



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BAY Swimming Lessons BLOOMSBURG AREA YMCA

Children are born explorers, and as a parent, you don't want anything to hold them back. **Knowing how to swim and be safe around water can save lives.** BAY Swimming Lessons give kids the tools they need to be confident in and around water. In these lessons, students discover a respect and love of water. Our 9-session course teaches water safety and basic swimming techniques through lessons, instruction, and fun activities to reinforce skills.

Lessons are taught by BAY Swim Team coaches and swimmers who volunteer their skills to help others discover a love of swimming.

Participation in BAY Swim Lessons is one part of the process to develop your child's water safety and swimming skills. Year-round practice, regular exposure to water, and positive encouragement are the tools for developing your child's comfort level in and around the water.

Location: Bloomsburg Middle School Pool

Register for both sessions together and save \$10

Dates: Session I, Levels 1-4: September 6-22 or
Session II, Levels 1-4: October 4-20

Ages: 4 and up

Tuesday, Wednesday, Thursday

Session I: 6:00-6:45pm

Session II: 6:45-7:30pm

Lesson Cost: \$55 for members

\$70 for non-members

Dates: Session I, Parent & Me September 6-22 or

Session II, Parent & Me: October 4-20

Ages: 3months-3-years w/ parent

Tues & Thurs

Session I: 7-7:45pm

Session II: 6:45-7:30pm

Lesson Cost: \$50 for members

\$65 for non-members

Bloomsburg Area YMCA

30 East 7th Street • Bloomsburg, PA 17815

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bloomsburg.org/swim-lessons • (570) 784 - 0188

Select the level of instruction that's right for YOUR child!

LEVEL 1 – READINESS CLASS RECOMMENDED AGES 4–6

Swimmers should be ready to work with an instructor. This is an introduction to the aquatic environment and an experience we hope they will enjoy. Students should be willing to enter the water and swim with an instructor's assistance. They will learn the safety rules of the pool and take part in playful activities that reinforce basic swimming concepts.

LEVEL 2 – FUNDAMENTAL SKILLS RECOMMENDED AGES 5–8

This level will help students build skills beyond water entry. Swimmers should be able to enter the water unassisted and float on their backs for 15 seconds. Students will continue to develop safety concepts and refine basic swimming skills with more independence.

LEVEL 3 – STROKE DEVELOPMENT RECOMMENDED AGES 5–10

Levels 3 and 4 are conducted in the deep end of the pool. At level 3, swimmers must be willing to jump into deep water and attempt head-first entry from the side of the pool. The techniques learned in Level 2 will be developed for swimming greater distances. In this class, swimmers will also learn to submerge and retrieve an object underwater, practice rhythmic breathing, and be introduced to basic strokes.

LEVEL 4 – STROKE IMPROVEMENT RECOMMENDED AGES 5+

Swimmers in Level 4 must be willing to dive from the side in a compact position and attempt to swim underwater for 3 body lengths. They will work to complete a front crawl for 25 yards (one lap) and the breast stroke and butterfly for 15 yards. Strokes are refined and swimming endurance is increased. This level is a stepping-stone into Take Your Mark/ BAY Swim Team.

Instructors reserve the right to transfer students to the level most appropriate for their skills.

***Level 1 parents may stay and watch from the balcony-- we ask that all other parents drop students off and wait outside or return at pick-up as per CDC recommendations**

Swim Guidelines

BAY Swimming Lessons help kids ages 4+ build basic swimming skills and a love of water. Parents can help by observing these guidelines:

- Follow ALL pool rules. Remind young swimmers to WALK in the locker rooms and on the deck.
- Supervise children prior to the lesson, and escort them to designated areas before lessons begin.
- Supervise children after the lesson ends.

In addition to these rules, parents can have a positive impact on their child's swimming success by being supportive, encouraging, and reinforcing concepts learned in class.

Questions or concerns? Contact the YMCA front desk at 570-784-0188!



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YMCA PHOTO/AUDIO VISUAL/NARRATIVE RELEASE

I am 18 years of age or older and, if not, my parent or legal guardian has also provided their consent by signing below.

Consent & License. For my participation in activities to be conducted by the National Council of Young Men's Christian Associations of the United States of America ("YMCA of the USA") or any of its chartered member associations in the United States (collectively "the Y"), and collaborating third parties, I consent, now and for all time, to the making, reproduction, editing, broadcasting or rebroadcasting of:

- video film or footage of me,
- sound track recordings of me
- photo reproductions of me
- any narrative account of my experience

My consent includes a perpetual license to the Y and collaborating third-parties for the use of the above materials for publication, display, sale or exhibition in promotions, advertising, education and commercial uses. Use includes reproductions in any form and media currently existing or later conceived, adaptations and/or revisions, throughout the world in perpetuity.

