



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

\$70.00 for Members

\$145.00 for Program Members

Financial assistance is available; please call for more information.

Registration Dates:

February 24th –April 12th

City of Conover–

February 24th –April 12th

Session Dates:

April 13th - May 23rd

(6 weeks; Mon, Tues, Wed, Thurs & 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:

Sarah Gilbert
Swim Lesson Coordinator
logant@ymcacv.org

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Spring | 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 (6 Weeks) | | | | |
|-------------------------------|--------------------------------------|---------------|---------------|---------------|-----------------|
| | MONDAY | TUESDAY | Wednesday | THURSDAY | SATURDAYS |
| 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 | | 5:20pm-5:50pm | 5:00pm-5:30pm | 9:00am-9:30am |
| Water Acclimation 6-12 yrs. | 6:00pm-6:30pm | | | 5:45pm-6:15pm | 10:20am-10:50am |
| Water Movement 3-5 yrs. | 5:20pm-5:50pm | 5:40pm-6:10pm | 6:00pm-6:30pm | 6:30pm-7:00pm | 10:20am-10:50am |
| Water Movement 6-12 yrs. | 6:00pm-6:30pm | | | 5:45pm-6:15pm | 11:00am-11:30am |
| Water Stamina 3-5 yrs. | 6:40pm-7:10pm | 5:00pm-5:30pm | 6:00pm-6:30pm | 5:00pm-5:30pm | 11:00am-11:30am |
| Water Stamina 6-12 yrs. | 6:40pm-7:10pm | | | 6:30pm-7:00pm | 9:40am-10:10am |
| Stroke Introduction 6-12 yrs. | | 5:40pm-6:10pm | 5:20pm-5:50pm | 7:00pm-7:30pm | 11:40am-12:10pm |
| Stroke Development 6-12 yrs. | | 5:00pm-5:30pm | | | 12:20pm-12:50pm |
| Stroke Mechanics 6-12 yrs. | | | | | 11:40am-12:10pm |

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