

YWCA Group Swim Lessons Registration Form

(Visit www.ywcacentralcarolinas.org for online registration)

July Weekday Session								
All lessons = 6 classes	Water Babies	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Adult
Monday & Wednesday July 3 – July 19	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 6 – July 25 <i>No Lessons on 7/4</i>	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	3:10 – 4:00

August Weekday Session								
All lessons = 6 classes	Water Babies	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Adult
Monday & Wednesday August 7 – August 23	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 August 8 – August 24	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	3:10 – 4:00

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 1 – August 5	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)

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

\$70 YWCA Members \$100 Non-Members

Please see Swim Lessons Information Packet for further details.

YWCA Group Swim Lessons Registration Form

Child/Children's or Adult's Name(s)	Session	Mon/Wed <u>or</u> T/Th <u>or</u> Sat	Member/ Non-Member	Level Number	Start Time	Birth date(s)

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Home Phone: _____ **Cell Phone:** _____

Email address: _____

Guardian/Emergency Contact + 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: _____