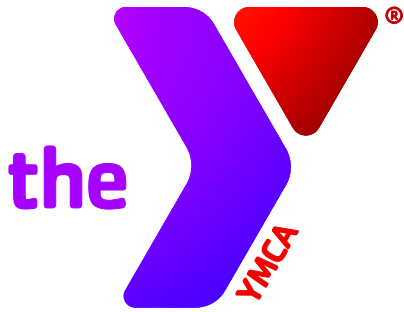
**Prices:** Skippers(6-36 months):\$35

Pike (Age 3-5) & Polliwog (Age 6-12)

Introductory Price \$60

**All classes are 30 minutes long**

**REGISTRATION IS ON THE BACK**



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**CLASSES OFFERED:**

**Skippers (6-36 months Parent/Child)** This is an introduction to the aquatic environment for parents and their infants. The infants learn basic skills and have fun playing with toys and floatation devices with the help of their parents.

**Pike (3-5 years Beginners)** This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding the face in the water while blowing bubbles and swimming.

**Polliwog (6 years and up Beginners)** This is the beginner level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and floating. By the end of this level, they should know the front paddle stroke, side and back paddle. Children can swim across the pool without assistance by the end of this level.

**Registration Form**

Participants

Name: \_\_\_\_\_

Birthday: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Parents

Name: \_\_\_\_\_

Parents Email: \_\_\_\_\_

**Session Enrollment**

Date and Time

Mondays (February 23, 2015)

\$35 Skipper (5-530pm)

\$60 Pike (530-6pm)

\$60 Polliwog (6-630pm)

Wednesdays (February 25, 2015)

\$35 Skipper (5-530pm)

\$60 Pike (530-6pm)

\$60 Polliwog (6-630pm)

**Payment Options:**

Cash Amount Enclosed: \_\_\_\_\_

Credit Card:

Name on the card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

CVV Number: \_\_\_\_\_

**Please return to the Main Office in the middle school or bring to the first day of class (15 minutes early).**