



Registration Opens  
June 05, 2023

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS APPLICATION  
FOR LYMAN PARKS & RECREATION  
June 19 - August 05

**SANFORD-SPRINGVALE YMCA**

1 Emile Levasseur Dr., P.O.Box 249, Sanford, ME 04073  
207 324 4942 phone  
207 636 8046 fax

Guardian Information	MS. MRS. MR.	FIRST NAME	M.I.	LAST NAME

RESIDENCE	STREET			Have you ever been a member of the Y or registered for any programs previously?  Yes or No  Would you like more information on volunteerism or fundraising?  Yes or No  Were you referred by a Y member?  Yes or No  If so, tell us who:
	CITY	STATE	ZIP CODE	
	PRIMARY PHONE		ALTERNATE PHONE	
	E-MAIL ADDRESS			
	EMPLOYER/SCHOOL			

EMERGENCY CONTACT	NAME	RELATIONSHIP	PHONE NUMBER
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PERSONAL INFORMATION <small>*all information is confidential and used for statistical purpose</small>	BIRTHDATE / /	SEX	RACE (confidential) Asian / African American / Caucasian / Hispanic / Native American / Other
	HOUSEHOLD INCOME	(CIRCLE ONE) \$0-13,999 / \$14,000-\$24,999 / \$25,000-\$39,999 / \$40,000-\$54,999 / \$55,000-\$74,999 / \$75,000-OVER	

FAMILY MEMBERS				
NAME (include last if different)	BIRTHDATE	SEX	RACE	EMPLOYER/SCHOOL
<b>Second Adult</b> -02	/ /			
<b>Children/Dependents</b> -03	/ /			
-04	/ /			
-05	/ /			
-06	/ /			
-07	/ /			

I have read, understand, and agree to all of the information within this application. In addition, I understand and agree that the conditions of membership and assumption of basic waiver & release of all claims are in effect throughout my membership with the Sanford-Springvale YMCA. I also understand and agree that if the membership is interrupted for any reason these agreements will remain in effect during the period of interruption as well as after the membership is reinstated.

Signature (applicant)	Date
Signature (spouse/partner)	Date

<b>Lessons Fees:</b>
\$45 per child

Notes:

Office Use Only					
Member ID:	Membership Type	Expiration Date	Scholarship/Discount	Staff Initial	Monthly amt: \$



FOR YOUTH DEVELOPMENT®  
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# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

# STAGE DESCRIPTIONS



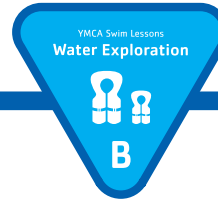
## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



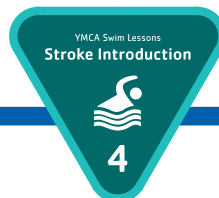
### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

051618 08/16

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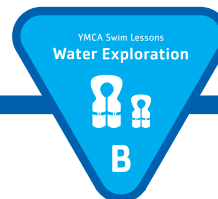
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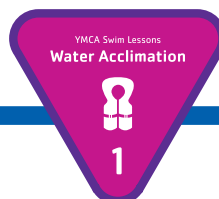
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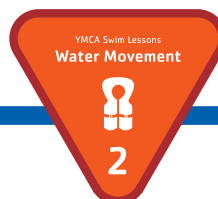
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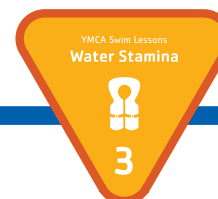
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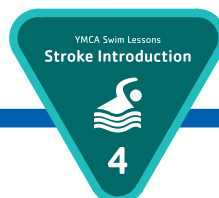
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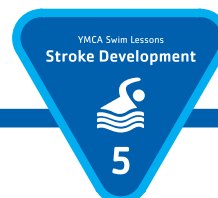
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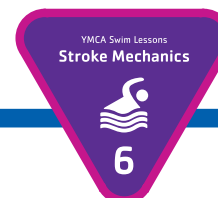
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