

Registration Information

Participant Name _____

D.O.B. _____

Age _____ Male _____ Female _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone _____

Emergency Contact _____

Emergency # _____

Medical Conditions / Special Needs: _____

Session _____

Example: September 6– September 30

Class _____

Example: Preschool, Youth, Parent/Child

Time _____

Example: 6:00-6:45pm

I hereby, for myself, my heirs, executors, and administrators, waive and release any and all claims and damages I may have against the YMCA of Western North Carolina and their respective agents, representatives, successor, and assigns, for any and all injuries which may be suffered by me or my family in connection with participation in YMCA activities and programs. I also grant full permission to the YMCA to use any photographs or video recordings taken of me or my family. I agree to comply with YMCA policies and procedures and understand that my participation can be terminated without refund for exhibiting inappropriate behavior or abuse toward the YMCA staff and/or facilities.

Signature _____

Today's Date _____

Four Week Sessions

Tuesdays and Thursdays

Preschool, Youth, and Adult

Deadline to sign up is Fri. of previous week

September 6—September 30

October 11—November 4

November 8—December 9

No lessons the week of Thanksgiving (22-26th)

Saturday Four Week Sessions

Parent/Child, Preschool and Youth
Saturdays Only

Deadline to sign up is Wed. of previous week

September 4—September 25

October 2—October 23

November 13— December 11

No class November 27th

Private Swim Lessons

These lessons provide one-on-one quality instruction with one of our swim lesson instructors. Private lessons are scheduled around the current pool schedule, the swimmer's schedule, and the instructor's availability.

	Member	Non-Mem.
2— 1/2 hour lessons	\$35.	\$45.
Or 1 one hour lesson		

Please call 828-659-9622 for more information.



Corpening Memorial YMCA

**Fall
Swim Lessons
2010
September-
December**



YMCA

We build strong kids,
strong families, strong communities.

Corpening Memorial YMCA
348 Grace Corpening Drive
Marion, NC 28752
828-659-9622

www.ymcawnc.org

Swim Lesson Classes

Parent/Child 6-36 months
Sat. (4 weeks long) 10:00—10:30am

This class is for children ages 6 to 36 months and their parents. The primary objective is for both the parent and the child to become comfortable in the water and to have fun. The child will become aware of the differences between movement through water and on dry land, while the parent will learn how to teach his or her child to be safer in and around the water. This class is not intended for the children to learn to swim but rather to become comfortable in the water. The child will be exposed to games that use basic movements in the water such as kicking, arm strokes, and breath control.

Preschool 3-5 year olds
T/Th (4 weeks long) 5:15—5:45pm

Sat. (4 weeks long) 10:30—11:00am

Pike— At this level children begin attending classes without their parents. This class helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed to teach new swimmers basic paddle strokes and kicking skills, pool safety, and comfort in holding their faces in the water while blowing bubbles and swimming.

Eel— This level reinforces Pike skills and is for children who are comfortable in the water. Participants are taught to flutter kick, dive, float, and

perform the progressive paddle stroke. Children can swim across the width of the pool without assistance by the end of this level.

Ray— At this level children review previous skills, improve strokes, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills.

Starfish— Swimmers at this level review previously learned skills and refine their crawl and back strokes as well as floating skills. They also learn underwater swimming skills.

Youth 6-13 year olds
T/TH (4 weeks long) 6:00—6:45pm

Sat. (4 weeks long) 11:15am—12:00pm

Polliwog— This is the beginning level for school-age children. Participants become acquainted with the pool, the use of floatation devices, and front and back floating.

Guppy— Participants continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to front and back paddle, sidestroke, breaststroke, and elementary backstroke.

Minnow— Swimmers refine the strokes they have learned in previous levels as their skills become more advanced. They also work on their endurance while improving their skills. Participants will also practice diving skills.

Fish— At this level, swimmers work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke, with turns. They are also introduced to the butterfly stroke.

Flying Fish— At this advanced level, participants work on refining their strokes and increasing their endurance.

Shark— Swimmers at this level continue to improve their strokes, with starts and turns and are introduced to the inverted breast-stroke, the crawl, and the over-arm sidestroke.

Adult 14 years and older
T/Th(4 weeks long) 7:00—7:45pm

Adult classes are for individuals ages 14 and older. We welcome all levels of swimmers.



<u>Fees</u>	<u>Member</u>	<u>Non Mem.</u>
Parent/Child	\$25	\$45
Preschool	\$25	\$45
Youth	\$30	\$50