



We build strong kids, strong families, strong communities.

**Swim Lessons**

The Stowe Family YMCA offers progressive Learn to Swim Classes for children from ages 6 months to 13 years. We emphasize skill development, water safety and having fun in a safe and friendly environment with programs that meet the needs of each student. Student learn at different rates and are usually in each level more than once, classes are divided into ability groups with a small teacher to student ratio. Trained instructors emphasize personal safety, swimming skills, endurance and social skills, guiding students with praise and encouragement. Please remember that classes fill up quickly, so register early!

**Ages:** 6 months – 13 years  
**Registration:** Until full, or until the first day of classes  
**Cost:** \$30.00 per child for members, \$60.00 per child for participants

**Dates & Times:**

Parent/Child (6months – 3 years) Saturdays 10:00 – 10:30  
Preschool (3 – 5 years) Saturdays 10:45 – 11:15 Tuesdays/Thursdays 5:45-6:15  
Polliwog/Guppy (6 – 8 years) Saturdays 11:30 – 12:15 Tuesdays/Thursdays 6:30-7:15  
Minnow/Fish (9 – 13 years) Saturdays 11:30 – 12:15 Tuesdays/Thursdays 6:30-7:15

**Saturday A.M. Session Dates:**

Session 3 March 6<sup>th</sup> – May 1<sup>st</sup> (no class 4/03/10)  
Session 5 May 8<sup>th</sup> – June 26<sup>th</sup>  
Session 7 July 10<sup>th</sup> – August 28<sup>th</sup>  
Session 9 Sept. 11<sup>th</sup> – Oct. 30<sup>th</sup>  
Session 11 Nov. 6<sup>th</sup> – Dec. 18<sup>th</sup> (no class 11/27/10- **SHORT SESSION**)

**Tuesday/Thursday Session Dates:**

Session 3 March 2<sup>nd</sup> – 25<sup>th</sup>  
Session 4 April 13<sup>th</sup> – May 6<sup>th</sup>  
Session 5 May 11<sup>th</sup>  
Session 6 June 8<sup>th</sup> – July 1<sup>st</sup>  
Session 7 July 6<sup>th</sup> – 29<sup>th</sup>  
Session 8 August 3<sup>rd</sup> – 26<sup>th</sup>  
Session 9 Sept. 7<sup>th</sup> – 30<sup>th</sup>  
Session 10 Oct. 5<sup>th</sup> – 28<sup>th</sup>  
Session 11 Nov. 2<sup>nd</sup> – 30<sup>th</sup> (No class 11/25)  
Session 12 Dec. 2<sup>nd</sup> – 21<sup>st</sup> (**SHORT SESSION**)

**Private Lessons** (all ages) – scheduled by appointment only – Session are for 6 – 30 minute lessons \$50.00 for members, \$75.00 for participants (pay after classes are scheduled – contact Ann Miller @ 704-822-9622)

**Home School Gym and Swim**

A perfect opportunity for your students to use the YMCA for their gym class and learn to swim or perfect strokes.

**Ages:** 5 – 15 years  
**Time:** Mondays from 12:15 – 2:00 (Gym time 12:15 – 12:45, Swim lesson 1:00 – 1:45, free swim 1:45 – 2:00)  
**Cost:** \$35.00 per child for members, \$50.00 per child for participants  
Session 3 March 15<sup>th</sup> – May 10<sup>th</sup> (No Class 4/5/10)  
Session 9 Sept. 6<sup>th</sup> – Oct. 25<sup>th</sup>  
Session 11 Nov. 1<sup>st</sup> – Dec. 20<sup>th</sup>

Contact Ann Miller at (704) 822-9622 for additional information

Parents Name: \_\_\_\_\_ DOB \_\_\_\_\_

Participants Name: \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Phone number home: \_\_\_\_\_ Work \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_

Address (if different than above) \_\_\_\_\_

If Parent of Guardian cannot be contacted:

Name: \_\_\_\_\_ Relationship \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Care Information:

Name of Doctor: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Office Address: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

**ANY HEALTH CONCERNS WE SHOULD BE AWARE OF:** \_\_\_\_\_

**Class Session (please check one):**

\_\_\_\_\_ Parent/Child – Saturdays 10:00 – 10:30

\_\_\_\_\_ Preschool – Saturdays 10:45 – 11:15

\_\_\_\_\_ Polliwog/Guppy – Saturdays 11:30 – 12:15

\_\_\_\_\_ Minnow/Fish - Saturdays 11:30 – 12:15

\_\_\_\_\_ Preschool – Tuesdays/Thursdays 5:45 – 6:15

\_\_\_\_\_ Polliwog/Guppy -Tuesdays/Thursdays 6:30 – 7:15

\_\_\_\_\_ Minnow/Fish - Tuesdays/Thursdays 6:30 – 7:15

\_\_\_\_\_ Private Lessons

\_\_\_\_\_ Home School Gym & Swim

Session 3 \_\_\_\_\_ March 15<sup>TH</sup> – May 10<sup>th</sup> (No Class 4/5/10)

Session 5 \_\_\_\_\_ Sept. 6<sup>th</sup> – Oct. 25<sup>th</sup>

Session 11 \_\_\_\_\_ Nov. 1<sup>st</sup> – Dec. 20<sup>th</sup>

**Class Dates (please check one)**

**Saturdays A.M. Session Dates:**

\_\_\_\_\_ Session 3 March 6<sup>th</sup> – May 1<sup>st</sup> (No Class 4/3/10)

\_\_\_\_\_ Session 5 May 8<sup>th</sup> – June 26<sup>th</sup>

\_\_\_\_\_ Session 7 July 10<sup>th</sup> – August 28th

\_\_\_\_\_ Session 9 Sept. 11<sup>th</sup> – Oct. 30th

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