

**REGISTER NOW**

**(929) 225-7797**

**STARTS JUNE 1ST!**

# SWIMMING LESSONS!

**MONDAY - FRIDAY  
12:15 PM - 3:15 PM**

**WITH  
ALEX!**



**Certified in:**

**Lifeguarding with CPR/AED for  
Professional Rescuers and First Aid  
Water Safety Instructor**

## **PARENT & CHILD**

4 months – 3 years old

Parents are present in the water, helping their children love the water with my guidance.

## **GROUP CLASSES**

3 years old and up

Swimmers are in the water without the parents. Builds upon the skills learned in Parent & Child.

- **WATER SAFETY**
- **FLOAT & GLIDE WITHOUT GUIDANCE**

- **SUBMERGING IN A RHYTHMIC PATTERN**
- **LEARN SWIMMING STROKES**

# MEET ALEX!

My name is Alexandros Voutryas and I have been teaching swimming since 2006. I never thought of myself as a swimming/fitness instructor though, since I was studying psychology and neuroscience. Through the years I started turning my hobby into a career choice. The increasing demand for swimming lessons and the high rates of children drowning in Rockaway beach the last couple of years have motivated me to be a full-time swimming instructor and contribute towards keeping kids safer in the water.

Swimming is not just about having fun. It is a life-saving skill. In addition, learning to swim at an early age has a beneficial effect on brain structure facilitating cognitive, emotional and neuro-muscular development. Kids that start to swim early in life acquire a **boost in their confidence and self-esteem** increasing the likelihood of growing up into **emotionally balanced and resilient adults**. Swimming is more than just a sport. Due to the constant focus on rhythmic breath control, swimming sets the foundation for mindfulness.

In my swimming lessons, I value each child's unique personality and affinity for being in the water. During the first lessons, establishing a trusting and safe bond is important so that kids start feeling curiosity and excitement to explore and awaken their senses while being in the water. The structure of the lessons is mostly comprised of songs and games e.g "the wheels on the bus", "tik-tok", "clean-up" so they get acclimated and feel less fearful or anxious.

Overall, I adopt a gentle approach, while at the same time I am incorporating **self-rescuing swimming skills**, encouraging the kid to **float on their back, hold their breath under water and blow bubbles, move their arms and kick their legs** trying to reach the wall of the pool unassisted. As soon as they start accomplishing a basic sense of autonomy and comfort in the water, introduction to the swimming styles follows next.

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# CLASSES & RATES



**MONDAY – FRIDAY  
30 MINUTE SESSIONS**

**GROUP CLASSES (5 KIDS MAX).**

**12:15 PM – 12:45 PM**

**1:00 PM – 1:30 PM**

**2:00 PM – 2:30 PM**

**2:45 PM – 3:15 PM**



**50\$ FOR 1 SESSION  
5 DAYS A WEEK: 35\$/SESSION**



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# CLASSES & RATES



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30 MINUTE SESSIONS**

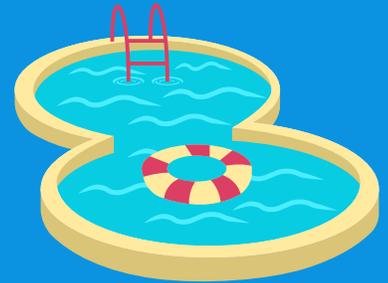
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# REGISTRATION FORM

\*\*\*BY COMPLETING THE REGISTRATION BELOW, I HEREBY AGREE TO THE FOLLOWING:

In consideration of allowing my minor child (under 18) to participate in any way with Alexandros Voutryas Swimming Classes and its related events and activities, I, the undersigned parent/guardian, acknowledge, appreciate, and agree that: 1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from the negligence of the releasees, or others, and assume full responsibility for my child's participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for my child's participation. If, however, I observe any unusual significant hazard during my presence or my child's participation, I will remove my child from the participation and bring such to the attention of the Company immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Alexandros Voutryas, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used for the activity, WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person and property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

\* COMPLETE WHERE APPLICABLE \*

**Swimming Class TYPE/PRICE:**

Group Session/\$50 per child  
5 Day Package (M-F)/ \$35 per child

**Week(s):** \_\_\_\_\_

**Day(s):** \_\_\_\_\_

**Time(s):** \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_ DATE OF

BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PARENT/GUARDIAN NAME AND PHONE #: \_\_\_\_\_

EMERGENCY CONTACT NAME AND PHONE #: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ ALLERGIES:

\_\_\_\_\_  
PHYSICAL LIMITATIONS/DIAGNOSES we SHOULD BE AWARE OF: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I agree to allow Alexandros Voutryas to use any photographs or videos taken at the facility for the purpose of publicity.

**I AGREE**

**I DO NOT AGREE**

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

# CLASS REGISTRATION

## WEEK 1: JUNE 5-9

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 2: JUNE 12-16

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 3: JUNE 20-23

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 4: JULY 10-14

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 5: JULY 17-21

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 6: JULY 24-28

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 7: JULY 31-AUGUST 4

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 8: AUGUST 7-11

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 9: AUGUST 14-18

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

## WEEK 10: AUGUST 21-25

12:15 PM -12:45 PM  
1:00 PM-1:30 PM  
2:00 PM-2:30 PM  
2:45 PM-3:15 PM

# SWIMMING POOL SAFETY & CONSENT

1. USE POOL AT YOUR OWN RISK. WE ARE NOT RESPONSIBLE FOR ACCIDENTS OR INJURIES.
2. NO GLASS, FOOD, OR DRINK IN POOL AREA.
3. NO ANIMALS ALLOWED.
4. BE CONSIDERATE - NO YELLING OR OTHER LOUD NOISES.
5. NO RUNNING, PUSHING, OR OTHER DANGEROUS HORSEPLAY.
6. MANAGEMENT RESERVES THE RIGHT TO DENY USE OF POOL TO ANYONE AT ANY TIME.
7. DIVE ONLY IN DESIGNATED AREAS.
8. POOL MAY NOT BE USED WITHOUT LIFEGUARD PRESENT.
9. NO RUNNING.
10. CHILDREN MUST LEAVE PREMISES AFTER SWIM CLASS FOR LIABILITY REASONS.

I agree to follow all swimming pool rules and consent to having my child participate in Alexandros Voutryas Swimming Classes at Beach Friends Sensory Club.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN: \_\_\_\_\_  
DATE: \_\_\_\_\_