

BUILDING CONFIDENCE WITH EVERY STROKE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BROOKS FAMILY YMCA SESSION DATES:

Fall 1 (T-Th)9/3/19-10/24/19	Registration Starts: Member 8/19/19	Non-member 8/26/19	\$64/\$88
Fall 2 (Sat)10/12/19-11/2/19	Registration Starts: Member 9/7/19	Non-member 9/14/19	\$32/\$44
Fall 3 (T-Th)10/29/19-12/19/19	Registration Starts: Member 10/14/19	Non-member 10/21/19	\$64/\$88
Fall 4 (Sat)11/9/19-12/12/19 (no 11/30)	Registration Starts: Member 10/26/19	Non-member 11/2/19	\$32/\$44

Stage 1 /Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit the pool.

Stage 2 /Water Movement

Students focus on body position and control, directional change and forward movement in the water.

Stage 3/Water Stamina

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.

Stage 4/Stroke Introduction

Students develop stroke technique in front and back crawl and learn the breaststroke and butterfly kick.

Stage 5/Stroke Development

Students work on stroke technique and learn all major competitive strokes.

Stage 6/Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Preschool Swim Lessons (Ages 3-5)

Stage 1 /Water Acclimation

Tuesday 9:00-9:30am

Tuesday 4:00-4:30pm

Wednesday 9:40-10:10am

Thursday 4:00-4:30pm

Saturday 9:00-9:30am

Stage 3/Water Stamina

Tuesday 10:20-10:50am

Tuesday 4:40-5:10pm

Wednesday 11:00-11:30am

Thursday 4:40-5:10pm

Saturday 9:40-10:10am

Stage 2 /Water Movement

Tuesday 9:40-10:10am

Tuesday 4:00-4:30pm

Wednesday 10:20-10:50am

Thursday 4:00-4:30pm

Saturday 9:00-9:30am

Stage 4/Stroke Introduction

Tuesday 11:00-11:30am

Tuesday 4:40-5:10pm

Wednesday 11:40am-12:10pm

Thursday 4:40-5:10pm

Saturday 9:40-10:10am

Youth Swim Lessons (Ages 5-12)

Stage 1 /Water Acclimation

Tuesday 5:20-6:00pm

Thursday 5:20-6:00pm

Saturday 10:20-11:00am

Stage 4/Stroke Introduction

Tuesday 6:10-6:50pm

Thursday 6:10-6:50pm

Saturday 11:10-11:50am

Stage 2 /Water Movement

Tuesday 5:20-6:00pm

Thursday 5:20-6:00pm

Saturday 10:20-11:00am

Stage 5/Stroke Development

Wednesday 4:40-5:20pm

Saturday 11:10-11:50am

Stage 3/Water Stamina

Tuesday 6:10-6:50pm

Thursday 6:10-6:50pm

Saturday 10:20-11:00am

Stage 6/Stroke Mechanics

Wednesday 5:30-6:10pm

Saturday 11:10-11:50am

Brooks Family YMCA

151 McIntire Park Drive, Charlottesville, VA 22902

P 434-974-9622 W piedmontymca.org

Parent & Child (Ages 6 months-3 years old)

Stage A /Water Discovery & Stage B /Water Exploration

Wednesday 9:00-9:30am

Wednesday 4:00-4:30pm

Saturday 9:40-10:10am

Teen/Adult Swim Lessons (Ages 13 & Up)

Instructors help to build skills, confidence and endurance in the pool. Beginner swimmers, not comfortable in the water, will learn the basics including putting their face in the water, floating on their back, and basic front and back crawl, with or without a flotation device. Intermediate swimmers will work on basic strokes and learning how to lap swim.

Tuesday 11:40am-12:30pm

Wednesday 6:20-7:00pm

Saturday 8:50-9:30am

Diverse Abilities Swim Lessons

This program is open to those with (but not limited to) Autism, Cerebral Palsy, MS, Down syndrome, and physical limitations. Parents or care givers work with the instructor to set goals and swimmers work one-on-one with an instructor to reach those goals.

Please complete a request form at the front desk.

Private and Semi Swimming Lessons

Individualized instruction, 30 minute lessons with one of our instructors. Instructors will work with you to develop a personalized program for swimmers of any age or ability.

Please complete a request form at the front desk.

YMCA SWIM LESSON REGISTRATION FORM

Please print legibly. Form must be fully-completed, with payment, to ensure proper registration.

Member Number (back of key tag) _____

Primary Member _____

Participant Name _____ Birth Date _____ Gender _____ Age _____

Address _____ City _____ State _____ Zip _____

Parent/Guardian's Name _____ Birth Date _____

Phone _____ Primary Email _____

Emergency Contact _____ Phone _____

Class	Day	Time	Session

REGISTRATION OPTIONS:

- Mail your completed registration form, including payment, to the Brooks Family YMCA
- Drop your completed registration form, including payment, to the Brooks Family
- Register online at piedmontymca.org

Payment (circle one) E-MEMBER* CASH CHECK CREDIT CARD

*Current credit card drafting member or credit card information on file. Only signature required below.

Card # _____ Expiration Date _____

Cardholder's Name _____

Cardholder's Signature _____ Date _____

Waiver

I hereby certify that my child is in good health and capable of safe participation in this YMCA program. I understand that the Crozet YMCA assumes no responsibility for any possible injuries or illness sustained as a result of my child's participation in any athletic program, sport or activity and that I assume all risks thereof. I hereby authorize the Crozet YMCA to obtain medical treatment for my child in the event that the above parent contact(s) cannot be reached. I hereby release and discharge the Crozet YMCA its agents, servants and employees from any and all claims for injury, illness, death, loss or damage which my child may suffer as a result of his/her participation in these activities. I understand that the Crozet YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the Crozet YMCA facilities and/or are on Crozet YMCA premises. I give the Crozet YMCA permission to print, publish and display pictures of my child, without limitation, in order to promote Crozet YMCA programs. By signing below, I agree to all of the terms and conditions as set forth in this Waiver,

Signature _____ Date _____

Office Use			
Date Received	Date Processed	Receipt #	Staff Initials
____/____/____	____/____/____	_____	_____