

SCHOLARSHIPS ARE AVAILABLE

Cost should never be a barrier to learning to swim.

We know that swim lessons can be difficult for families to afford. The **BH-JSL** provides a **sliding payment scale** and **scholarship assistance for qualifying low-income families**. More children deserve access to lifesaving swim instruction.

Ben Hair believes scholarship assistance may help eligible families with the cost of swim lessons and other aquatic programming.

Need financial assistance?

Don't let the cost of lessons keep your child out of the water.

Ask us about scholarship opportunities when you register.

We also have swim equipment available.

CONTACT US:



<https://www.bhjsl.org/>



aquatics@bhjsl.org



FaceBook: justswimforlife
Instagram:
benhairjustswim4lifefoundation



3511 Marlboro Court,
Charlottesville, VA 22901



(434) 973-3838



Build Safer, Stronger, More Confident Swimmers

The **Ben Hair- Just Swim for Life** Foundation is dedicated to making swimming and water safety accessible to children and families in our community.

Serving children and families in the Charlottesville, Albemarle, Gordonsville, Orange, and Louisa communities.

- Fry Springs Beach Club
- The Crow Pool — Charlottesville
- YMCA - Charlottesville



These materials and the activity described herein are not sponsored or endorsed by the Albemarle County School Board.

SWIM LESSONS

SWIM LESSONS

Our swim instruction helps children develop the skills and confidence they need to become safer and more capable swimmers.

We partner with **Fry Springs Beach Club (FSBC)**, the **Crow**, and the **Brooks Family YMCA** to provide swim instruction.

Lessons focus on:

- Water comfort and confidence
- Safe water entry and exit
- Floating and breath control
- Kicking and arm movements
- Front and back swimming
- Water-safety skills
- Swimming independence

Whether your child is a beginner or building on existing skills, we can help them progress.

More locations and programs may be added as our foundation grows.

Follow us for current program locations, schedules, and registration.

ADAPTIVE AQUATICS

Swimming should be accessible to everyone.

We offer adaptive aquatics opportunities for individuals with disabilities and special needs.

Adaptive instruction can be modified to meet the individual needs, abilities, and comfort levels of each swimmer.

Our goal is to help participants:

- Become more comfortable and confident in the water
- Develop water-safety skills
- Build swimming skills at their own pace
- Increase independence
- Enjoy the physical and recreational benefits of being in the water

All of our neighbors, young and old, deserve to experience the water.

WATER AEROBICS

Stay active. Build strength. Enjoy the water.

Aquatic exercise is a low-impact way to stay active while enjoying the benefits of exercising in the water.

Our water aerobics classes are designed for adults and community members looking for an enjoyable way to:

- Stay active
- Build strength and endurance
- Improve mobility
- Reduce stress on joints
- Connect with others

You don't have to be a swimmer to enjoy water exercise.

Everyone can participate in water exercise!