REGISTER NOW FOR SUMMER
SWIMMING LESSONS
A.C. Lewis YMCA
350 South Foster
Baton Rouge, LA 70806
FOR MORE INFORMATION
Stacey Adams
225-924-3606
Sadams@ymcbr.or
Register Online: ymcbr.org/swim
<table>
<thead>
<tr>
<th>Category</th>
<th>Ages</th>
<th>Schedule</th>
<th>Lessons</th>
<th>Cost:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWIM STARTER</strong></td>
<td>6 months-36 months</td>
<td>Monday—Thursday 10:30am — 4:30pm</td>
<td>8</td>
<td>Members: $80, Program Member: $145</td>
</tr>
<tr>
<td><strong>GROUP LESSONS</strong></td>
<td></td>
<td>June 15th—June 26th, June 29th—July 10th, July 13th—July 24, July 27th—August 7th</td>
<td></td>
<td><strong>FREE with Family Membership</strong></td>
</tr>
<tr>
<td><strong>SWIM BASICS</strong></td>
<td>3-5 years (Beginner/Intermediate)</td>
<td>Monday—Thursday 11:15am or 4:30pm</td>
<td>8</td>
<td>Members: $80, Program Member: $145</td>
</tr>
<tr>
<td><strong>GROUP LESSONS</strong></td>
<td></td>
<td>June 15th—June 26th, June 29th—July 10th, July 13th—July 24, July 27th—August 7th</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SWIM STROKES</strong></td>
<td>6-12 years (Intermediate/Advanced)</td>
<td>Monday—Thursday 9:45am or 4:30pm</td>
<td>8</td>
<td>Members: $80, Program Member: $145</td>
</tr>
<tr>
<td><strong>GROUP LESSONS</strong></td>
<td></td>
<td>June 15th—June 26th, June 29th—July 10th, July 13th—July 24, July 27th—August 7th</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TEEN/ADULT</strong></td>
<td>13 &amp; Older (Beginner-Advanced)</td>
<td>Monday—Thursday 9:00am or 5:15pm</td>
<td>8</td>
<td>Members: $80, Program Member: $145</td>
</tr>
<tr>
<td><strong>GROUP LESSONS</strong></td>
<td></td>
<td>June 15th—June 26th, June 29th—July 10th, July 13th—July 24, July 27th—August 7th</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TERRIFIC TURTLES</strong></td>
<td>3-17 yrs. old</td>
<td>Each person is different and that's why we offer Terrific Turtles! Terrific Turtles is an adaptive swim lesson for participants with special needs. The pool is the perfect environment for a child to learn new skills, learn to relax, and build muscle and stamina, all while increasing self-esteem and confidence. Skills are taught based on each child's individual ability</td>
<td>8</td>
<td><strong>FREE with available times with Stacey Adams <a href="mailto:sadams@ymcabra.org">sadams@ymcabra.org</a></strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 minutes each</td>
<td></td>
<td>Members: $80, Program Member: $120</td>
</tr>
</tbody>
</table>

**Discuss available times with Stacey Adams sadams@ymcabra.org**
PRIVATE SWIM LESSONS

4 Lessons
30 minutes each
Cost:
Members: $110
Program Member: $160

8 Lessons
30 minutes each
Cost:
Members: $200
Program Member: $280

12 Lessons
30 minutes each
Cost:
Members: $290
Program Member: $420

REGISTER NOW FOR SUMMER SWIMMING LESSONS
A.C. Lewis YMCA
350 South Foster
Baton Rouge, LA 70806

FOR MORE INFORMATION
Stacey Adams
225-924-3606
Sadams@ymcabr.org
Register Online: ymcabr.org/swim
PARTICIPANT CONTACT INFORMATION:
Name: _______________________________________________________________________________ Gender: M/F
Address: _____________________________________________________________________________ Zip: ________________
Phone: _____________________________________________________________________________ Age: _______________
DOB: _______/_______/_______ School or Employer: ____________________________________________________________________
E-Mail: _____________________________________________________________________________
Mother/Guardian Name: _______________________________________________________________________________
Cell Phone: ___________________________________________ E-Mail: ___________________________________________
Father/Guardian Name: ________________________________________________________________________________
Cell Phone: ___________________________________________ E-Mail: ___________________________________________
LESSON TYPE: ______________________________________________________________________________________________
Session TIME: ____________________________________  Session DATE: _________________________________

The YMCA of the Capital Area does not provide accident or medical insurance for program participants. I recognize that participation in YMCA sponsored activities may expose myself or my child to risk of injury. I agree to hold the YMCA harmless from any claims, which may occur through participation in any activity at the YMCA or in its programs. In cases of emergency or accident to myself and/or to my child and I am unable to respond or be contacted, I hereby grant the YMCA director or his/her agent to secure proper medical treatment and transportation for myself and/or my child to an appropriate facility for treatment. As a YMCA participant, I authorize the YMCA to use any images taken of myself and/or my child for promotional purposes of the YMCA. I have read and understand the above information and therefore grant myself and/or my child permission to participate in this YMCA Program in accordance with the conditions set forth above.

Signature of Participant/Parent/Guardian: __________________________________________________________
Date: __________________________

The Y is non-profit, community service organization, with a focus on strengthening the community through program that build a healthy spirit, mind and body for all. We appreciate your participation at the Y!

Receive Text and E-mail Alerts:
Sign up for the "My Y" system to receive text and email alerts for program and branch updates. The system is free to use and you can unsubscribe at any time. Find out more by visiting ymcabr.org/myy

LESSON INFORMATION

Group Lessons are 8, 30 minute lessons
Mini Lessons are 4, 30 minute
Private Lessons are one-on-one
IN case of low enrollment (2 or less); class may be combined or canceled
All payments must be made in advance
Registration ends Thursday before the start date of a session
Make ups take place if lessons are cancelled due to weather