



YAQUATICS

We build strong kids, strong families, strong communities.



Personal Aquatic Training Registration

Thank you for choosing to participate in the Anderson Area YMCA's Personal Aquatic Training program. With this partnership we hope to help you fulfill your goals and reach your optimal training level no matter if you are a beginner or novice.

1. These goals can be:

- To help adjust to the water.
- To learn how to swim.
- To help learn a specific skill that has not been mastered.
- Increase flexibility, strength, cardiovascular fitness.
- Improve your cardiovascular status by creating a low impact high intensity cross-training workouts.
- Improve your swim stroke and efficiency for triathlons or masters meet.
- If needing help with daily living activities due to injury.



2. Private lessons are intensive swim tutoring program designed to last for **30 minutes**.

3. Participant will be contacted to arrange a convenient time for the session.

4. The member should contact their assigned trainer at least 24 hours in advance should a scheduling conflict occur. **All sessions missed without a 24-hr notice will be considered a session used.**

Private Sessions	1	2	4	8	10	15
	\$20	\$40	\$80	\$120	\$150	\$225
	(\$20.00/session)			(\$15.00/session)		

Preferred time/day of Session_____

I would like to request a trainer:_____

My initial goal is to:_____

Registration Form

Participant's Name _____ Date: _____

Age: _____ Birthday: _____

Parent's Name: _____

Address: _____

City: _____ Zip: _____ Email: _____

Home #: _____ Work#: _____ Cell#: _____

Medical Conditions or Health Problems: _____

Participant's or Parent's Signature: _____



ANDERSON AREA YMCA
(864)716-6260

