



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR YOU

YMCA MEMBERSHIP GUIDE

Henderson Family YMCA
380 Ruin Creek Road
Henderson NC 27536
252-438-2144
www.hendersonymca.org

STAY CONNECTED



Welcome To The Henderson Family YMCA

Welcome to the Henderson Family YMCA!

The Y is about changing lives for the better. We view participation in our programs and services as a means to a greater end. Therefore, through our rebranding effort, we want to help our communities learn more about our work so we can help our communities learn and grow.

By simplifying how we describe our programs, we hope it will be apparent that everything we do is designed to nurture the potential of children and teens—**Youth Development**, improve health and well-being—**Healthy Living** and motivate people to support their neighbors and the larger community—**Social Responsibility**.

By becoming a member of the Henderson Family YMCA, you join thousands of others in our community who have made commitments to changing their lives for the better. Again, we welcome you and will be happy to assist you in any way to assure you get the most from your YMCA!

Henderson Family YMCA

Code of Conduct

The YMCA is committed to providing a Christian atmosphere that ensures the highest level of caring, honesty, respect, responsibility and faith—YMCA values—toward members and staff, promoting a healthy environment, and assuring the proper use, maintenance and care of YMCA property and equipment.

To help ensure this environment, every member and guest can expect the following:

- an environment that is tobacco and drug free.
- an environment free from verbal abuse, swearing and fighting.
- an environment that shows respect for the property of other members, staff and the YMCA.
- an environment that respects staff, members, and guests and is free from verbal or physical harassment for any reason.
- an environment that is free from inappropriate conduct regarding sex, race, or national origin .
- an environment that protects the privacy of all members and guests by prohibiting the use of any recording device unless prior permission is granted.

Membership and use of YMCA facilities are privileges. Individuals violating this environment and or code will lose their privileges.

The YMCA thanks each member for doing their part in making this a great place to be for everyone.

YMCA PROFESSIONAL STAFF

Paul Ross	Executive Director
Bonny Strange	Senior Dir of Business Services
Cynthia Ratliff	Dir of Membership & Marketing
Kim Davis	Director of Camps
Laura DellaFave	Membership Services
Maria Hardesty	Director of Health & Wellness
Melvin Thompson	Senior Director of Operations
Rebecca Stanley	Kids Zone/Nursery & GOTR/STRIDE Coordinator
Robert Jones	Director of Aquatics
Sandra Layne	Membership Services
Tina Cleaton	Director of Support Services
Tremanisha Taylor	Director of Youth & Adult Sports

Dedicated to serving our members

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Facility Hours

Mon-Fri 5am-9pm

Saturday 7a-7p

Sunday 1p-6p

Pool Hours

Mon-Fri 6am-8:45pm

Saturday 8am -6:45p

Sunday 1pm-5:45pm

HOLIDAYS

New Year's Day

Easter Sunday

July 4th

Labor Day

Thanksgiving Day

Christmas Eve

Christmas Day

About Your Membership

From the very beginning, the basis of the Young Men's Christian Association has been membership. There were 12 charter members when the YMCA was founded in London, England in 1844. The Henderson Family YMCA welcomes all who want to become members. Memberships are continuous from date of joining until the member resigns. Members are encouraged to use the automatic bank draft system, in which monthly payments can be drawn from your checking account or credit card account automatically. Membership dues are not refundable and are not transferable to another person.

Our app helps you stay on track!

Use our app on your phone to scan in at Member Services and to stay up-to-date on fitness schedules, announcements, programs and events.

**Find us on the App Store or
Google Play Store as
Henderson Family YMCA**

OUR YMCA THERE IS AN APP FOR THAT!

Download the App today and:

- ▶ Check In using your Smartphone
- ▶ View Schedules by Day, Class and Instructor
- ▶ Register for Programs, Events and More!
- ▶ Get Push Notifications for Cancelled Classes, Pool Closings, etc.



Youth Sports

We are proud to the following youth sports options:

- SOCCER (Co-ed) ages 4-12
- BASKETBALL (Co-ed) ages 4-6
- BOYS BASKETBALL ages 7-12
- GIRLS BASKETBALL ages 7-12
- TEE-BALL (Co-ed) ages 4-7

All of our youth sports programs have four goals regardless of skill level of each child: skill development, knowledge growth, character development, and most importantly FUN! An instructional program focused on giving children an equal opportunity to improve game fundamentals, game knowledge, sportsmanship, teamwork and appropriate competition. Grade levels or ages may be combined or divided based on enrollment.



