

**PRIVATE | 30 MINUTES**

**3 Lessons**

YMCA Members: \$55 | Non-Members: \$95

**5 Lessons**

YMCA Members: \$75 | Non-Members \$115

**SEMI-PRIVATE | 40 MINUTES**

(2 Swimmers)

**3 Lessons**

YMCA Members: \$70 | Non-Members: \$110

**5 Lessons**

YMCA Members: \$90 | Non-Members \$130

**GROUP PRIVATE | 45 MINUTES**

(3 Swimmers)

**3 Lessons**

YMCA Members: \$85 | Non-Members: \$125

**5 Lessons**

YMCA Members: \$105 | Non-Members \$145

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email Address: \_\_\_\_\_ Gender:  Male  Female

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Swimmer's Level:  Beginner  Intermediate  Advanced

Type of Lesson:  Private  Semi-Private  Group Private

Preferred Instructor: \_\_\_\_\_

Preferred Day/Time: \_\_\_\_\_

Preferred Start Date: \_\_\_\_\_

**WAIVER OF LIABILITY**

I fully assume and understand the risks of myself or my child participating in the swim lesson program including death or injury due to falls, collisions with other participants or spectators, obstructions, sudden illness, and all other risks. I attest that I or my child is physically fit to participate. I authorize program staff to provide medical attention at my expense should I or my child sustain any injuries, including death. I agree to save and hold harmless the YMCA of Catawba Valley, volunteers, program staff, suppliers, contractors, and anyone else connected with the organization of this program from any claim or lawsuit that may be brought at any time by me, my family, estate, heirs, or assigns arising from myself or my child's participation in this program or the instruction received.

Signature (Parent/Guardian if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

# PRIVATE SWIM LESSONS

**Step 1:** Complete and return the registration form to the YMCA front desk.

**Step 2:** You will be contacted within two weeks by an instructor.

**Step 3:** Bring payment to the YMCA front desk when you arrive for your first lesson.

**Step 4:** Start swimming!

If you have an instructor in mind, please let us know by writing it on the registration form on the reverse side.

Please show up for every scheduled lesson. If confirmation is made and you do not show up, it will be counted as one of your lessons.

Private Swim Lessons are designed to help those who need the little extra attention that one-on-one instruction provides. These classes are generally faster paced due to the specialized attention that each participant receives.

We also believe that training one's Spirit, Mind, and Body is just as important as the information we provide for the participants in our classes.

The YMCA Aquatics team is dedicated to providing quality programming which helps build character and provides the knowledge necessary to be safe in and around the water.

If you have any questions please contact:  
**Rachel Heck, Aquatics Director**  
rachelh@ymcacv.org | 828.838.1561

**HICKORY FOUNDATION YMCA**  
701 1st St NW | Hickory NC 28601  
828.324.2858 | www.ymcacv.org



## BECOME UNSINKABLE

Private & Semi-Private Swim Lessons  
HICKORY FOUNDATION YMCA



**YMCA MISSION:**  
To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.