

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.

TUESDAY LESSONS

Session # 1 - 3/10/20-4/28/20 (no 4/7)
Registration Starts Member 2/18/20
Registration Starts Non Mem 2/25/20
\$56/\$77

Session #3 - 5/5/20-5/26/20
Registration Starts Member 4/21/20
Registration Starts Non Mem 4/28/20
\$32/\$44

Morning Lessons

Preschool Stage 1: 9:00-9:30am
Preschool Stage 2: 9:40-10:10am
Preschool Stage 3: 10:20-10:50am
Preschool Stage 4: 11:00-11:30am
Teen/Adult: 11:40am-12:20pm

Evening Lessons

Preschool Stages 1&2: 4:00-4:30pm
Preschool Stages 3&4: 4:40-5:10pm
School Age Stages 1&2: 5:20-6:00pm
School Age Stages 3&4: 6:10-6:50pm

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 piedmontym-
ca.org**

WEDNESDAY LESSONS

Session # 1 - 3/4/20-4/29/20 (no 4/8)
Registration Starts Member 2/18/20
Registration Starts Non Mem 2/25/20
\$64/\$88

Session #3 - 5/6/20-5/27/20
Registration Starts Member 4/21/20
Registration Starts Non Mem 4/28/20
\$32/\$44

Morning Lessons

Parent/Child: 9:00-9:30am
Preschool Stage 1: 9:40-10:10am
Preschool Stage 2: 10:20-10:50am
Preschool Stage 3: 11:00-11:30am
Preschool Stage 4: 11:40am-12:10pm

Evening Lessons

Parent/Child: 4:00-4:30pm
School Age Stages 5&6: 4:40-5:20pm
School Age Stages 5&6: 5:30-6:10pm
Teen/Adult: 6:20-7:00pm

THURSDAY LESSONS

Session # 1 - 3/5/20-4/30/20 (no 4/9)
Registration Starts Member 2/18/20
Registration Starts Non Mem 2/25/20
\$64/\$88

Session #3 - 5/7/20-5/28/20
Registration Starts Member 4/21/20
Registration Starts Non Mem 4/28/20
\$32/\$44

Evening Lessons

Preschool Stages 1&2: 4:00-4:30pm
Preschool Stages 3&4: 4:40-5:10pm
School Age Stages 1&2: 5:20-6:00pm
School Age Stages 3&4: 6:10-6:50pm

SATURDAY LESSONS

Session # 2 - 3/7/20-3/28/20
Registration Starts Member 2/22/20
Registration Starts Non Mem 2/29/20
\$32/\$44

Session # 4 - 4/18/20-5/9/20
Registration Starts Member 4/4/20
Registration Starts Non Mem 4/11/20
\$32/\$44

Morning Lessons

Teen/Adult: 8:50-9:30am
Preschool Stage 1: 9-9:30am
Preschool Stage 2: 9-9:30am
Parent/Child: 9:40am-10:10am
Preschool Stage 3: 9:40-10:10am
Preschool Stage 4: 9:40-10:10am
School Age Stage 1: 10:20-11am
School Age Stage 2: 10:20-11am
School Age Stage 3: 10:20-11am
School Age Stage 4: 11:10-11:50am
School Age Stage 5: 11:10-11:50am
School Age Stage 6: 11:10-11:50am

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 _____