

YWCA Group Swim Lessons Registration Form

\$70 YWCA Members

\$90 Non-Members

(Visit www.ywcacentralcarolinas.org for online registration)

*Private lessons are available too!

May Weekday Session

All lessons = 6 classes	Water Baby	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Adult
Monday & Wednesday May 6 – May 22	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	N/A
Tuesday & Thursday May 7 – May 23	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	3:30-4:00

June Weekday Session

All lessons = 6 classes	Water Baby	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Adult
Monday & Wednesday June 3– June 26 (No Lessons on 6/10 & 6/12)	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	N/A
Tuesday & Thursday June 4 – June 27 (No Lessons on 6/11 & 6/13)	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	3:30-4:00

July Weekday Session

All lessons = 6 classes	Water Baby	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Adult
Monday & Wednesday July 8– July 24	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	N/A
Tuesday & Thursday July 9 – July 25	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	3:30-4:00

May/June Saturday Session

All lessons = 6 classes	Water Baby	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Adult
Saturdays May 4 – June 15 (No Lessons on 5/25)	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	N/A	N/A	9:00-9:30

July/August Saturday Session

All lessons = 6 classes	Water Baby	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Adult
Saturdays July 13 – August 17	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	N/A	N/A	9:00-9:30

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

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Parent/Child Swim 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).

Youth Swim Lessons (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.

Adult Swim Lessons (Ages 14 years and up)

Adult Swim Lessons: We welcome all skill levels. Our lessons are structured around the individual's needs.

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)

If under 18 - Parent's Name _____ **Home Phone** _____ **Cell Phone** _____

Mailing Address _____ **City, State, Zip** _____

E-mail _____

Any Health Conditions that Staff 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. All cancellations must be submitted in writing: aquatics@ywcacentralcarolinas.org. Cancellations received with at least 7 days advanced notice will receive a full refund. Cancellations received with less than 7 days advanced notice, but more than 24 hour notice will receive a 50% refund. Any cancellations received with less than 24 hour notice will receive no refund.

Signature: _____ **Date:** _____

YWCA STAFF ONLY

Amount paid: _____ Check # _____ CC ___ Cash ___

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