



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# TEACHING THE COMMUNITY TO SWIM

**ADRIAN L. SHUFORD JR. BRANCH**

## AQUATICS

### Swimming Lessons For ALL Ages

Swimming is a life skill as well as great exercise and a challenging sport. We use a variety of fun methods to help kids overcome fears, build confidence in the water, learn water safety and develop skills that last a lifetime. The YMCA has over 100 years of experience teaching kids and adults alike to swim, providing a safe and rewarding place to enjoy aquatics. Believe it or not, now is the perfect time for you or your child to learn how to swim! The YMCA of Catawba Valley's swim lessons are progressive so everyone continue enhancing their skills in each lesson.

**Register today as classes do fill up quickly.**



### Registration Fee

**\$60.00 for Members**

**\$120.00 for Program Members**

Financial assistance is available; please call for more information.

### Registration Dates:

Winter 1: November 15th – January 3rd

Winter 2: January 3rd – February 18th

### City of Conover-

Winter 1: November 15th – December 30th

Winter 2: January 3rd – February 17th

### Session Dates:

Winter 1: January 3rd- February 12th

Winter 2: February 21st- April 2nd

(6 weeks; Monday, Tuesday, Wednesday, Thursday or Saturday)

**Water Discovery-** Introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**Water Exploration-** Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety.

**Water Acclimation-** Students develop comfort with underwater explorations and learn to safely exit in the event of falling into a body of water.

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

**Water Stamina-** Students learn how to swim further distances than in previous stages. This stage introduces rhythmic breathing and integrated arm and leg action.

**Stroke Introduction-** Student develop technique in the front crawl and back crawl along with leaning the breaststroke and butterfly kick.

**Stroke Development-** Students work on stroke technique and learn all major competitive strokes.

**Stroke Mechanics-** Students refine stroke technique on all major competitive strokes, learn more about competitive swimming, and encourages swimming as part of a healthy lifestyle.

**For more information please contact:**

**Logan Taylor  
Aquatics Director**

**ADRIAN L. SHUFORD JR. BRANCH:**

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# Winter 1&2 | SWIM LESSON REGISTRATION FORM

Swimmer's name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: Male Female

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zipcode: \_\_\_\_\_

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

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

Are you a current YMCA Member? Yes No

Using the table below, please find your child's age range and their skill level and circle the day and time you would like to attend classes (choose only one). Descriptions of the skill levels are on the front page.

AGE/LEVELS	CIRCLE BEST TIME AVAILABLE (Classes are 6 weeks)				
	Monday	Tuesday	Wednesday	Thursday	Saturday
Water Discovery 6-36m.					9:00am-9:30am
Water Exploration 6-36m.					9:40am-10:10am
Water Acclimation 3-5 yrs.	5:20pm-5:50pm	5:00pm-5:30pm	6:40pm-7:10pm	6:20pm-6:50pm	9:00am-9:30am
Water Acclimation 6-12 yrs.	5:20pm-5:50pm		6:40pm-7:10pm		9:00am-9:30am
Water Movement 3-5 yrs.	6:00pm-6:30pm	5:40pm-6:10pm	5:20pm-5:50pm	7:00pm-7:30pm	9:40am-10:10am
Water Movement 6-12 yrs.	6:00pm-6:30pm		5:20pm-5:50pm		9:40am-10:10am
Water Stamina 3-5 yrs.	6:40pm-7:10pm	6:20pm-6:50pm	6:00pm-6:30pm	5:00pm-5:30pm	10:20am-10:50am
Water Stamina 6-12 yrs.	6:40pm-7:10pm		6:00pm-6:30pm		10:20am-10:50am
Stroke Introduction 6-12		7:00pm-7:30pm		5:40pm-6:10pm	10:20am-11:00am
Stroke Development 6-12					
Stroke Mechanics 6-12 yrs.					

Does this swimmer have any disabilities, handicaps, present injuries or limitations, allergies, hemophilla, heart condition, history of respiratory illness or any other significant medical condition?  Yes  No

In the event of an act of nature (thunderstorms, power outages, torandoes), the YMCA policy is to close the pool areas for the safety of our members, guests and staff. Should an event occur we will do our best to make that missed time up, but all lessons may not be able to be made up due to time constraints.

All lessons that have been halfway completed on assigned class day will be considered complete and no make-ups will occur during that time.

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 appears in need. For injuries myself or my child sustain, 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, family, estate, heirs or assigns, arising from myself or my child's participation in this program or the instruction received.

I understand there is a registration deadline, which the YMCA of Catawba Valley must enforce, and that there will be no refunds as the program is conducted.

I give permission to have my child's photo or video legally taken for YMCA publicity without repayment.

I have read and understand the pool safety policy that is written above on the make up of lessons.

Swimmer's or Parent/Guardian Signature

Date