



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CONFIDENCE WITH EVERY STROKE

**CROZET YMCA SESSION DATES:**  
Spring I – 2/25 – 4/20 (no class 4/1-4/6) – 7 weeks  
Member Reg: Feb 11 Non-member: Feb 18

**SWIM LESSON PRICING**  
Members - \$56 (7wk)  
Non-Members- \$77 (7wk)

## Infant/Toddler Swim Lessons

**30 minute classes**

**Parent & Child**

**Ages 6 months-3 years old**

**Stage A /Water Discovery**

Stage A introduces infants and toddlers to the aquatic environment.

**Stage B /Water Exploration**

In Stage B, parents work with their children to learn fundamental safety and aquatic skills.

Tues 4:00pm

## Preschool Swim Lessons

**30 minute classes**

**Ages 3-5**

**Stage 1 /Water Acclimation**

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

Mon 4:00pm

Wed 4:00pm

**Stage 2 /Water Movement**

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

Mon 4:35pm

Tues 4:35pm

Wed 4:35pm

**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.

Mon 5:10pm

Tues 5:10pm

**Stage 4/Stroke Introduction**

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

Tues 5:45pm

## Youth Swim Lessons

**40 minute classes**

**Ages 5-12**

**Stage 1 /Water Acclimation**

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

Mon 6:10pm

Wed 6:10pm

**Stage 2 /Water Movement**

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

Mon 6:55pm

Tues 5:10pm

**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.

Wed 6:55pm

**Stage 4/Stroke Introduction**

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

Tues 6:20pm

**Stage 5/Stroke Development**

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

--Not offered this session

**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.

--Not offered this session

## Teen & Adult Swim Lessons

**40 minute classes**

**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.

--Not offered this session

**Diverse Abilities Swim Lessons**

**30 minute classes**

**Ages 3 & Up**

Aquatic exercise is highly recommended for children and adults with special needs. Most people are able to learn to swim with patient, caring swim instructors. 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 over the course of 8 weeks to reach those goals.

Member Rate - \$64

Non-Member Rate - \$88

**Private and Semi-Private Swim Lessons**

**30 minute classes**

**Ages 3 & Up**

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 Private/Semi-Private Lesson request form at the front desk. Pricing is listed on the request form.

# 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 Name \_\_\_\_\_

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:**

1. Mail your completed registration form, including payment, to the Crozet YMCA: 1075 Claudius Crozet Park, Crozet, VA 22932.
2. Drop off your completed registration form, including payment, to the Crozet YMCA., On or after the appropriate registration date.

Payment (check one)  E-MEMBER\*  CASH  CHECK  CHARGE (Circle: VISA, MASTERCARD, DISCOVER)

\*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 of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Office Use**

Date Received \_\_\_\_/\_\_\_\_/\_\_\_\_ Date Processed \_\_\_\_/\_\_\_\_/\_\_\_\_ Receipt # \_\_\_\_\_ Staff Initials \_\_\_\_\_