



AQUATICS REGISTRATION

Please choose one option below. Spots are limited, and are filled once registration has been completed.

MONDAY & FRIDAY CLASSES

- Preschool (3-5 Years Old)
4:00p-4:45p
- Beginner (6-10 Years Old)
5:00p-5:45p
- Beginner (6-10 Years Old)
6:00p-6:45p
- Intermediate (11 & Up)
7:00p-7:45p

TUESDAY & THURSDAY CLASSES

- Preschool (3-5 Years Old)
4:00p-4:45p
- Beginner (6-10 Years Old)
5:00p-5:45p
- Beginner (6-10 Years Old)
6:00p-6:45p
- Intermediate (11 & Up)
7:00p-7:45p

PLEASE PRINT

PLEASE USE INK

PLEASE COMPLETE ENTIRE FORM

Participant's Name: _____ Age: _____ Sex: _____ Race: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

Additional Participant's Name: _____ Age: _____ Sex: _____ Race: _____ DOB: _____

Date/Time of Class from above: _____

Additional Participant's Name: _____ Age: _____ Sex: _____ Race: _____ DOB: _____

Date/Time of Class from above: _____

PARENT/GUARDIAN INFORMATION:

Parent/Guardian #1: _____ Home Ph#: _____ Cell Ph#: _____

Place of Employment: _____ Work/Other Ph#: _____

Email Address: _____

Parent/Guardian #2: _____ Home Ph#: _____ Cell Ph#: _____

Place of Employment: _____ Work/Other Ph#: _____

Email Address: _____

BILLING INFORMATION:

Person(s) responsible for this account: _____ Phone#: _____

Address if different from above: _____

EMERGENCY CONTACTS:

Name: _____ PH#: _____ Relationship: _____

Name: _____ PH#: _____ Relationship: _____

Name: _____ PH#: _____ Relationship: _____

MEDICAL INFORMATION:

Name of physician: _____ Phone#: _____

Please list any medical conditions that the participant may have: _____

Please list any medications the participant is taking: _____

Please list anything the participant is allergic to: _____

AUTHORIZATION FOR MEDICAL TREATMENT:

In the event I (the parent) cannot be reached to make arrangements for medical treatment, I authorize the YMCA staff to administer CPR/AED or FIRST AID and/or have my child transported to the nearest hospital for treatment.

(Parent/Guardian Signature)

(Date)

GENERAL PARTICIPANT RELEASE INFORMATION:

All must be signed in order for the participant(s) to participate in this program!

I certify that the participant(s) has been examined by a licensed physician in the past twelve months and is able to participate in YMCA activities.

(Parent/Guardian Signature)

(Date)

I agree not to hold the YMCA liable if the participant(s) is injured while participating in YMCA activities.

(Parent/Guardian Signature)

(Date)

I understand that there is a \$35 NSF check fee for all returned checks. I also understand that there will be **NO REFUNDS** after payment has been made.

(Parent/Guardian Signature)

(Date)

As a parent/participant, I agree to exhibit and uphold the YMCA CORE VALUES of Caring, Honesty, Respect and Responsibility while at all YMCA Programs/Events. I also understand that if I do not I will be asked to leave by YMCA Staff.

(Parent/Guardian Signature)

(Date)

I do hereby authorize newspaper interviews, taking of pictures, motion pictures and/or television interviews of the participant(s) during his/her time in the YMCA program(s). The YMCA staff will be supervising during any planned media event.

(Parent/Guardian Signature)

(Date)

PARENT/PARTICIPANT SIGNATURE

By signing below, I acknowledge and agree to all the terms and conditions as stated.

Parent/Participant Name (Please Print): _____

Parent/Participant Signature: _____

Date: _____ Time: _____

THANK YOU FOR YOUR INTEREST IN OUR PROGRAMS!



ACKNOWLEDGEMENT & UNDERSTANDING OF HANDBOOK

I, _____, acknowledge that I have received a copy of the updated _____ handbook.

I also understand that if myself or my child(ren) violate any of the rules/policies mentioned in the _____ handbook, that we may be removed from the program.

Program: _____

Participant's Name(s): _____

Parent/Guardian Print Name

Parent/Guardian Signature

Date



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE CONFIDENT

BE SAFE

HAVE FUN

**2017 PARENT HANDBOOK
YMCA OF NORTHEAST LOUISIANA**



MOBILE AQUATICS PROGRAM

In May 2014, in an effort to expand our Healthy Living outreach we added our Mobile Aquatics Program. As a non-facility YMCA all of our programs are executed through off-site collaborations. Because of this, we use community partners, that have pools, to teach all of our swim lessons and lifeguard courses.

