

Parent/Child 6-36 months

Tues/Thurs (4 Weeks/8 lessons) 11:00-11:30am

Saturdays (4 weeks/4 lessons) 9:00-9:30 am

SKIP: This class is designed for interaction between parents and their young children. Its primary objective is to become comfortable in the water. The child will become aware of movement within water. The class includes songs and games.

Preschool 3-5 years old

Weekdays: (4 weeks)

Tues/Thurs- 9:00-9:30am

Mon/Wed -6:30-7:00pm

Tues/Thurs -4:00-4:30pm

Sat-9:45-10:15

PIKE: This is a beginner's level where children start to experience independence in the water. It will introduce them to basic strokes, kicking, as well as getting comfortable with their faces in the water.

EEL: This class takes the basic strokes learned within pike and reinforces them. We will work on paddle strokes, floating, kicking and under water submersion.

RAY: This group reviews all the major strokes. Children should be able to swim across the pool without support before this class. We will build endurance, tread water and begin diving skills.

STARFISH: Swimmers at this level are advanced lap swimmers and mainly focus on perfecting their strokes and diving skills.

Youth 6-12 years old

Weekdays: (4 weeks)

Mon/Wed -7:00-7:45pm

Tues/Thurs -4:30-5:15pm

Sat-10:30-11:15

POLLIWOG: This is the beginning level for school-age children. Swimmers become acquainted with the water and learn basic stroke skills.

GUPPY: This group focuses on front and back crawl, side stroke, breaststroke, and elementary backstroke

MINNOW: Swimmers refine all strokes and are introduced to diving skills.

FISH: This is the most advanced level for youth swimmers. Here, the focus is lap swimming.

Adult 13-all ages

This course is designed for all levels of swimming. We range from never swam to improving lap swimming skills. Classes are diverse in age and ability and are structured to meet the needs of each individual.

Mon/Wed -7:00-7:45pm Sat- 10:30-11:15am

Private Lessons

Private Lessons are packaged in sets of 4 half hour lessons (Total 2 hours)

	<u>Member</u>	<u>Non-</u>
Private	\$70	\$100
Semi-Private	\$50	\$80

Swimming Lesson Costs

WEEKDAYS Mon/Wed or Tues/Thurs (4 WEEKS-8 LESSONS)

	<u>Member</u>	<u>Non-</u>
Preschool	\$40	\$70
Youth	\$50	\$80
Adult	\$50	\$80

**SATURDAY LESSONS
(4 WEEKS-4 LESSONS)**

	<u>Member</u>	<u>Non-</u>
Parent/Child	\$20	\$35
Preschool	\$20	\$35
Youth	\$25	\$40

REGISTRATION FORM

Swimmers Name: _____

D.O.B: _____

Age: _____ Male _____ Female _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Emergency Contact: _____

Emergency #: _____

Medical Conditions/ Special
Needs: _____

Session: _____

(Example: Aug 6- Aug 16)

Class/Level: _____

(Example: Polliwog)

Time: _____

(Example: 6:30-7:15pm)

I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE ANDS RELEASE ANY AND ALL CLAIMS OF DAMAGES I MAY HAVE AGAINST THE YMCA OF WNC AND THEIR RESPECTIVE AGENTS, REPRESENTATIVES, SUCCESSOR, AND ASSIGNS, FOR ANY AND ALL INJURIES WHICH MAY BE SUFFURED BY ME OR MY FAMILY IN CONNECTION WITH PARETICIPATION WITH THW YMCA ACTIVITIES AND PROGRAMS. I ALSO GRANT FULL PERMISSION TO THE YMCA TO USE PHOTOGRAPHYS OR VIDEO RECORDINGS TAKEN OF ME OR MY FAMILY. I AGREE TO COMPLY WITH THE YMCA POLICY OR PROCEDURES AND UNDERSTAND THAT MY PARTICIPATION CAN BE TERMINITED WITHOUT REFUND FOR EXHIBITING INNAPROPRIATE BEHAVIOR OR ABUSE TOWARDS THE YMCA STAFF AND/OR FACILITES

SIGNATURE: _____

Today's Date: _____

Mon-Wed (4 week lessons)

August 16-September 8

Registration deadline August 13

September 13-October 6

Registration deadline September 9

October 11-November 3

Registration deadline October 7

Tues/ Thurs (4 week lessons)

August 17-September 9

Registration deadline August 13

September 14- October 7

Registration deadline September 9

October 12 -November 4

Registration deadline October 7

Saturday (4 week Lessons)

September 4- September 25

Registration deadline September 2

October 2- October 23

Registration deadline September 30

November 6- November 27

Registration deadline November 4

Reuter Family YMCA



Fall Swim Lessons August-November 2010

Reuter Family YMCA Aquatics
Department

(828) 651-9622

