



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CONFIDENCE WITH EVERY STROKE

CROZET YMCA SESSION DATES:
Fall 1 8/26 - 11/3/19 (No Class on 9/2/19 8 weeks)
Member Reg: Starts August 12
Non-member: Starts August 19
(we will be closed for approx 1 week for the dome,
dates not yet determined)

SWIM LESSON PRICING

Members - \$64 (8 classes)
Non-Members- \$88 (8 classes)

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 11:00-11:30am

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.

Tues 11:35 - 12:05am

Thurs 11:00 - 11:30am

Thurs 4:00 - 4:30pm

Stage 2 /Water Movement

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

Tues 12:10 - 12:40

Thurs 11:35 - 12:05

Thurs 4:35 - 5:05pm

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.

Thurs 12:10 - 12:40

Stage 4/Stroke Introduction

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

Tues 12:45 - 1:15

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.

Tues 4:00 - 4:40pm

Thurs 5:10 - 5:50pm

Stage 2 /Water Movement

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

Tues 4:45 - 5:25pm

Thurs 5:55 - 6:35pm

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.

Tues 5:30 - 6:10pm

Stage 4/Stroke Introduction

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

Tues 6:15 - 6:55pm

Stage 5/Stroke Development

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

Thurs 6:40 - 7:20pm

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.

--Not offered this session

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 _____