**Our Mission:
To put Christian principles into practice through programs that help build a healthy spirit, mind and body for all.**

Swim Lessons—All Ages

Our swim lessons are taught by our YMCA certified Swim Lesson Instructors. We assign one instructor to each class. Each class has a maximum number of eight spots. We do this so that the instructor to participant ratio allows for more time for one on one advice. Each class is divided up by age and ability so that the participants can get the most out of their lesson.

YMCA Lifeguard Courses—Must be at least 16

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. The course also covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management and information on how to get a job as a lifeguard.

CPR/AED Courses—Must be at least 12

This course will certify you in the American Safety & Health Institute, ASHI, CPR and AED. This course is a combined CPR and AED program designed specifically for laypeople. The program is an excellent choice for both the community and workplace setting.

Summer Job Opportunities—Must be at least 16

We are currently hiring for the following positions:

- Summer Lifeguard
- Swim Lesson Instructor
- Swim Lesson Assistant

You must be at least 16 years of age to apply.

Contact the YMCA for more information.

318-387-9622



MOBILE AQUATICS PROGRAM PRICES

Swim Lessons	Lifeguard Courses
\$100 fee	\$275 regular fee
Private Lessons	\$300 late fee
\$250/4 hours	\$75 CPR ONLY fee

Dear Parent/Guardian,

I am excited that you have shown interest in our Mobile Aquatics Program. I am hoping that this will be our best summer yet! The following information is for our mutual benefit. So please read it carefully, and let me know if you have any questions or concerns.

Important Facility Information:

- The West Monroe Boys & Girls Club is NOT open for our use!
 - This means that the locker rooms and restrooms will not be available for us to use.
 - So, please make sure your children have used the restroom before class starts.
 - **PLEASE BRING YOUR CHILDREN DRESSED FOR SWIM LESSONS.**
 - This means a swim suit and towel, swim shoes are allowed in the pool.
- We will have portable restrooms on site for our participants and their parents/guardians and visitors to use.

Important YMCA Swim Lesson Information:

- ALL PARENTS/GUARDIANS AND VISITORS ARE REQUIRED TO SIGN IN FOR EVERY LESSON!
 - The Deck Manager will be at the sign in table.
 - We ask that each participant has only 3 visitors at a time, this includes parents/guardians. The last day of class is an exception to this.
- Our lessons are taught by certified YMCA Swim Lesson Instructors, and guarded by certified YMCA Lifeguards
 - We will have 2 certified instructors teaching the lessons, and we will have 1-3 Swim Lesson Assistants.
 - There will be 1-3 lifeguards on the pool deck, depending on the size of the class.
- Each class has anywhere from 5-12 participants.
 - The participants will be placed into smaller groups depending on age and ability.
 - One instructor and 1-2 assistants will be assigned to each group.
 - This puts the Instructor to Participant ratio at 1:4
- During our lessons we use IFDs, Instructional Flotation Devices.
 - These are not "floaties"
 - These are INSTRUCTIONAL devices
 - The participants will wear these for most of the lesson
 - Once the instructor feels the participant has progressed enough the IFD will be altered or removed
- We do use "timeouts" for any children who disrupt the flow of the class.
 - If a child is put in "timeout" 3 or more times in one lesson the child will be asked to sit out for the day.
 - If the behavior does not improve, the children will be removed from the YMCA Swim Lessons
- We will still have classes if there is light rain, **WE ONLY CANCEL FOR THUNDER AND LIGHTNING OR IF WE CANNOT SEE THE BOTTOM OF THE POOL.**
 - If we are having to cancel lessons, we will send out an alert message to all the parents/guardians.
- **WE DO NOT MAKE UP CLASSES THAT YOU MISS**
 - However, any classes that the YMCA cancels will be made up on a scheduled date.
- If you have any questions, comments, concerns, or complaints about the program please talk to me.
 - If you need to talk to me and I am not available please leave your name and phone number at the sign in table, and I will get back to you.
 - **PLEASE DO NOT DISTURB THE LIFEGUARDS DURING THE LESSONS.**

I am looking forward to meeting you all, and to teaching your children about water safety this summer!



Olivia A Mills

Aquatics Director

PARENT RULES

Do not disrupt the swim lessons unless it is an emergency.

The children are there to learn, and do not need distractions.

Stay in the assigned "Parent Zone"

Anyone found outside of the zone will be asked to leave the pool area. This is for safety reasons, and for the children's benefit.

Please put your phone on vibrate, any phone calls should be taken away from the pool area.

Again, this is to help limit the distractions for the participants.

We ask that only 3 visitors, including the parents/guardians, come to the lessons at a time.

There is limited sitting space available in the "Parent Zone."

If you would like to have a seat, please bring your own chairs.

Parents/Guardians and other visitors are required to check in with our Deck Manager.