Please register for each sport by the deadline date to avoid an additional \$10 late fee. Team assignments will be based on assessments that will be held prior to the season's start. We are a volunteer driven organization, therefore, practice nights and times are based on coaches' availability. We ask that all volunteer coaches attend coach's meetings—see each sport for specific dates.

We also offer Summer Sports Clinics & Camps:

- YOUTH VOLLEYBALL ages 6-12
- BRITISH SOCCER CAMP ages 4-14
 - Mini Soccer ages 4-5
 - Half-Day ages 6-13
 - Full-Day ages 8-14

MEMBERSHIP RATES

Membership Category	Description	Monthly Cost	Joining Fee
Young Adult	Individual age 13 - 26	\$38.50	\$50.00
Individual	Individual age 27 - 64	\$48.50	\$50.00
Senior Individual	Individual age 65 or over	\$43.50	\$50.00
Family	2 adults living in the same household or 1 adult and dependent(s), age 22 or younger, including foster children, grandchildren and children for whom the adult is guardian or 2 adults and dependent(s), age 22 or younger, including foster children, grandchildren and children for whom the adult is guardian	\$67.00	\$62.50

Effective 3/1/18

Membership Benefits

Your membership allows use of our entire facility including the 6 lane indoor pool, gymnasiums, Wellness Center, free weight room, locker room facilities, sauna, steam room, whirlpool, racquetball and squash courts and outside 1/4 mile running track and reduced rates for YMCA programs. All fitness classes are offered free to members. There may be times when special events or programs prohibit the use of our gymnasiums and pool.

Membership Dues

There are several methods available to you to pay for your membership. You can choose to pay monthly by allowing us to draft either your checking account or your credit card account. Payroll deduction is also offered by local employers who chose to offer this employee benefit.

Membership dues, joining fees and program fees are subject to change. **You are considered a member of this organization and responsible for all dues until you sign a cancellation form at the Member Services desk.** Initial payment can be made by cash, check, money order, credit or debit card. You will be charged a service charge for any charge denied by your bank. Payment must then be made in cash or by money order in addition to the service charge. Membership privileges may be suspended until all bad debts are paid. A new joining fee will be required on all cancelled accounts after sixty days.

IMPORTANT NOTE—Any changes to your banking/credit card information, including expiration dates, may affect your monthly draft and could result in a decline. Please notify us immediately if any changes occur.

Camps

FINANCIAL ASSISTANCE—The Henderson Family YMCA will not deny participation in any activity because of an individual's lack of funds. Financial assistance is available to those who complete an application and present required income verification. To those who qualify, rates will be adjusted according to income.

WHO MAY JOIN—Any person regardless of race, religion, or creed may become an active member by completing a written application and paying dues.

MEMBERSHIP REFUNDS—There are no refunds for membership.

PROGRAM REFUNDS—The Y occasionally cancels a class due to insufficient registration. In the event the Y cancels a class, full refund or program credit will be issued. No refund is given unless the class was canceled by the YMCA.

ORIENTATIONS—Please call one of our fitness staff for an appointment to become familiar with our programs and equipment and to create your own personalized fitness program. This is the key to your success. We are here for you.

GUEST POLICY

Henderson Family YMCA members age 18 and older are welcome to bring a guest to the Y at any time.

- One (1) guest is allowed per visit. A guest equals one (1) individual or a family unit.
- All guests must be properly registered and checked-in with Member Services.
- Guests 16 years of age and older must provide photo ID.
- Guests 12 years of age and younger must be accompanied by an adult.
- Local guests (residents of Vance, Granville, Warren or Franklin counties) must be accompanied by a member. Members need not accompany guests from outside the four (4) county area, but must arrange the guest's visit with Member Services.
- Each guest is limited to ten (10) visits per year.
- Guest fees apply to all guests, every visit:
 - Age 13 and over \$10 per day
 - Age 12 and under \$5 per day.

Members assume full responsibility for the conduct of their guests, including any damage or vandalism. Improper conduct by a guest may affect the sponsoring member's status up to and including suspension or termination of membership.

Each guest age 18 years of age and older will be scanned through a National Sex Offender Registry database. Access will be denied to any individual registered as a sex offender.

