

# ACHIEVE YOUR GOALS

# Private Lessons and Aqua Personal Training

“Providing financial assistance for your YMCA friends for over 145 years - find out if you qualify today”

## **Binghamton Branch**

61 Susquehanna Street  
Binghamton, NY 13901  
Tel: (607) 772-0560  
Fax: (607) 772-0563

## **West Family Branch**

740 Main Street  
Johnson City, NY 13790  
Tel: (607) 770-9622  
Fax: (607) 729-4977

Visit us on the web

[www.bcyymca.com](http://www.bcyymca.com)



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- Minimum age: 3 years
- Year Round
- Flexible hours to fit your schedule
- Your choice: Binghamton Branch or West Family Branch
- One-on-One or Semi-Private Instruction to focus on your goals



- For all levels from beginner lessons, to on-deck coaching for athletes to individual therapy/exercises
- Lessons are approximately 30 minutes in length

# Private Swim Lessons

## Program Information

### PROGRAM FEES:

Lessons sold in blocks of 30 minutes

#### Private Lessons

Member:		Non-Member
30 minutes	\$15	\$30
2 lessons	\$30	\$60
5 lessons	\$67.50	\$135
10 lessons	\$120	\$240
20 lessons	\$210	\$420

Semil-Private Lessons  
(Price per person)

1 lesson	\$12	\$24
2 lessons	\$22	\$44
5 lessons	\$54	\$108
10 lessons	\$90	\$180
20 lessons	\$160	\$320

### CONTACT INFORMATION

Primary:

Patty Benda  
Aquatics  
(607)770-9622 ext 106  
pbenda@bcymca.com

Secondary:

Jennifer Dube  
Aquatics  
(607)772-0560 ext 115  
jdube@bcymca.com

3 Simple Steps:

Step 1: Fill out the information and submit to the Welcome Center

Step 2: An instructor will contact you and lesson times will be established

Step 3: Payment must be made at the Welcome Center, either before or at the time of your first session. Please show the receipt to your instructor

Request Form:

**Date:** \_\_\_\_\_ **Name of Student:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Member** \_\_\_\_\_ **Non-Member** \_\_\_\_\_

**Name of Parent/Guardian** (if under 18) \_\_\_\_\_

**Contact Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Skill Level (circle one): **Beginner** \_\_\_\_\_ **Intermediate** \_\_\_\_\_

**Advanced** \_\_\_\_\_ **Competitive** \_\_\_\_\_

Type of Instruction (circle one): **Swim Instruction** \_\_\_\_\_ **Therapeutic** \_\_\_\_\_

**Aerobic Exercise** \_\_\_\_\_ **On-deck Coach** \_\_\_\_\_

Class (circle one): **Private** \_\_\_\_\_ **Semi-Private** \_\_\_\_\_

*Note: Semi-Private lessons are for 2-3 participants and participants must be the same skill level and close in age.*

For Semi-Private Lesson please list additional swimmers:

1. \_\_\_\_\_ 2. \_\_\_\_\_

Available Days & Times for Lessons (circle all that apply):

**Mon** **Tues** **Wed** **Thurs** **Fri** **Sat** **Sun**

**Early Morning** **Mid-Day** **Afternoon** **Evening**

Special Requests/Preferred Branch (West Family or Binghamton): \_\_\_\_\_

Medical Conditions/Special Needs: \_\_\_\_\_

Goals: \_\_\_\_\_

\*Cancellation Policy: Please call your swim instructor directly, or the Welcome Center to notify us if you need to cancel your lesson. Out of respect for your swim instructor please do this more than **2 hours** prior to your scheduled swim lesson, if you cancel **within 2 hours** of your lesson you will be charged for that lesson.