



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October Swim lessons

4 Week Classes beginning week of October 3, 2011

M/W October 3-26; T/Th October 4-27; Saturday October 8-29; Sunday October 9-30

Cost:
M/W \$40 member/\$80 potential member; T/Th \$40 member/\$80 potential member Sat. or Sun. \$20 member/\$40 potential member

Parent/Child (6 m-36 m):

T/Th 9:30 am

Sat 9:20 am

Preschool (2-5):

T/Th 10:00 am*

T/Th 10:35 am

T/Th 1:00 pm

T/Th 1:40 pm

T/Th 6:00 pm

Sat 9:30 am*

Sat 10:05 am

Sun 2:10 pm

M/W 6:15 pm

Youth (6-12):

M/W 6:50 pm

T/Th 6:40 pm

T/Th 5:00 pm

Sun 2:45 pm

Sat 10:40 am

Adult (13 & up):

M/W 11:15 am

T/Th 7:30-8:15 pm

Sat 8:30 am

*-Denotes class for very beginners-Parents can be in water if they choose.

Advanced Swim Class

For ages 4-18. Must be able to swim 25 yards unassisted in any stroke. Will focus on endurance and stroke perfection. Classes are 1 hour long T/Th from 4-5 pm. \$45 members/\$90 potential members.

Parent/Child Classes and Preschool Classes are 30 minutes long.

Youth Classes are 45 minutes long.

If this schedule does not fit your schedule, consider "Swim Lessons on Demand."

Registration form on back. Please be prepared to answer following questions at time of registration:

>How did you hear about this program:

*Radio *Television *YMCA Website *Direct Mail *Friend/Family Referral *Magazine *Billboard

*Email *E Newsletter *Facebook *Twitter *YouTube *Newspaper *Member *Past Program Participant

*Other Website _____

>Has your child taken swim lessons at our Kernersville YMCA before?

>If no, which of the following best describes your child's abilities (**Preschool**)

^Has no swim experience

^Can swim 25 feet on front and back with an individual floatation device

^Can float on front and back and swim 15 feet independently on front and back

^Can tread water for 30 seconds, jump in deep end float on back and swim 20 feet on front and back

^Can dive in and swim 25 yards of freestyle, backstroke and breaststroke

KERNERSVILLE FAMILY YMCA

1113 W Mountain Street, Kernersville NC 27284

P 336 996 2231 F 336 996 8605 www.kernersvilleymca.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."



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

If no, which of the following best describes your child's abilities **(Youth)**:

- ^Has no swim experience
- ^Can swim 25 feet on front and back with an individual floatation device
- ^Can float on front and back and swim 15 feet independently on front and back
- ^Can swim 25 feet on front and back without assistance
- ^Can swim 40 feet of freestyle with rotary breathing and 25 yards of backstroke
- ^Can swim 25 yards freestyle, breaststroke, and tread water for 1 minute
- ^Can swim 50 yards freestyle, breaststroke, backstroke, and 25 yards butterfly with fins
- ^Can swim 100 yards freestyle, breaststroke, backstroke, and 50 yards butterfly

Swim Lesson Registration for October, 2011.

Class registering for: _____ **(Day)** _____ **(Time)** _____ **(Week)**

Last Name _____ **First Name** _____

Mailing Address _____

D.O.B. _____

Important Medical Information: _____

Parents Name _____

Parents D.O.B. _____

Home # _____ **Alternate #** _____

Email Address _____

Emergency Contact _____

I hereby certify that my child is in good health and capable of safe participation in YMCA Aquatic Programs. I assume all risk(s) and hazards incidental to the conduct of this program. I release the YMCA of Northwest North Carolina, staff and all volunteers of any liability arising from my child's participation in this program. In the event that I can not be reached to make arrangements for emergency medical attention at the time of an illness or accident, I hereby authorize the YMCA of Northwest North Carolina to transport my child to the nearest medical facility for treatment deemed necessary.

I understand that there is a registration deadline which the YMCA must enforce. I understand that there is a minimum of 3 participants required to constitute a class for swim lessons. If there is a lack of participation the YMCA will notify the participants with an option of selecting another class or receiving a refund.

I give my permission to have my child's photo taken for YMCA publicity Yes No

Parent/Guardian Signature

Date

KERNERSVILLE FAMILY YMCA

1113 W Mountain Street, Kernersville NC 27284

P 336 996 2231 F 336 996 8605 www.kernersvilleyymca.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."