YMCA staff has the right to refuse guests due to overcrowding.

After School Camp is held at the YMCA for elementary and middle school children. Children who participate in our after school camp are picked up at their various elementary and middle schools on our Y buses. We offer a safe environment and involvement with activities such as homework and recreation. We also offer snacks during this time. The hours for this program are after school until 6:00 p.m.



Summer Day Camp is a wonderful way for children in Pre-K through rising 8th grade to spend the summer. We provide creative, recreational and educational opportunities. Our summer campers participate in swimming, swim lessons, daily devotions, arts and crafts, field trips and more. Trained staff contribute to the physical, mental, social, and spiritual well-being of campers. Pre-registration is required. Hours of operation are Monday through Friday from 7:30 a.m. to 6:00 p.m.

ACCIDENTS

Members are asked to report all accidents, injuries, or other unusual incidents to the staff person on duty or the Member Services desk. The YMCA does not provide personal medical insurance for members. Thus, participation insurance is the responsibility of the member.

LOST AND FOUND

Lost items may be claimed at the Member Services desk. Valuables lost, e.g., wallets, rings, will be securely kept at desk and may be claimed there. After 30 days, items will be distributed to a charitable organization.

LOCKS

Locks may be checked out at the Member Services desk and returned when you leave the building. There is a \$9.00 charge for locks not returned or keys that are lost.

PARKING

Our parking lot is "one way" - please stay right when entering and exiting. Please drive carefully and watch for people crossing the parking lot and Ruin Creek Road. Please do not park in the handicap parking spaces without the required permit.

PRIDE IN THE YMCA

The pleasant and clean appearance of your YMCA can only be maintained by each YMCA member taking pride in your organization by helping take care of the facilities through elimination of vandalism and careless use of equipment. Please help to keep the YMCA thriving and contributing to the community.

AGE POLICY

The Henderson Family YMCA strongly encourages parents and guardians to use good judgment regarding the supervision of their children while at the YMCA. Please refer to the diagram below for quick reference and the descriptions thereunder for greater detail. Members, participants, and guests, of all ages, are expected to abide by the YMCA's Code of Conduct. The YMCA is not a "hang out" for teens or a substitute for supervised child care. The YMCA reserves the right for staff to make discretionary decisions regarding prolonged attendance by unsupervised teens, including contacting a parent or guardian with a request to pick up the teen.

QUICK REFERENCE GUIDE	0-5yr	6-10	11	12	13	14	15+
Basic Facility							
Nursery							
Kids Zone							
Pool							
Steam Room, Sauna, Spa							
Gym							
Kids Gym							
Racquet Courts							
Playground							
Free Weight Room							
Wellness Center							
Group Exercise Classes							



Allowed in specified area with a parent or guardian age 16 or older



Allowed in specified area



NOT ALLOWED in area



Must complete WWF certification



If Kids Zone is closed, 1 hour

AGE POLICY CONTINUED (SEE CHART ON PREVIOUS PAGE)

BASIC FACILITY: Members must be at least 13 years of age to be left unsupervised at the YMCA. Children ages 12 and under must be accompanied and supervised by a parent or guardian (age 16 or older) or enrolled and participating in a supervised YMCA program.

Nursery: Children ages 6 weeks - 5 years old may be left in the nursery, however, a parent or guardian must remain in the building.

Kids Zone: Children ages 6-12 years old may attend Kids Zone, however, a parent or guardian must remain in the building. If Kids Zone is closed, children ages 6-12 may be left in the Nursery for up to one (1) hour.

POOL: Children ages 7 and older (who can swim without aid as determined by lifeguard) may be in the pool without adult supervision, however, a parent or guardian must remain in the building. All children ages 6 and under, as well as children ages 7 and older (who require a swimming aid as determined by lifeguard) must be accompanied in the pool by a parent or guardian and remain within arm's reach of the parent or guardian at all times.

GYM/RACQUET COURTS: Persons ages 13 and older are permitted to use the gym and racquet courts. Children ages 12 and younger must be directly supervised by a parent or guardian.

KIDS GYM: Persons ages 12 and younger are permitted to use the Kids Gym when accompanied and supervised by a parent or guardian (age 16 or older) or enrolled and participating in a supervised YMCA program. Please do not dunk on the basketball goals in the Kids Gym.