WE ARE NOT ALLOWED TO ENTER THE WEST MONORE BOYS & GIRLS CLUBS FACILITY.

Parents/Guardians are to either wait in the "Parent Zone" or in their cars. Anyone who violates this rule is liable to have their child(ren) removed from the YMCA Program.

If you feel the need to talk to the Aquatics Director, please do so within the 15 minutes she has between classes.

PLEASE DO NO DISRUPT THE LIFEGUARDS DURING CLASSES.

ANY PARENT WHO VIOLATES 3 OR MORE OF THE ABOVE RULES DURING A CLASS, WILL BE ASKED TO LEAVE THE POOL AREA. THESE RULES ARE IN PLACE TO PROVIDE A SAFE LEARNING ENVIROMENT FOR YOUR CHILDREN.

YMCA OF NORTHEAST LOUISIANA

AQUATICS THUNDER AND LIGHTNING POLICY



**If you hear thunder or see lightning,
clear the pool.**

**Resume activities 30 minutes
after the last observed lightning or
thunder.**

Lessons will go on as scheduled, even if it is raining, the only reason we will cancel swim lessons is if it is thundering/lightning or if the water quality is not up to the Y standards. So, come to your lesson, unless you have been notified by the Aquatics Director or other Y Staff.

WEATHER GUIDELINES

RESEARCH REGARDING POOL CLOSURE FOR THUNDER/LIGHTNING

Redwoods Management Topic – Lightning Safety

The average thunderstorm is six to ten miles wide and moves 25 mph. The average lightning strike is five to six miles long, but can be twice that distance. Thunder is usually heard up to 12 miles from a lightning strike. Given the right terrain, humidity and background noise, that distance might be significantly less or slightly more. Generally, if you can hear thunder, you are in danger of lightning. Lightning strikes can reach up to ten miles beyond the leading edge of a storm. This is why many lightning deaths and injuries occur under cloudless skies.

Aquatics Activities – When lightning is within 10 miles suspend all activity in the pool area and evacuate people to the established safe area(s). Guards should clear the pool area and lock the entrance. Resume activities in the pool 30 minutes after the last observed incident of lightning or thunder.

If you can hear thunder, account for all staff and participants and find safe shelter immediately. You are close enough to the storm to be struck by lightning.

Lightning can actually strike more than 10 miles away from a thunderstorm. The easiest rule to follow is: if you can hear it, clear it; if you see it, flee it. Thirty minutes after the last thunder or lightning, it is safe to go back outside again.

Once severe weather is sighted or detected by the lifeguards, everyone must evacuate the pool immediately. The pool should be checked every 30 minutes for appropriate weather conditions before opening.

RAIN AND WIND

The pool should be closed if the bottom of the pool is not visible or if it is hard for the lifeguards to see.

TORNADO WATCH/WARNING

The Aquatics Director will not staff if there is tornado watch/warning. Guards will then clear the pool immediately. Blow your whistle to gain attention and announce that you have to close the pool due to tornado warning. No minor (under 18) unaccompanied will be allowed to leave until their parents have come to pick them up.

FIRE

Clear the pool immediately. Pull the fire alarm, and escort all patrons to the parking lot. Evacuate to parking lot at least 300 feet away from the building. Note location of the fire extinguishers for small fires.

POOL RULES

NO DIVING

No food or beverages in pool or on pool wet deck.

No glass or animals in the fenced pool area.

Do not swallow the pool water.

No horseplay, running, playing on ladders, throwing objects/swimmers or riding on shoulders.

Only the registered participants are allowed in the pool during their respective time slots.

Swimmers must wear appropriate swim attire.

As a courtesy to others, do not use the pool when sick.

Anyone experiencing incontinence must wear approved swim diapers.

Two rescue-ready lifeguards are required for the pool to open.

Pool will close for 30 minutes after thunder/and or lightning occur.

As a reminder, the lifeguard is always in charge. It is the primary responsibility of the lifeguard to scan the pool area, deal with emergency situations and enforce rules for your safety. Please support the guards by supervising the children in your party.

FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY OR DEATH.



LIFEGUARD PROMISE

We will constantly scan the pool so that we can recognize swimmers in distress within 10 seconds and provide assistance within an additional 10 seconds when needed.

We are always on guard and must remain focused on our primary responsibility of protecting lives. Please understand, that is why we cannot stop to talk.

We will always wear a rescue tube and carry a mask and gloves, ready for use.

We will always sit in an elevated lifeguard chair or patrol at the edge of the pool. We will be aware of visibility issues and rotate our positions accordingly.

We will attend regular training events to practice our skills and stay on the cutting edge of aquatic safety.

We are here for you and your safety. Please enjoy your visit at our YMCA pool.



YMCA OF NORTHEAST LOUISIANA

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