



Diverse Ability Swim Lessons

Ragsdale Family YMCA

Confidence With Every Stroke

YMCA Swim Lessons help adults, kids, and families learn an important life skill and support them in gaining the knowledge, ability, and stamina to become strong and confident swimmers. At the YMCA, we believe every student should be able to learn to swim regardless of physical ability, cognitive function, congenital or acquired injury, disability, chronic illness, or cultural and linguistic backgrounds. Our Diverse Ability one-on-one lessons offer a supportive learning environment for all participants to learn basic swimming and water safety skills!



Ages: 3 years to Adult

Cost per Session: \$50 for Member | \$65 for Community Guest

Class Dates: Weekday classes are 3-week or 4-week sessions on Monday/Wednesday and Tuesday/Thursday evenings. Saturday classes are 6-week sessions on Saturday mornings.

Time: Weekday Classes begin at 4:00pm; Saturday classes begin at 9:30am.

**For more information please contact Justine Intiso,
Senior Aquatics Director, at
Justine.Intiso@ymcagreensboro.org**

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Register at [ymcagreensboro.org/swim-lessons](https://www.ymcagreensboro.org/swim-lessons)