I understand and agree there may be no additional compensation for this license, and I will not make any claim for payment of any kind from the Y or collaborating third-parties. I may, or may not be, identified in such licensed uses; however, my name will not be used to endorse any particular products or services.

Ownership, Confidentiality, and Shared Use. With respect to any of the above uses, I further agree:

- All works shall belong to YMCA of the USA;
- The Y has no duty of confidentiality regarding any licensed uses;
- YMCA of the USA shall exclusively own all known or later existing rights to the uses throughout the world;
- The Y and collaborating third-parties may use any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account for any purpose without additional compensation to me.

Release from Liability. I agree that my consent is irrevocable. I hereby release and discharge The Y and collaborating third-parties, from any and all claims, actions, lawsuits or demands of any kind arising out of my consent, license grants, uses, or the shared uses of any works or materials referenced herein.

Signature: _____

Date: _____

Printed Name: _____

Age: _____

Address: _____

I am the parent or legal guardian of (child's name). I hereby consent and grant the licenses detailed in the foregoing on behalf of my minor child.

Signature of parent or legal guardian: _____

Printed name: _____



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You must sign or turn in your new YMCA COVID waiver form at the start of lessons. You can find the waiver at bloomsbury.org or at the front desk at the BAY.

All swimmers should arrive 5 minutes before their scheduled lesson time to be screened on their way in. Please wear mask and follow signs for one-way traffic patterns when entering and exiting the pool area.

Parents and other family members are encouraged to wait at their cars whenever possible.

The following is a list of swimming regulations.

1. Drop off - Park near the corner of Railroad St. & 12th. Please wait in line at least 6 ft. apart until it is your turn to be screened. You may wait with your child before screening.
2. Screening - All swimmers will be screened at the front entrance. (Parents are reminded to wait at their vehicles whenever possible. The fewer people inside the pool area the better.)
3. Enter - Swimmers enter and proceed to their designated spaces and assigned lanes.
4. Set up - Arrive with your swimsuit on. Put shoes, towel and necessary items in designated space near your class. Locker rooms will be restricted access.
5. After lesson - Swimmers will dry off and retrieve belongings on deck. The locker rooms will be Restricted Access. Swimmers will not be able to shower or change on site. Swimmers should plan to arrive and leave in their swimsuits.
6. Exit - Swimmers should not waste any time when leaving the pool area. Exit using the appropriate way and go immediately to your car. All swimmers should move expeditiously when entering and exiting the pool area.
7. Pick-up - Swimmers should go directly to their cars or be picked up near entrance #3, near the corner of Railroad St. & 12th.

Please be sure to review all information before you come to swim lessons. Regulations and restrictions are subject to change throughout the season.

Minor Participant Waiver, Release, Indemnification of All Claims & Covenant Not to Sue

PLEASE READ CAREFULLY. THIS DOCUMENT EFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT YOU ARE RELEASING Bloomsburg Area YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE

Assumption of Risk

I, in my legal capacity as the parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of Bloomsburg Area YMCA facilities, services, equipment and premises ("Facilities") and any participation in Bloomsburg Area YMCA programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that Bloomsburg Area YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or death sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

Minor Name (Print Clearly)

Date

Parent/Guardian Signature

Parent/Guardian Name (Print Clearly)

BAY SWIMMING LESSONS REGISTRATION 2022

PARENT/GUARDIAN INFORMATION

Name: _____ Date of Birth: _____

Relation to Participant: _____

Home Address: _____

City: _____ Zip: _____

Primary Phone: _____ E-Mail: _____

Emergency Contact: _____ Emergency Phone: _____

_____ I hereby certify that I or any persons in my household have not been convicted of any child related offenses.

PARTICIPANT INFORMATION

Name: _____ Gender: ☐ Male ☐ Female

Date of Birth: _____ Age as of 5/6/2022: _____

Level Requested: ☐ Level 1: Readiness Class ☐ Level 2: Fundamental Skills

☐ Level 3: Stroke Development ☐ Level 4: Stroke Improvement

Swim Instructors will determine if you child needs to move up or down a level based on ability and for safety.

Session(s) Requested:

☐ Session I Levels 1-4 Sept. 6-22
(Max. 24 participants)

☐ Session II Levels 1-4 Oct. 4-20
(Max. 24 Participants)

☐ Session I Parent & Me Sept. 6-22 (Max. 12 participants)

☐ Session II Parent & Me Oct. 4-20 (Max. 12 Participants)

Physical/medical concerns and/or learning disabilities:

Payment Policy: All fees associated with this program are due in full regardless of date participation starts. NO REFUNDS AVAILABLE.

Waiver of Responsibilities

In consideration of this entry to the Bloomsburg Area YMCA (referred to as 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.

A \$20 fee will be assessed for any check or credit card payment made to Bloomsburg YMCA that is returned.

Parent/Guardian Signature: _____ Date: _____