

SILVER BAY

YMCA

87 Silver Bay Road • Silver Bay, NY 12874
518-543-8833

For office use only	
Received	
Membership Type	
Payment	
Open Pathways %	

2012 Swim Lessons Enrollment Form

First Name	Nickname	Last Name	Date of Birth	Entering Grade	Sex
Parents/Guardian First Name			Parents/Guardian Last Name		

Permanent Address	
Street/PO Box:	_____
City:	_____
State:	_____ Zip Code: _____
Home Phone:	_____
Work Phone:	_____
Cell Phone:	_____
Email Address:	_____

Summer Address(if applicable)	
Street/PO Box:	_____
City:	_____
State:	_____ Zip Code: _____
Summer Phone:	_____
Summer Dates from:	_____ to _____
Do you prefer to receive mail at this address?	
Yes	No

Swim Groups (Check one) a Uf_ h\Y' &\$%:gk]a ` [fci d'cf see reverse side for descriptions

<input type="checkbox"/> Parent Child (2-4 years old)	<input type="checkbox"/> Flying Fish (ages 5 & up)
<input type="checkbox"/> Polliwog (ages 5 & up)	<input type="checkbox"/> Fish (ages 5 & up)
<input type="checkbox"/> Guppy (ages 5 & up)	<input type="checkbox"/> Shark (ages 5 & up)
<input type="checkbox"/> Minnow (ages 5 & up)	<input type="checkbox"/> Porpoise (ages 5 & up)

Attendance Dates(Check all that apply)

<input type="checkbox"/> Session 1 (June 25 – June 29, 2012)	<input type="checkbox"/> Session 5 (July 23 – July 27, 2012)
<input type="checkbox"/> Session 2 (July 2 – July 6, 2012)	<input type="checkbox"/> Session 6 (July 30 -August 3, 2012)
<input type="checkbox"/> Session 3 (July 9 – July 13, 2012)	<input type="checkbox"/> Session 7 (August 6 – August 10, 2012)
<input type="checkbox"/> Session 4 (July 16 – July 20, 2012)	<input type="checkbox"/> Session 8 (August 13 – August 17, 2012)

I give my full permission for my child to participate in swim lessons.

Parent or Guardian's Signature _____ Date: _____

Swim Lessons (Select One)	Time	Weekly	# of Weeks	Cost
Program Member or On Campus Guest	1:45pm-2:30pm	\$18		
Basic Member or Non-Member	1:45pm-2:30pm	\$27		
Family Unlimited Weekly/Seasonal	1:45pm-2:30pm	Free		
Full Day Camp		Free		

Form of Payment: Make Checks Payable to Silver Bay YMCA

Check # _____ Credit Card _____ Exp. Date: _____
 Credit Card No.: _____ 3 Digit Security Code: _____
 Print Name on Card: _____ Signature: _____

Open Pathways Scholarship Program (Town of Putnam, Warren & Essex County Residents)ž'd'YUgY' d'fcj]XY'U'Wtdm of your 2010 tax return.

Please return form to: Bonnie Brod | Silver Bay YMCA | 87 Silver Bay Rd | Silver Bay, NY 12874

FOR SECURITY REASONS PLEASE DO NOT SUBMIT CREDIT CARD INFORMATION OVER EMAIL

Skills Check Off Sheet

To ensure a good learning experience use the lists below to determine the child's swim group. Though the lists do not include all the skills taught in each level; it does contain those skills that help determine at which level your child should be registered. Choose the level for which the child can perform all skills consistently. It is better to underestimate the child's ability than to overestimate it. It is much easier on a child to be moved to a higher level than to move him or her down a level.

Parent Child—Ages 2 through 4

A parent or guardian must accompany all children

Polliwog - Ages 5 & up

Front float with or without floatation aid

Back float with or without floatation aid

Paddle for 25 yards with a floatation aid on the front, side & back (must perform all three)

Scull for 1 minute with or without floatation aid

Guppy - Ages 5 & up

Front & back float for one minute without floatation aid

Tread water for 20 to 30 seconds without floatation aid

Jump into deep water, paddle stroke 15 feet, roll to a back float for 10 seconds, & return to shallow water w/ a floatation aid

Perform 10 bobs in deep water without floatation aid

Swim for 25 yards with or without a floatation aid

crawl stroke

back crawl stroke

breast stroke

elementary back stroke

side stroke

Perform a kneeling dive

Minnow - Ages 5 & up

Tread water in deep water for 1 minute using scissor kick.

Swim for 25 yards without a floatation aid

crawl stroke

back crawl stroke

breast stroke

elementary back stroke

side stroke

Perform a stride jump into deep water

Perform a standing dive

Fish- Ages 5 & up

Float for 6 minutes with minimum movement on the front or back without floatation aid

Tread water in deep water for 3 minutes using single, double, & circle kicks.

Swim for 50 yards

crawl stroke w/rotary breathing

back crawl stroke w/ bent arm

breast stroke w/a pull, kick, & glide

elementary back stroke w/ a glide

side stroke w/regular scissors kick & glide

Swim 15 yards of the butterfly stroke

Perform head-first & feet-first sculling for 45 feet each

Perform a standing dive

Perform a head-first & feet-first surface dive & swim down 6 to 8 feet

Flying Fish - Ages 5 & up

Tread water in deep water for 6 minutes using single, double, circle, & rotary kicks.

Swim for 100 yards

crawl stroke w/bilateral breathing

side stroke with a regular & inverted scissors kick & glide

breast stroke with a pull, kick, & glide

back crawl stroke with bent arm elementary back stroke with a glide

Swim 25 yards of the butterfly stroke

Shark - Ages 5 & up

Swim 100 yards of the crawl stroke with bilateral breathing

Swim 25 yards of the butterfly stroke

Swim 50 yards of over arm side stroke (25 yards on each side)

Swim 100 yards of the breast stroke

Swim 100 yards of back crawl stroke performing transitions with dolphin kick

Swim 50 yards of inverted breast stroke

Swim 200 yards of the individual medley: butterfly, backstroke, breaststroke, & front crawl

Swim 50 yards of the trudgen crawl

Porpoise Club- Ages 5 & up

Beginning competitive swimming for swimmers who meet all the Shark requirements.