



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON HANDBOOK FOR ADULT LESSONS

The Family YMCA of Emporia-Greenville believes in stressing community development through programs that build strong kids and strong families. The Y is guided by five basic core values: Caring, Honesty, Respect, Responsibility and Faith.

LOCATION

Swim Lessons will be held at the Hampton Inn: 898 Wiggins Road, Emporia, VA 23847.

STAFF

All instructors have been trained in basic swim instruction and are CPR, AED and First Aid certified. A certified lifeguard will be present at every lesson.

WHAT WILL BE PROVIDED?

All swim aids for class.

WHAT DO I NEED TO BRING?

- Towels
- Goggles/Ear Plugs (if needed)
- Swim Suit

PARTICIPANT EXPECTATIONS

- Participants are expected to leave the pool area immediately after lessons conclude.
- Participants are expected to come dressed and ready to swim. There are no changing facilities or restrooms for public use at the hotel.

INCLEMENT WEATHER POLICY

Inclement weather conditions such as thunderstorms are an extreme weather condition that will cause the pool to close. **The pool will remain closed for thirty minutes after the storm ends.** The swim instructors on duty will make all weather related decisions, and will always err on the side of caution. If conditions are questionable before lessons begin, call the Y to check on the status of your lesson. If a session is cancelled due to inclement weather, all efforts will be made to reschedule, however, rescheduled sessions are not guaranteed.

GOALS

This course is designed to help you become more comfortable in the water, whether you are apprehensive or whether you already love being in the water. The class takes place in a shallow pool, in an inviting environment, even if you are nervous about getting in the water. As the course progresses, basic stroke techniques will be taught. By the end of the week, you will have learned all of the basics necessary to enjoy a recreational swim.

FEES

Member: \$30/session (includes t-shirt)

Non-Member: \$50/session (includes t-shirt)



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SESSIONS SCHEDULE

SESSION	DATE	TIME
1	JULY 31- AUG. 3	6:00-6:45 p.m.
2	AUG. 7-10	6:00-6:45 p.m.

Each session consists of four consecutive days of lessons. Friday will be used as an inclement weather makeup day. You may sign up for one or both sessions.

REFUND POLICY

No refunds will be issued if a participant is absent. Partial refunds will be given only if a cancelled lesson is not rescheduled. No refunds will be issued if the participant is unable to attend rescheduled lesson.

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ADULT SWIM LESSON REGISTRATION FORM

Name: _____ Age: _____ DOB: _____

Shirt Size: (Please Circle) Youth Sizes: YS YM YL Adult Sizes: S M L XL XXL Other: _____

Address: _____ City: _____ State: _____ Zip: _____ M OR F

Home/Cell Phone: _____ Work Phone: _____

Emergency Contact's Name: _____

Emergency Contact's Phone: _____

PHOTO AUTHORIZATION: I authorize the Y to photograph or video me during these events and to use the information to promote Y activities, etc.

MEDICAL AUTHORIZATION: I authorize the Y to obtain immediate medical care, consent to the hospitalization and performance of necessary diagnostic tests upon, the use of surgery, and/or the administration of drugs to myself or warrant if an emergency occurs when emergency contact cannot be located immediately. I understand that in an emergency, I might be transported in a private vehicle.

MEDICAL INFORMATION: Circle if you have had problems with any of the following and give additional comment below:

Frequent Colds Asthma Behavior Problem Fainting Constipation/Diarrhea
 Hearing Difficulty Seizures Vision Difficulty Speech Difficulty Physical Handicap

Allergies (food, medicine, bee sting, etc.): _____

Additional information about you (includes serious illness, accidents, operations, medications, etc. with dates):

Special restrictions or considerations:

DISCLAIMER: I, hereby certify as a participant, my approval to participate in the YMCA Swim Lessons. I assume all risks and hazards incidental to participation to and from activities and do hereby waive, release, absolve, indemnify and agree to hold harmless the Family YMCA of Emporia-Greenville, Hampton Inn, the teachers, organizers, sponsors, supervisors, participants, and person transporting myself to or from activities from any claim arising out of any injury to myself, whether the result of negligence or from any other cause. I realize that the YMCA does not carry accidental insurance on any participant and is not responsible for claims arising from injuries during participation in YMCA activities. I understand that sessions cancelled due to inclement weather may not be rescheduled. I have read and am aware of all YMCA policies regarding swim lessons.

SIGNATURE

DATE

SESSION SELECTION:

SESSION	DATE	TIME	CHECK HERE
1	JULY 31-AUG. 3	6:00-6:45 p.m.	
2	AUG. 7-10	6:00-6:45 p.m.	