

# YAQUATICS™

We build strong kids, strong families, strong communities.

Session: (Please Circle)

## Monday-Thursday

June 7 - June 17    June 21 - July 1  
July 5 - July 15  
July 19 - July 29    Aug. 2 - Aug. 12

Ray & Starfish (3-5 yrs)  
9:30 - 10:00

Polliwog, Guppy, Minnow & Fish  
(6yrs & up)  
10:00 - 10:30

**\*CLASS WILL BE HELD AT  
COLONY CREEK COUNTRY  
CLUB\***

Session: (Please Circle)

## Monday and Wednesday

June 7-June 30  
July 5-July 28

Parent/Child (6 mo.-3 yrs.)  
5:30 - 6:00 pm

Ray & Starfish (3 yrs.-5 yrs.)  
5:30 - 6:00 pm

Polliwog, Guppy, Minnow & Fish  
(6 yrs. & up)  
6:00 - 6:30 pm

**\*CLASS WILL BE HELD AT  
COLONY CREEK  
COUNTRY CLUB\***

Session: (Please Circle)

## Tuesday and Thursday

Jun. 8-July 1    July 6-July 29  
Aug. 3-Aug. 26

Parent/Child (6 mo.- 3 yrs)  
6:30 - 7:00 pm

Ray & Starfish (3-5 yrs)  
6:30 - 7:00 pm

Polliwog, Guppy, Minnow & Fish  
(6 yrs. & up)  
7:00 - 7:30 pm

**CLASS WILL BE HELD AT  
THE VICTORIA YMCA**

### Participant/ Child's Name:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Male  Female

Address: \_\_\_\_\_ City/ST \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Have you ever participated in YMCA Aquatics before?  Yes  No

Have you or your child ever participated in swim lessons before?  Yes  No

I would like to donate to the Victoria YMCA Swim Lesson Program to assist a child in need of financial assistance.  
 Yes  No  \$5  \$10  Other  \$

### Parent/Guardian Information:

Name: \_\_\_\_\_ Relationship  Mother  Father

Hm Phone ( ) \_\_\_\_\_

Wk Phone ( ) \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

THE YMCA DOES NOT PROVIDE ACCIDENT OR MEDICAL INSURANCE FOR PROGRAM PARTICIPANTS. I grant the YMCA and its agents permission to transport my child in the event of an emergency and I am unable to be reached. I recognize that participation in YMCA activities may expose my child to some risk. I agree to hold the YMCA harmless from any claims for damage to any property or injury to persons which may occur through participation in any activity at the YMCA or in its programs. I have read and understand the above information. My child has permission to participate in this YMCA Youth Sports Program with conditions set for.

Signature \_\_\_\_\_

Date Signed \_\_\_\_\_

Fee for YMCA and Colony Creek Members : \$35

For Non-Members:  
\$55 plus a \$10 program member fee

**YMCA**  
of the Golden Crescent



# Swim Lesson Levels

## **Parent/Child (Ages 6 mos-2 yrs)**

Parent and child have fun together learning to be comfortable in the water.

## **Polliwog (Ages 6 & up)**

Will work on floating, kicking, independent swimming and comfort in the water. Front glide, back glide, front crawl, side stroke, back stroke.

## **Ray (Ages 3-5)**

Designed for children with very little swimming ability. Children will work on comfort in water, kicking, front and back floating and breath control.

## **Guppy (Ages 6 & up)**

Introduction to the fundamentals of the 5 strokes: front crawl, backstroke, breaststroke, side stroke, and beginner butterfly.

## **Starfish (Ages 3-5)**

For Children who are comfortable putting their head in the water. flutter kicking, floating, and progressive paddle stroke emphasized.

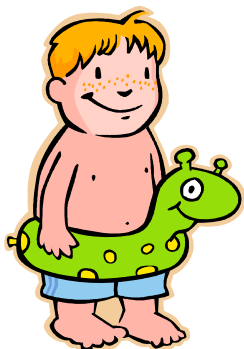
## **Minnow (Ages 6 & up)**

Must pass Guppy. Builds on basic skills. Distance swimming, dolphin kick, and butterfly stroke emphasized.

## **Fish (Ages 6 & up)**

Front crawl with rhythmic breathing 50 yds, breast stroke 50 yds. Side stroke 50 yds, elementary back stroke 50 yds, back stroke 50 yds and Butterfly 50 yds.

The YMCA Swim instructors will swim test every kid to put them in the class on their skill level.\*



For more information call  
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