



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONLINE
REGISTRATION NOW
AVAILABLE!
www.MCYMCA.com/OnlineRegistration

TAKE SWIMMING TO THE NEXT LEVEL

2021 INTERMEDIATE-ADVANCED WINTER SWIM LESSONS Montgomery County Family YMCA

If your child is comfortable putting their face underwater and floating on their front and back - then it is time to take it to the next level! Register now for our next set of group swim lessons where we really start focusing on the strokes, the strength, and the stamina needed to become not just a swimmer - but a strong swimmer! Swimming lessons are also a great way for children to gain confidence and make friends while learning the skills they need to stay safe in the water.

When

Tuesdays and Wednesdays from
February 2nd - 17th.

Times

Water Stamina (Level 3): 5 PM - 5:30 PM
Stroke Introduction (Level 4): 5:30 PM - 6 PM
Stroke Development (Level 5) 6 PM- 6:30 PM
Stroke Mechanics (Level 6) 6:30 PM - 7 PM

Cost

- Members: \$45
- Potential Members: \$65
- **ALL 2ND Graders Learn for FREE!**



-LIMIT 6 TO A CLASS-

MONTGOMERY COUNTY FAMILY YMCA
101 East Cherry Street, Red Oak, IA 51566
P 712.623.2161 F 712.623.4920 www.MCYMCA.com
Facebook.com/MontgomeryCountyFamilyYMCA





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GROUP SWIM LESSONS

Winter 2021

(Online Registration Available @ www.MCYMCA.com/OnlineRegistration)

PARTICIPANT INFORMATION

SWIMMER'S NAME: _____ DATE OF BIRTH ___/___/___
 ADDRESS _____ GRADE _____ AGE _____ GENDER _____
 CITY _____ ST _____ ZIP _____ SCHOOL _____
 HOME PHONE _____ CELL _____ EMAIL _____
 PARENT/GUARDIAN NAME: (IF UNDER 18) _____
 MEDICAL CONCERNS _____

LESSON SELECTION

(Please check one)

ATTENTION: Our swim lessons have changed. Please read through and select carefully. If you need clarification please ask the front desk and we will help guide you.

<p>Can the student swim 10-15 yards on his or her front and back? If yes, move on. No, check box →</p>	<input type="checkbox"/> 3/WATER STAMINA	<p>Can the student swim front & back crawl, & breaststroke across the pool? If yes, move on. No, check box →</p>	<input type="checkbox"/> 5/STROKE DEVELOPMENT
<p>Can the student swim 15 yards of front and back crawl? If yes, move on. No, check box →</p>	<input type="checkbox"/> 4/STROKE INTRODUCTION	<p>Can the student swim front & back crawl, & breaststroke across the pool and back? No, check box →</p>	<input type="checkbox"/> 6/STROKE MECHANICS

PARTICIPANT AGREEMENT

I hereby certify that the above is in normal health and is capable of safe participation in the YMCA swimming program. I assume all risk(s) and hazards incidental to the conduct of this program and for the transportation to and from the program unless otherwise provided for by the specific program. I hereby authorize the YMCA to obtain medical treatment in the event that the emergency contact cannot be reached. I understand that the YMCA is not responsible for my child past program ending times. Parents also release the YMCA, now and for all time, to take and use any video/film/footage/recording/photo/narrative taken of the child while in participation of said program for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business use without any compensation to, and/or claim, by me.

For more information contact: Lorna Blackburn, lornab@mcymca.com or 712-623-2161

Parent Signature _____ Date _____



ASSUMPTION OF THE RISK AND WAIVER OF LIABILITY RELATING TO CORONAVIRUS/COVID-19 YOUTH SPORTS PARTICIPATION
(Must be completed for participants under the age of 18)

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. Montgomery County Family YMCA (MCFYMCA) has put in place preventative measures to reduce the spread of COVID-19; however, MCFYMCA cannot guarantee that your child will not become infected with COVID-19. Further, participation in youth sports could increase your child’s risk of contracting COVID-19.

READ CAREFULLY BEFORE SIGNING – INITIAL EACH PARAGRAPH

___ INITIALS By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child____, may be exposed to or infected by COVID-19 by participation in youth sports; and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by youth sports participation at MCFYMCA may result from the actions, omissions, or negligence of my child and others, including, but not limited to, MCFYMCA ’s employees, volunteers, and program participants and their families.

___ INITIALS I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child____ (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that he/she may experience or incur in connection their participation in youth sports at MCFYMCA . On my behalf as parent/legal guardian of ____ I hereby release, covenant not to sue, discharge, and hold harmless MCFYMCA , its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of MCFYMCA , its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in youth sports at MCFYMCA.

___ INITIALS I represent that I have adequate insurance to cover any injury or illness my child____ may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or illness as the parent/legal guardian. I further represent that my child____has no medical or physical condition which could interfere with their safe participation in this activity, or else I as the parent /legal guardian am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.

___ INITIALS By signing this document, I agree that if my child____is exposed or infected by COVID-19 during his/her participation in youth sports activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

___ INITIALS I as the parent /legal guardian of____have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to my child or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity for my child to participate in youth sports at the stated cost in return for the execution of this release is a reasonable bargain. I have read and understood this document and I as parent/legal guardian agree to be bound by its terms.

___ INITIALS If I have signed a separate general waiver of liability for my child’s participation in MCFYMCA youth sports, I agree that the terms of that waiver are wholly incorporated into this document and that the terms of this document are incorporated into the separate general waiver.

___ INITIALS *I agree that I will review safe social distancing and clean hygiene practice with my child for their participation at MCFYMCA.*

In consideration of _____ (PRINT minor’s names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of my child or are in any way connected with such participation by my child.

Parent or Legal Guardian (Print)_____ Childs Name (Print)_____
Parent or Legal Guardian Signature_____ Date_____