WELLNESS CENTER: Persons age 15 years and older may use the Wellness Center. Members ages 13 and 14 years must complete the Weights, Wellness & Fitness (WWF) certification in order to use the Wellness Center. Members ages 11 and 12 years must complete the Weights, Wellness & Fitness (WWF) certification and be directly supervised by a parent or guardian in order to use the Wellness Center. Guests ages 14 and under may not use the Wellness Center.

FREE WEIGHT ROOM: Persons age 15 years and older may use the Free Weight Room.

GROUP EXERCISE CLASSES: Persons age 13 and older may attend group exercise classes. With the instructor's express permission and at the instructor's discretion, children ages 12 and younger may participate in a group exercise class with a parent or guardian who is also participating in the class. Some classes may not be appropriate for some children.

Any special circumstances which may merit an exception to this Age Policy must be approved in writing by the appropriate YMCA Director, in consultation with other YMCA staff.

General Policies

Lending your membership to another person is prohibited. Your membership can be cancelled for allowing anyone to use your card.

ACCOUNT BALANCES

Any outstanding balances due to the YMCA must be paid in full before registering for any program, camp or membership.

TOBACCO-FREE ENVIRONMENT

Use of tobacco products is prohibited on all facility property. We appreciate your cooperation!

EATING AND DRINKING

Food, gum, or drinks are not allowed in any physical program area at any time. Those areas include gyms, pool, weight room, exercise areas, and locker rooms.

CONDUCT

Each member is expected to conduct him or herself in a socially acceptable manner while in the building. Fighting, destroying equipment, abusive language, illegal use of drugs, alcohol, or other controlled substances can result in suspension of membership privileges or other disciplinary action.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

EMERGENCY PROCEDURES

In an emergency, such as fire, dangerous weather, mechanical failure, or civil disorder, the staff will implement emergency procedures. Members are asked to follow the directions of the staff for their own safety. When directed by the staff to leave the building please stop your workout and leave the building immediately.

TRACK AND FIELD

We offer our members a three lane, composite rubber covered running track which is well lighted for your safety. No motorized vehicles, cleats, roller skates/blades are allowed on this surface. The track is one quarter mile long with four laps to the mile. We encourage members to bring guests to the track. The inside lane is the designated running lane. Walkers please use the two outside lanes. The Y also has four acres of playing fields which, when not being used for programs, may be used for your recreation. No vehicles are allowed on the fields.

NURSERY

The YMCA offers a drop-in nursery service for our members with family memberships. Children ages 6 weeks - 5 years old may be left in the nursery, however, a parent or guardian must remain in the building. We cannot accept more than 20 children in the nursery at any given time. The children will be taken on a "first come, first served" basis. Our nursery staff is certified in CPR/AED and First Aid. (We are not licensed by the state of North Carolina but registered with the NC Division of Child Development).

NURSERY HOURS

Monday and Wednesday	8:30 am—11:30 am 4:30 pm—8:30 pm
Tuesday and Thursday	8:30 am—1:30 pm 5:30 pm—8:30 pm
Friday	8:30 am—12:30 pm 5:30 pm—8:30 pm
Saturday	8:00 am—11:30 am

KIDS ZONE

A program for our members ages 6-12 years, however, a parent or guardian must remain in the building when children are in the program. If Kids Zone is closed, children ages 6-12 may be left in the Nursery for up to one (1) hour. Kids Zone uses the children's gym, multipurpose room, pool and our playground. The program provides members with a safe, fun, and structured environment. There is no charge to our members for this service open Monday through Friday from 5:30-8:30 p.m.

LOCKERS

Lockers can be used daily by members with a lock and key checked out at the Member Services desk, or a locker can be rented by the year. **If the member chooses to rent a locker for the year the member should provide a lock for the rented locker. The member may select their personal locker to be used for the duration of the year.** The member will be invoiced for the locker rental in January for the upcoming year. The YMCA is not responsible for lost or stolen articles. Locks left on daily-use lockers will be removed and articles taken to the lost and found area.

TOWEL SERVICE

Each member will be given a towel upon request. A fee of 50¢ is charged for second towel. Please leave your towel in the bins provided throughout our facility.

MERCHANDISE SALES

YMCA T-shirts, sweatshirts, swim goggles and swim caps can be purchased at the front desk when available.

BUILDING ATTIRE

Appropriate shirts and non-marking shoes are to be worn in the building at all times. Swimming apparel is restricted to the pool area. Fitness apparel and appropriate gymnasium attire is expected in the wellness center and gym.

