

# Swim Lesson Registration Form

## Four Week Sessions (2 Days a Week)

**PRESCHOOL and YOUTH Classes :**  
Tuesday/Thursday

**PARENT / CHILD Class:**  
Tuesday/Thursday

**ADULT Class:**  
Mondays

March 8-April 2  
Deadline March 7

April 12-May 14  
Deadline April 11

May 17-June 11  
Deadline May 16

## Four Week Session (1 day a week)

**PARENT/CHILD, PRESCHOOL, & YOUTH:**  
**Saturdays (Sat. lessons are 1/2 off of weekday  
lesson prices)**

March 6-March 27  
Deadline March 5

April 10-May 1  
Deadline April 9

## Private Swim Lessons

These lessons are one-on-one with one of our swim lesson instructors. We try to schedule around the current pool schedule, the swimmer's schedule, and the instructor's availability.

	Member	Non-Mem.
1 hour lesson	\$30	\$40
Or 2 1/2 hour lessons		



**Spring/Summer  
2010**

**SWIM  
LESSONS**



**YMCA**

OF WESTERN NORTH CAROLINA

We build strong kids,  
strong families,  
strong communities.

## **Corpening Memorial YMCA**

**348 Grace Corpening Drive**

**Marion, NC 28752**

**(828) 659-9622**

**[www.ymcawnc.org](http://www.ymcawnc.org)**



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

Member\_\_\_\_ Non-Member\_\_\_\_ (check one)

D.O.B. \_\_\_\_\_

Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

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

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

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

Session \_\_\_\_\_

Example: E. August 6—August 16

Class \_\_\_\_\_

Example: Preschool, Youth, Parent/Child, Adult

Time \_\_\_\_\_

Example: 6:15—7:00pm

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 \_\_\_\_\_

# Swim Lesson Classes

## Parent/Child 6-36 months

T/Th (4 weeks long) 5:15-5:45pm

Sat. (4 weeks long) 9:45-10:15am

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 to rather 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

Tuesday/Thursday (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.

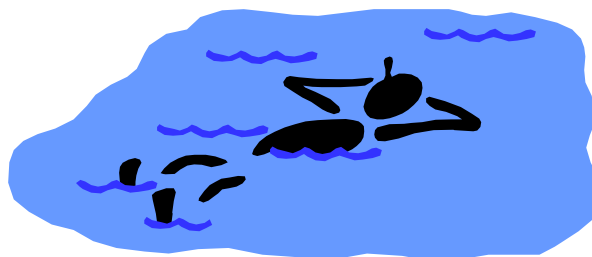
## Youth 6-12 year olds

Tues/Thurs (4 weeks long)

6-6:45pm

Sat. (4 weeks long) 11:15-12:00pm

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



**Fish**–At this point, 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 side-stroke.

## Adult 13 year olds and older

Mon (4 weeks long) 6-6:45p

Adult classes are for individuals ages 13 and older. We welcome all levels of swimmers. This class meets only once a week for four weeks.

<u>Fees</u>	<u>Member</u>	<u>Non Mem.</u>
Parent/Child	\$20	\$40
Preschool	\$20	\$40
Youth	\$25	\$45
Adult	\$25	\$45