

FREE SWIM LESSONS

SWIMMING IS AN ESSENTIAL SKILL NOT A PRIVILEGE

Funding provided by the American Rescue Plan Act (ARPA) administered by the Connecticut Department of Energy and Environmental Protection (DEEP).



NAIK FAMILY BRANCH

1 Harry Austin Drive, Mystic, CT 06355 | 860-536-3575

Contact: Kristin Spirdione – kspirdione@oceancommunityymca.org

NAME _____ D.O.B. ___/___/___ AGE _____ GENDER _____

ADDRESS _____ CITY _____ STATE _____ ZIP CODE _____

ELIGIBILITY CRITERIA* (SELECT ALL THAT APPLY):

- Current Y Cares Member
- 3-5 years old (Pre-School)
- 6-12 years old (Youth)
- Eligible for SNAP Benefits
- Residing in a QCT
- Recommended by a State Agency or Pupil Service on behalf of a Board of Education

**Must provide documentation for proof of eligibility.*

SWIM LEVEL / CLASS SELECTION (USE GUIDE BELOW):

- Water Acclimation**
No minimal, or previous experience in swim lessons. Goal is to swim 5 yards without fear or assistance and have comfort with face in the water.
 - Preschool Level 1 Sundays 10-10:30AM
 - Youth Level 1 Sundays 11:10-11:55 AM
- Water Movement**
Can perform a front glide and swim 15 yards without assistance, 5 yards for preschool level. Can put face in and blow bubbles for 10 seconds.
 - Preschool Level 2 Sundays 10:35-11:05AM
 - Youth Level 2 Sundays 12-12:45 PM

LESSONS WILL TAKE PLACE APRIL 30th-JUNE 11th

I give permission for the participant's image or voice to be used in Y promotional materials including the website and social media. Yes No *You must check no if child is a legal ward of the state (i.e. foster child)*

Please note: Submission of this form does not guarantee participation in the program as space is limited. You will be contacted if your child has been accepted into the program.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

APPLICATION DEADLINE: MARCH 27th, 2023