SCHEDULE CHANGES

The YMCA reserves the right to change prices and alter schedules without prior publication or notice. We will try to keep these changes to a minimum.

FITNESS CLASSES

The Henderson Family YMCA offers a wide range of aerobic exercise programs for members at no additional cost. Our nursery is available for the children of members taking classes.

WATER AEROBICS

An outstanding program for those that find floor exercise to be too stressful for the bones and joints. Emphasis is on total fitness, including heart-lung endurance, muscle flexibility, strength and endurance.

GROUP CLASSES (AEROBICS ROOM & CHILDREN'S GYM)

Class schedule subject to change—see Fitness Schedule at our Member Services Desk, our mobile app or our website.

Be sure to download our mobile app for up-to-date information about programs, class schedules and events.

Other classes may be offered for limited times

GYM FACTS

Our gym is a full-sized school regulation gym. We have two cross court basketball floors. Seventeen laps around the gym equals one mile.

GYM POLICY

1. Appropriate gym attire is required at all times.
2. Children are not permitted in the gym during times scheduled for adult classes.
3. At all times, please follow the schedule posted at the Member Services desk. Schedule changes will be made during school vacation times.
4. All members and guests will be expected to conduct themselves in a proper manner at all times.
4. Only non-marking rubber soled gym shoes are allowed on the gym floor.
5. Violators of the rules and regulations will forfeit their privileges.
6. No eating or drinking in gym.

Please see fitness schedule for gym availability.

CHILDREN'S GYM

The children's gymnasium was built for children ages 12 and under for their games and activities when the gym is not in use by child care, summer camp, youth basketball or other planned children's activities. All adults must be accompanied by a child in the age group.

****The children's gym is reserved 2:30-6:00pm on school days
or from 7:30-6:00 pm on holidays, teacher workdays and during Summer Day Camp****

WELLNESS CENTER

Our Certified Personal Trainers and fitness staff are available to help you meet your fitness goals. Personal Training is offered for a fee.

The Wellness Center offers a variety of cardiovascular equipment including ellipticals, treadmills, recumbent bikes and more. In addition, we offer the Cybex Weight Training System which provides a series of workout stations that allows a total body workout of every major muscle group. To familiarize you with our equipment and to get you started, please feel free to make an appointment with one of our fitness staff to provide a more personal training session.

Racquetball/Squash Policies

The YMCA is proud to offer racquetball and squash courts to its members. A member may bring a guest with them to play either game by paying a guest fee. Non-members may not reserve courts without a member. Courts may be reserved up to 48 hours in advance and play time is limited to 45 minute slots. If there are no other reservations after your slot has expired you may continue to playing. The Y mandates the use of non-marking sport shoes and safety eye wear for all participants. You must reserve you time slot at the Member Services desk and check-in before playing.



Adult Sports

A variety of adult sports are offered each year as interest dictates. We have offered soccer, volleyball and racquetball. Please make us aware of your interest in specific sports!

THE POOL RULES

1. No running or pushing
2. No street shoes allowed on pool deck or any wet areas..
3. Do not jump backwards, perform back dives or somersaults from the side
4. No boisterous or rough play.
5. No food, drink, gum, or tobacco will be allowed in the area.
6. Glass, soap, lotion, or other material which might create hazardous conditions or interfere with efficient operation of the swimming pool shall not be permitted in or around the pool area.
7. Spitting, spouting of water, blowing the nose, or otherwise introducing contaminants into the pool, is not permitted.
8. Persons with open sores or rashes are not permitted in the pool without authorization of Aquatics Director who will verify physician's letter of reassurance regarding contagiousness. No bandages allowed in pool.
9. All apparel worn in the pool shall be clean and sanitary. ONLY appropriate swimsuits will be permitted.
10. Swimsuits are not permitted outside of the pool and locker room areas.
11. Kickboards may be used only during lap swim or lessons or at the lifeguard's discretion.
12. No hanging on the lane lines.
13. No diving.
14. Non-swimmers are asked to stay in shallow area. Guards may ask swimmers to swim 25 yards to decide if one is safe to swim in deep water.
15. For safety reasons, please inform lifeguards and instructors of medical problems such as diabetes, heart problems, epilepsy or any other physical or emotional problems.
16. Always read and follow rules posted in pool area.
17. BE COURTEOUS— if you enter the pool when a class is in progress, enter on the other end of the pool away from the class and do not interact with members while they are in class.
18. If there are questions regarding pool rules, please contact the Director of Aquatics.

