



SWIM FOR LIFE

FREE WATER SAFETY & SWIM LESSONS
CHILDREN AGES 5 & UP and Adults



Many people within our community often do not learn the critical water safety and swimming skills to keep them safe. The Y is working to address this important issue by offering Swim for Life, a free water safety and swimming program. Swim for Life is a great opportunity for children and adults to learn the basics of swimming and water safety.

What Will You Learn After Completing Swim for Life?

- Each class is divided into two parts: instruction and water safety
- Participants receive specific instruction from a certified instructor tailored to their swim level
- Participants learn how to assist a struggling swimmer without jeopardizing their own safety
- Participants learn how to help others in the water and show them basic swim skills

Why Offer Free Swim Lessons?

The YMCA is partnering with Blue Cross & Blue Shield to help expand its Swim for Life program. Our driving mission is to change lives by supporting and connecting with our community, and Swim for Life is just one of the ways we can better serve our community's needs.

Dates

Tuesday, April 2nd - Friday, April 5th, 2019

Times - You must attend the same time slot each day

- 4:30-5:30pm
- 6:00-7:00pm

Location

Nir Family YMCA
Family Pool
2710 Market Street
Wilmington, NC 28403



How To Register

REGISTRATION WILL OPEN ON FRIDAY, FEBRUARY 1ST! Registration forms can be found on our website, at the Nir Family YMCA or Midtown YMCA. Please return completed forms to the Nir Family YMCA. Registration can also be done online by going to www.ymcasenc.org/programs/swim-for-life/. For more information contact Kate Norwood, Swim Coordinator at (910) 251-9622 ext 235 or email kate.norwood@ymcasenc.org.

YMCA of Southeastern NC

2710 Market Street
Wilmington, NC 28403

(P) 910-251-9622
(F) 910-251-2509

www.ymcasenc.org

facebook.com/ymcasenc

twitter.com/YMCA_wilmington

[@WilmingtonFamilyYMCA](https://www.instagram.com/WilmingtonFamilyYMCA)

The Wilmington Family YMCA is a non-profit association committed to a mission of putting Christian principles into practice through programs that build a healthy spirit, mind and body for all

SWIM FOR LIFE REGISTRATION FORM

WILMINGTON FAMILY YMCA



Participant's Name _____ Participant's Date of Birth _____
Address _____ City _____ State _____ Zip _____
Age _____ Best phone number to be reached at _____ Parent's Date of Birth _____
Parent's Name _____ Parent's Email _____

In case of emergency, please notify the following person (REQUIRED):

Name _____ Best Phone _____ (c) (h) (w) Other Phone _____ (c) (h) (w)

Session

Youth, Ages 5-15: 4:30-5:30pm 6:00-7:00pm Comfort level in water: _____
Adults, Ages 16 & Up: 4:30-5:30pm 6:00-7:00pm Comfort level in water: _____

Dates: Swim for Life Summer session will be held Tuesday, April 2nd - Friday, April 5th, 2019
Spaces are limited, and awarded on a first come first serve basis.

Location: YMCA Family Pool 2710 Market Street Wilmington, NC 28403

Swim Lesson Policies

Medical Treatment: The YMCA does not normally administer any medication. However, in the event of an emergency in which the parents cannot be contacted, Emergency Medical Staff and the YMCA may take appropriate action in the best interest of the participant.

Special Needs? (Please list)

Photography Waiver: By signing this form, parents permit the YMCA to use their child's picture as a program participant in promotional literature, promotional videos and the Wilmington Family YMCA Web site, which are published and used by the YMCA.

Waiver: I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation/ my child's participation in all YMCA activities. I further waive, release, absolve, indemnify and agree to hold harmless the YMCA, and its employees, organizers, volunteers, supervisors, officers, directors, participants, coaches, and referees, as well as all persons or parents transporting participants to and from activities, from any legal claims, liabilities, damages and costs for any physical injury or damage to my personal property sustained during my use of YMCA property and/or my participation/ my child's participation in any YMCA activities.

I have read, understand, and will abide to all the policies stated above and on the back of this receipt.

Parent/Guardian Signature _____ Date _____

Office Use Only

- Entered into computer
- Signed registration form
- Sessions indicated above are correct
- Staff name _____