



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Winter/Spring Swim Lessons 2011

### Tuesday/Thursday:

January 11– February 3 —deadline Jan.7  
February 8– March 3—dealine Feb.4  
March 8– March 31—deadline March 4  
April 12– May 12—deadline April 8  
May 17– June 9—dealine May 13

### Saturday:

January 8—January 29—deadline Jan.5  
February 5—February 26—deadline Feb. 2  
March 5—March 26—deadline March 2  
April 2—April 30—deadline March 30

### Registration Information

Participant Name \_\_\_\_\_

D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency # \_\_\_\_\_

Medical Conditions/Special Needs \_\_\_\_\_

Session \_\_\_\_\_ Class \_\_\_\_\_ Time \_\_\_\_\_

Ex: Jan. 11-Feb.3

Ex. Preschool, Youth, Adult

T/Th at 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 \_\_\_\_\_ Date \_\_\_\_\_



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Levels and Times

### **Parent Child: 6-36months**

Children and parents will be introduced to the water together.

Class options: Saturday 10:00am-10:30am

Class Fee: Member \$25 Nonmember \$45

### **Pre-School: 3-5 years old**

Class options: Tuesday/Thursday 5:15-5:45pm and Saturday 10:30-11:00am.

Class Fee: Member: \$25 Nonmember: \$45

Pike: This class gets children comfortable in the water while teaching basic swimming skills and safety. This is a great class for beginners or fearful swimmers.

Eel: Children who are comfortable in the water will increase swimming ability and continue to learn about safety. This is a great class for beginner swimmers who have some experience with water, but do not yet have specific swimming skills.

Ray: For advanced preschool swimmers. Technique and endurance will be focused on in this level. This is a great class for swimmers who already know how to swim, and are ready to fine tune their strokes and work on endurance.

Star Fish: Stroke technique will be fine-tuned, as well as, new swimming skills introduced such as under water swimming, breaststroke, and butterfly.

### **Youth Swim Lessons: 6-12 years old**

Class options: Tuesday/Thursday 6:00-6:45 pm and Saturday 11:15am -12 noon.

Class Fee: Member: \$30 Nonmember: \$50

Polliwog: Children will become comfortable in the water while learning basic swimming skills. This is a great class for beginners to swimmer or fearful swimmers.

Guppy: Swimming skills will be strengthened. Children will begin to focus on technique and endurance.

Minnow: Swimmers refine previously learned strokes, increase endurance, and are introduced to new strokes and skills such as breaststroke, diving, and butterfly.

Fish: Swimmers work on swimming "laps" of the previously learned strokes and fine tune swimming technique.

Flying Fish: This group works on skills of competitive swimming while emphasizing on technique and endurance.

### **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.

Class Options: 2—1/2 hour lessons or 1 one hour lesson.

Class Fee: Member: \$45 Nonmember: \$55

### **Adult Swim Lessons: 14 + years old**

This class offers instruction at any level.

Class options: Tuesday/Thursday 7:00-7:45 pm

Class Fee: Member: \$30 Nonmember: \$50



Contact: Will Ross  
Aquatics and Wellness Director  
828-659-9622