Children ages 7 and older (who can swim without aid as determined by lifeguard) may be in the pool without adult supervision, however, a parent or guardian must remain in the building. All children ages 6 and under, as well as children ages 7 and older (who require a swimming aid as determined by lifeguard) must be accompanied in the pool by a parent or guardian and remain within arm's reach of the parent or guardian at all times.

Wellness Center Policy

1. Members age 15 years and older may use the Wellness Center. Members ages 13 and 14 years must complete the Weights, Wellness & Fitness (WWF) certification in order to use the Wellness Center. Members ages 11 and 12 years must complete the Weights, Wellness & Fitness (WWF) certification and be directly supervised by a parent or guardian in order to use the Wellness Center. Guests ages 14 and under may not use the Wellness Center.
2. Thirty Minute Rule—in consideration of other members, please adhere to the thirty minute rule when using the cardiovascular equipment during peak hours of 4:30pm and 8:00 pm Monday through Thursday. (If additional machines are available when you complete your 30 minute workout, feel free to stay on the machine and increase your time.)
3. To maintain cleanliness and to prevent the spread of germs, please clean the machines after each use with the towels and cleaner provided in the Wellness Center.
4. We encourage you to progress through our resistance equipment so that others members may continue their workout.
5. Please limit and/or refrain from using your cell phone in the Wellness area in respect of other members.
6. Please insert the weight pin correctly and do not slam the weights down on the resistance equipment.
7. Do not, for any reason, place fingers between weight stacks.
8. Please be respectful and do not rest on equipment and if possible, allow others to work in between your sets.
9. If unfamiliar with the use of a machine, please consult a staff member for instructions.



Aquatics

**YMCA—America's Favorite Swimming Instructor
For Over 100 Years!**

As in all YMCA programs, the goal of the YMCA Aquatics program is to develop the whole person, physically, mentally, and spiritually. Teaching methods are designed to help develop each participant to his/her fullest potential, to encourage an awareness of safety, and to master skills to the best of their ability.

Swim lessons schedules are available at the front desk. Class registration is limited to 4-6 children per instructor for pre-school lessons and 6-8 participants per instructor for progressive lessons. All classes fill up quickly and have an enrollment limit, so register early. Full payment is required at the time of registration.

Parents are permitted to stay on the pool deck and observe lessons on the first and last day of each session. During the remainder of the session parents are asked to wait in the lobby so that children may give their full attention to the instructor. If a participant cannot finish a session due to prolonged illness, contact the Aquatics Director. In order to maintain our instructor/student ratio and ensure progress we do not offer make-up classes unless we cancel the class. Class schedules are set at time of registration. There will be a \$10 transfer fee to have your child transferred to another class. We also offer Private Swim Lessons if you are interested, please call the YMCA for additional information.

Pool Facts

- Our pool is 25 yards long and has six lanes
- 72 lengths or 36 laps = one mile
- 2 lengths (down and back) = 1 lap
- The water is 3.5' deep at each end and 5' deep in the center.
- The water temperature is maintained between 82-86 degrees F°

POOL HOURS

Monday-Friday—6:00am-8:45pm

Saturday—8:00 am—6:45 pm

Sunday—1:00pm-5:45pm

Lap swimming lanes are subject to multi-person use.

National YMCA Swim Program

AGES 6 MONTHS—3 YEARS

Parent / Child

The goals of the Under Three Program are to increase the level of trust between parent and child, to create a positive experience for the child in the water and to introduce basic aquatic safety. This program helps parents form reasonable and healthy expectations of their child's progress through songs, games, and fun activities.

AGES 3-5 YEARS

Pike—Beginner

Eel—Intermediate

Ray—Advanced

AGES 6-12 YEARS

Polliwog—Beginner

Guppy—Intermediate

Minnow—Advanced



Adult Swim Instruction

This class is for multi level swim instruction for high school and adult men and women. Patient instructors will teach you correct swim techniques, basic lifesaving skills, and safety. If you have never learned how to swim, we can get you off to a great start. Levels offered include beginner through advanced.

Lesson Make-up

There is no provision made for class make-up for children missing classes. This is so the students registered will have quality and consistency in their lessons.