

YYMCA Aquatic Programs are nationally recognized for providing a well-rounded enriching, approach to the development of a healthy spirit, mind and body. Our programs center around character development and focus on teaching Caring, Honesty, Respect and Responsibility to everyone involved.

Parent & Me 6 to 36 Months

A water enrichment program where parent and child participate in water adjustment activities including blowing bubbles, kicking, paddling and jumping in. Games and songs are used to create a fun atmosphere and help children feel comfortable in the pool.

Skippers Swim Lesson Program Ages 3 to 5

Pike, Eel, Ray & Starfish

This is the child's first experience in the pool without a parent. Children are taught basic skills that are the building blocks for swimming. They also learn pool and boating safety and use of personal flotation devices. This program will prepare children to enter the YMCA's Progressive Swim Lesson Program.

Pike

For children who cannot swim by themselves, who have never had lessons before or who are fearful of the water.

Skills taught: Bubble blowing, supported front and back glide, kicking movements and introduction to arm movements.

Eel

Prerequisite: Completion of all Pike skills.

Skills taught: Unsupported front and back floating, front and back gliding, paddle stroke and bobbing with a fully submerged head.

Ray

Prerequisite: Completion of all Eel skills.

Skills taught: Introduction to over-arm front crawl, kicking on back, introduction to kneeling dive and deep water adjustment skills.

Starfish

Prerequisite: Completion of all Ray skills.

Skills taught: Refinement of over-arm front crawl movements, back crawl, introduction to elementary backstroke arms and treading water.

Progressive Swim Lesson Program

Ages 6-14

Polliwog, Guppy, Minnow, Fish and Flying Fish

Each skill level builds upon the preceding level with five levels covering all of the strokes, diving fundamentals and safety skills.

Polliwog

Children who are fearful of the water, or who have not had any swimming lessons.

Skills taught: Bubble blowing and going underwater, front and back float, kicking movements and introduction to beginner stroke.

Guppy

Prerequisite: Completion of Polliwog skills.

Skills taught: Over-arm front crawl, introduction to rhythmic breathing and back crawl and introduction to front and back somersaults.

Minnow

Prerequisite: Completion of Guppy skills.

Skills taught: Review and refinement of front and back crawl and introduction to the kneeling dive and treading water.

Fish

Prerequisite: Completion of Minnow skills.

Skill taught: Endurance through an increase in distance for the front crawl and back crawl and introduction to standing front dive, breaststroke.

PARTICIPANT'S NAME _____

BIRTH DATE _____ AGE _____

HOME PHONE #. _____

ADDRESS _____

PHYSICAL CONSIDERATIONS _____

EMERGENCY CONTACT DURING PROGRAM TIME:

NAME _____ PHONE _____

PARENT/GUARDIAN NAME _____

REGISTRATION FOR: Winter/Spring 2008

Tuesday/Thursday Lesson Fees

\$40 for members \$55 for non members

Saturday/Parent & Me Lesson Fees

\$20 for members \$27.50 for non members

FEE \$ _____ MEMBERSHIP EXPIRATION DATE _____

TOTAL \$ _____ MEMBERSHIP TYPE _____

WAIVER OF RESPONSIBILITIES

In consideration of this entry to the Pomona Valley YMCA ("YMCA") program listed above, I waive all claims for myself and for the participant(s) listed above for any injuries or illness which may result from participation, including any transportation provided by the YMCA, its staff or agents. I further state that I [and/or the above participant(s)] am in proper physical condition to participate in this program. In the event that there is a question regarding my physical condition or the physical condition of the participant(s), a physician will be consulted to review the situation prior to any participation. I also give my permission to the YMCA to use my name and/or picture [including the participant(s)] without compensation.

Parent/Guardian Signature _____

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