Please read and initial the following permissions:

_____ I understand a parent or guardian 18 or older must accompany each swimmer and stay in the building for the entire lesson.

_____ I understand that all group classes must have a minimum of 2 participants or are subject to be cancelled, and participants will be asked to move to a different class time.

_____ In the event I, or my emergency contacts are not able to communicate or cannot be reached in an emergency, I hereby give permission to the medical personnel selected by the YMCA to properly treat the participant. I will be fully responsible for any costs of such treatment, even if not covered by insurance.

_____ The named participant is physically sound, having medical approval to participate in the activities of the YMCA. This information is correct as far as I know, and the person here is described has permission to engage in all prescribed program activities except as noted.

_____ In consideration of the named participant’s participation in the activities of the Rockland County YMCA, I hereby agree to hold free from any and all liability the YMCA and its respective officers, employees and members. I do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which hereinafter accrue to me arising out of or connected with the named participant’s participation in any of the activities of the YMCA.

_____ Yes, I give permission for the Y to use my child’s photograph for public relations and/or marketing purposes.

I have read and will abide by the above stated policies and my signature confirms my acceptance.

As a leading nonprofit improving the nation’s health, the Y supports all individuals in achieving their health goals. The Y is always striving to learn more about program improvement. To that end, we are requesting your permission to collect enrollment and assessment data.

I authorize and acknowledge that I have read, understand, and agree to the above.

_________________________  __________________________
Student                                                      Date

_________________________  __________________________
Parent/care giver signature                                   Date
Nurturing skills and building confidence in the water.

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, and meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

<table>
<thead>
<tr>
<th>Level 1 &amp; 2</th>
<th>Water Acclimation</th>
<th>Level 3 &amp; 4</th>
<th>Swim Basics</th>
<th>Preschool, School Age, Teen, and Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student not yet able to go under water voluntarily.</td>
<td>Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</td>
<td>Preschool (3-5 yrs)</td>
<td>School Age (6-12yrs)</td>
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<tr>
<td>Saturday</td>
<td>9:10 - 9:30 a</td>
<td>Saturday</td>
<td>11:00 - 11:30 a</td>
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</table>

<table>
<thead>
<tr>
<th>Level 2</th>
<th>Water Movement</th>
<th>Level 3</th>
<th>Swim Strokes</th>
<th>Preschool, School Age, Teen, and Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student not yet able to do a front or back float on his or her own.</td>
<td>Encourages forward movement in water and basic self-rescue skills performed independently.</td>
<td>Preschool (3-5 yrs)</td>
<td>School Age (6-12yrs)</td>
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<table>
<thead>
<tr>
<th>Level 3</th>
<th>Water Stamina</th>
<th>Level 4</th>
<th>Stroke Instruction</th>
<th>Preschool, School Age, Teen, and Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student not yet able to swim 10-15 yards on his or her back.</td>
<td>Introduces basic stroke technique in front and back crawl and reinforces water safety through treading water.</td>
<td>Preschool (3-5 yrs)</td>
<td>School Age (6-12yrs)</td>
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<thead>
<tr>
<th>Level 4</th>
<th>Stroke Development</th>
<th>Level 5</th>
<th>Stroke Mechanics</th>
<th>Preschool, School Age, Teen, and Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student not yet able to swim front crawl and breaststroke across the pool.</td>
<td>Introduces breaststroke and butterfly and reinforces water safety through treading water and side stroke.</td>
<td>Preschool (3-5 yrs)</td>
<td>School Age (6-12yrs)</td>
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<table>
<thead>
<tr>
<th>Level 5</th>
<th>Stroke Development</th>
<th>Level 6</th>
<th>Stroke Mechanics</th>
<th>Preschool, School Age, Teen, and Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student not yet able to swim front crawl, back crawl and breaststroke across the pool and back.</td>
<td>Refines stroke technique on all major competitive strokes and encourages swimming as a part of a healthy lifestyle.</td>
<td>Preschool (3-5 yrs)</td>
<td>School Age (6-12yrs)</td>
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* We define parent broadly to include all adults with primary responsibility for raising children including biological parents, adoptive parents, guardians, step parents, grandparents, or any other type of parenting relationship.