

# BUILDING CONFIDENCE WITH EVERY STROKE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**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.

MONDAY & WEDNESDAY LESSONS	TUESDAY & THURSDAY LESSONS	SATURDAY LESSONS
<p><b>Session # 1 - 9/9/20-9/30/20</b> (no class 9/7) Registration Starts Member 8/26/20 Registration Starts Non Mem 9/2/20 \$56/\$77</p>	<p><b>Session # 1 - 9/8/20-10/1/20</b> Registration Starts Member 8/25/20 Registration Starts Non Mem 9/1/20 \$64/\$88</p>	<p><b>Session # 2 - 9/12/20-10/3/20</b> Registration Starts Member 8/29/20 Registration Starts Non Mem 9/5/20 \$24/\$33</p>
<p><b>Session #3 - 10/5/20-10/28/20</b> Registration Starts Member 9/21/20 Registration Starts Non Mem 9/28/20 \$64/\$88</p>	<p><b>Session #3 - 10/6/20-10/29/20</b> Registration Starts Member 9/22/20 Registration Starts Non Mem 9/29/20 \$64/\$88</p>	<p><b>Session # 4 - 10/10/20-10/31/20</b> (no class 10/24) Registration Starts Member 9/26/20 Registration Starts Non Mem 10/3/20 \$24/\$33</p>
<p><b>Session #5 - 11/4/20-11/23/20</b> Registration Starts Member 10/21/20 Registration Starts Non Mem 10/28/20 \$48/\$66</p>	<p><b>Session #5 - 11/5/20-11/24/20</b> (no class 11/3) Registration Starts Member 10/22/20 Registration Starts Non Mem 10/29/20 \$48/\$66</p>	<p><b>Session #6 - 11/7/20-12/5/20</b> (no class 11/14 or 11/28) Registration Starts Member 10/24/20 Registration Starts Non Mem 10/31/20 \$24/\$33</p>
<p><b>Session #7 - 11/30/20-12/16/20</b> Registration Starts Member 11/16/20 Registration Starts Non Mem 11/23/20 \$48/\$66</p>	<p><b>Session #7 - 12/1/20-12/17/20</b> Registration Starts Member 11/17/20 Registration Starts Non Mem 11/24/20 \$48/\$66</p>	<p><b>Morning Lessons</b> Parent/Child: 9:00-9:30am Teen/Adult Class: 9:00-9:30am Preschool Stage 1&amp;2: 9:35-10:05am Preschool Stage 3&amp;4: 9:35-10:05am School Age Stage 1&amp;2: 10:10-10:50am School Age Stage 3&amp;4: 10:10-10:50am School Age Stage 5&amp;6: 10:55-11:35am</p>
<p><b>Evening Lessons</b> Preschool Stages 1&amp;2: 5:00-5:30pm Preschool Stages 3&amp;4: 5:00-5:30pm School Age Stages 1&amp;2: 5:35-6:15pm School Age Stages 3&amp;4: 5:35-6:15pm School Age Stages 5&amp;6: 6:20-7:00pm</p>	<p><b>Morning Lessons</b> Preschool Stage 1: 9:35-10:05am Preschool Stage 2: 10:10-10:40am Preschool Stage 3: 10:45-11:15am Preschool Stage 4: 11:20-11:50am</p>	

## PRIVATE, SEMI-PRIVATE & DIVERSE ABILITIES 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 membership desk.

**Brooks Family YMCA**  
151 McIntire Park Drive,  
Charlottesville, VA 22902  
P 434-974-9622 W [piedmontymca.org](http://piedmontymca.org)

# 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](http://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 \_\_\_\_\_