

YWCA Group Swim Lessons Registration Form

(Visit www.ywcacentralcarolinas.org for online registration)

**Private lessons are available too!*

| February Weekday Session | | | | | | | | |
|--------------------------------------|------------|------------------------|------------------------|-----------|-----------|-----------|-----------|-----------|
| All lessons = 6 classes | Water Baby | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Adult |
| Monday & Wednesday Feb 4 – Feb 20 | N/A | 3:30-4:00 5:00-5:30 | 3:30-4:00 5:00-5:30 | 4:00-4:30 | 4:00-4:30 | 4:30-5:00 | 4:30-5:00 | 1:00-3:00 |
| Tuesday & Thursday Feb 5 – Feb 21 | N/A | 4:00-4:30 | 4:00-4:30 | 4:30-5:00 | 4:30-5:00 | 5:00-5:30 | 5:00-5:30 | N/A |

| March Weekday Session | | | | | | | | |
|--|------------|------------------------|------------------------|-----------|-----------|-----------|-----------|-----------|
| All lessons = 6 classes | Water Baby | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Adult |
| Monday & Wednesday March 4 – March 20 | N/A | 3:30-4:00 5:00-5:30 | 3:30-4:00 5:00-5:30 | 4:00-4:30 | 4:00-4:30 | 4:30-5:00 | 4:30-5:00 | 1:00-3:00 |
| Tuesday & Thursday March 5 – March 21 | N/A | 4:00-4:30 | 4:00-4:30 | 4:30-5:00 | 4:30-5:00 | 5:00-5:30 | 5:00-5:30 | N/A |

| March/April Saturday Session | | | | | | | | |
|--------------------------------|-------------|-------------|-------------|-------------|-------------|---------|---------|-----------|
| All lessons = 6 classes | Water Baby | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 | Adult |
| Saturdays March 2 – April 6 | 10:00-10:30 | 10:30-11:00 | 11:00-11:30 | 11:30-12:00 | 11:30-12:00 | N/A | N/A | 9:00-9:50 |

Questions or Comments: Jeff Nerret, Aquatics Manager: aquatics@ywcacentralcarolinas.org or 980-585-0509

Parent/Child Swimming Lessons (Ages 6 months – 3 years)

Water Baby: Parents and children learn together by emphasizing fun in the water. The guided practice sessions will help kids learn elementary swimming skills (water entry, bubble blowing, front kicking, back floating and underwater exploration).

\$55 YWCA Members \$75 Non-Members

Swimming Lessons for Kids (Ages 4 -13 years)

Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.

Level 3: Stroke Development: Additional guided practice will help students improve their skills.

Level 4: Stroke Improvement: Kids will gain confidence during, improve their stroke and gain additional aquatic skills.

Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.

Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

\$55 YWCA Members \$75 Non-Members

Swimming Lessons for Adults (Ages 14 years and up)

Saturday Class: We welcome all skill levels. Our lessons are structured around the individual's needs.

\$70 YWCA Members & \$100 Non-Members

Mon/Wed Class: Fast Track Lessons are back. Get faster results by working on your swimming 4 hours each week.

\$140 YWCA Members & \$200 Non-Members

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| Participant(s) Name(s) | Session Month | Mon/Wed <u>or</u> T/Th <u>or</u> Sat | Member/ Non-Member | Level Number | Start Time | Birth date(s) |
|------------------------|---------------|---|-----------------------|--------------|------------|---------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |

parent's names

home phone

cell phone

mailing address

city, state, zip

contact telephone(s)

e-mail address

any health conditions that coaches need to know

Emergency Contact Name & Phone

How did you hear about us?:

- Facebook/Instagram Post Word of mouth/friend: _____
- Front Lawn Banner/Sign Local Business (We'd like to thank them! Please specify): _____
- Google Search Community Newsletter: (Please specify): _____
- Other: _____ ☀ **Ask the front desk about a 4-Day Visit Pass and try out our gym!** ☀

Waiver/Consent Form

I hereby sign myself up to participate in the YWCA program and agree to release the YWCA Central Carolinas, and instructors, from any claims that may arise from injuries suffered during the program. Further, I authorize the YWCA Central Carolinas to provide emergency treatment for illness or injury if qualified medical personnel consider the treatment necessary and perform treatment. I consent to the release of photos of the participant for marketing purposes. Registering for this course adds me to the YWCA email and mailing distribution list. I understand I may opt out at any time. I acknowledge the prerequisites to participate and attest that I meet all requirements.

Signature: _____ **Date:** _____

YWCA STAFF ONLY

Amount paid: _____ Check # _____ CC ___ Cash ___

Date: _____ Employee's name: _____ Entered In EZ: _____