



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARSENAL SCHOOL YOUTH SWIMMING LESSONS

**THELMA LOVETTE YMCA
AT ARSENAL MIDDLE SCHOOL
SPRING SESSION**

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:** April 27th – June 10th
Monday and Wednesday
- Time:** 5:00-7:30 p.m.
- Prices:** Skippers(6-36 months):\$35
Pike (Age 3-5) \$60
Polliwog (Age 6-12) \$60
Adult (Age 18+) \$80

Contact Info

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Thelma Lovette YMCA
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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. 30 minutes

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. 30 minutes

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. 45 minutes**

Adult (18 years and up) Beginner is a class for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers are taught basic swimming skills and water safety. 45 minutes**

Registration Form

Participants

Name: _____

Birthday: _____ Age: _____

Address: _____

City: _____ State: _____

Zip: _____

Parents

Name: _____

Parents Email: _____

Parents Phone Number: _____

Payment Options:

Cash Amount Enclosed: _____

Check Check Number: _____

Credit Card: _____ (Type)

Name on the card: _____

Card Number: _____

Expiration Date: _____

CVV Number: _____

Amount To Be Deducted: _____

Session Enrollment

Date and Time

Mondays (April 27, 2015)

\$35 Skipper (5-530pm)

\$60 Pike (530-6pm)

\$60 Polliwog (6-645pm)

\$80 Adult (645-730pm)

Wednesdays (April 29, 2015)

\$35 Skipper (5-530pm)

\$60 Pike (530-6pm)

\$60 Polliwog (6-630pm)

\$80 Adult (645-730pm)

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

On-line Registration can be found at ymcaofpittsburgh.org

****There is a cap to each class, do to student to teachers ratios. First come, first served****