



- Adults (ages 15 and up)
- Fitness Swimming
- Fall 2008

We build strong kids, strong families, strong communities.

YMCA Adult Swim Club

This program is for adults 15 yrs of age and older looking to improve their swimming stroke technique, learn more about lap swimming for fitness or begin a personal fitness swimming program. This is a great program club opportunity for individuals to network with Triathletes and Masters Swimmers. Components of the club may include: Stroke mechanics and refinement, individual development, conditioning workouts, designing workouts, fellowship and fun.

Pre-requisites: Must be able to swim 200 yds freestyle with a commitment to increase endurance to 1,000 yards+. Optimal preference includes knowledge of fundamentals of backstroke and breast stroke.

Must be 15 years of age or older or by permission of Aquatics Director to enroll in Adult Swim Club.

Class Times and Dates: Sundays, 6:45 pm-7:45 pm
September 14-December 7 (no club on 11/30)

Fees: \$ 48 Members
\$ 96 Non-Members



Participant's First Name: _____ Last Name: _____

Participant's Date of Birth: ____/____/____ Sex: M / F Home Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Cell Phone : _____ Work Phone: _____

Email Address: _____

Emergency Contact Name and Phone Number: _____

SWIM LEVEL: _____

I have read and understand the policies on the reverse page. I have maintained a copy of the schedule for my information.

Signature _____
Participant, Parent or Guardian

Swim Lessons Guidelines:

1. To prevent children from being distracted, parents and guardians are asked to leave the pool area during class time. Lessons may be observed from the upstairs observation gallery. (Parents may watch the first and last class of each session on deck.)
2. Make-ups for classes missed because of illness, travel, etc., cannot be scheduled because of full enrollment.
3. At least 4 participants are needed for a class to run.
4. Sorry, missed lessons because of pool closings or inclement weather will not be made up. The pool will close during a thunder or lightning storm.
6. Registration is available for all sessions. No one may register for more than one family.
7. If you register "in-house" you will need to know child's name, age, phone number and skill level, sessions enrolling. You will also fill out a contract form.
8. The YMCA is not responsible for determining the appropriate skill level for your child. Due to limited enrollment, refunds or credits will NOT be given if a child refuses to enter the water during his/her class.
9. Wait lists are maintained on classes that are full. If a space becomes available the YMCA will contact you. If you are contacted regarding a space please respond promptly so others may be contacted if you do not wish to use the spot.
10. If your child is already enrolled in a class please do not put them on a waitlist.
11. Please only place your child on the appropriate wait list AND only on ONE class wait list PER session.
12. Classes may be combined or cancelled if minimum participations are not met in each class.

Financial Assistance Program

At the Chapel Hill-Carrboro YMCA, no one is turned away due to inability to pay program rates. We provide financial assistance for programs and memberships to families and individuals in need.

Ask for the financial assistance application (Open Doors program) at our member services desk. **An appointment must be made with Whitney Kahn, PRIOR to registration.** You must bring your approval letter with you to registration.

Credits & Refunds Policy:

Refunds or credits must be applied for in writing by filling out a cancellation form, which is available at the member services desk. **This form MUST be submitted at least TWO WEEKS before the first day of class.** Refunds, credits, and transfer requests are NOT guaranteed. **Refunds are minus a \$25 processing fee PER cancellation.** Credits (which are valid through December 31st of the same year) are for the full amount and may be applied towards another YMCA program.

Important:

Children under the age of 12 are NOT allowed to be in the YMCA building without a parent or guardian present. Children should never be dropped at the YMCA for swim lessons. Parents should always enter the building escorting their children to lessons. Children MUST be picked up on the pool deck by a parent. Children should be not sent to or left in locker rooms without adult supervision. Children over the age of 3 must use the appropriate sex locker room. Single unit family locker rooms are available.

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