

# BUILDING CONFIDENCE WITH EVERY STROKE



**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

1/7/20-2/25/20 (no 1/21)

Registration Starts Member 12/9/19

Registration Starts Non Mem 12/16/19

\$56/\$77

### 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

## WEDNESDAY LESSONS

### Session # 1

1/8/20-2/26/20

Registration Starts Member 12/9/19

Registration Starts Non Mem 12/16/19

\$64/\$88

### 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: 4:40-5:10pm

School Age Stages 5&6: 5:20-6:00pm

Teen/Adult: 6:10-6:50pm

## SATURDAY LESSONS

### Session # 2

1/11/20-2/1/20 (no 1/25)

Registration Starts Member 12/14/19

Registration Starts Non Mem 12/21/19

\$24/\$33

### Session # 3

2/8/20-2/29/20

Registration Starts Member 12/14/19

Registration Starts Non Mem 12/21/19

\$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

## 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)

## THURSDAY LESSONS

### Session # 1

1/9/20-2/27/20

Registration Starts Member 12/9/19

Registration Starts Non Mem 12/16/19

\$64/\$88

### 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

# 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 \_\_\_\_\_

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