



# SWIM LESSONS

## Spears Family YMCA

At the Y, we believe that swimming is a **life skill**. The YMCA Swim Lesson Program is designed to offer high-quality instruction in a safe, student-centered, and flexible environment. At the Y, we are building **strong swimmers** and **confident kids!**



### September–December 2024 | Swim Lesson Session and Registration

	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
<b>September M/W</b>	9/9–9/25	8/30	9/2	<b>3 Weeks</b>
<b>September T/Th</b>	9/10–9/26	8/30	9/2	<b>3 Weeks</b>
<b>October M/W</b>	10/7–10–23	9/27	9/30	<b>3 Weeks</b>
<b>October T/Th</b>	10/8–10/24	9/27	9/30	<b>3 Weeks</b>
<b>November M/W</b>	11/4–11/20	10/25	10/28	<b>3 Weeks</b>
<b>November T/Th</b>	11/5–11/21	10/25	10/28	<b>3 Weeks</b>
<b>December M/W</b>	12/2–12/18	11/22	11/25	<b>3 Weeks</b>
<b>December T/Th</b>	12/3–12/19	11/22	11/25	<b>3 Weeks</b>
<b>Saturday Session</b>	10/5–11/9	9/27	9/30	<b>6 Weeks</b>

SWIM LESSON SESSION	MEMBER	COMMUNITY GUEST
Each 3-week M/W or T/Th Session	\$72	\$96
Each 6-week Saturday Session	\$72	\$96

**REGISTER**



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

# CHOOSE YOUR CLASS

## Swim Basics & Swim Strokes | Stages 1-6 for Children Ages 3-12

	Safety Around Water	Stage 2 Water Movement	Stage 3 Water Stamina	Stage 4 Stroke Introduction	Stage 5 Stroke Development	Stage 6 Stroke Mechanics
M/W   Ages 3-5	4:00-4:30 pm	6:00-6:30 pm				
M/W   Ages 5-12	4:40-5:10 pm	6:40-7:10 pm	5:20-5:50 pm	5:00-5:40 pm	5:45-6:25 pm	6:30-7:10 pm
T/Th   Ages 3-5	6:00-6:30 pm	4:00-4:30 pm				
T/Th   Ages 5-12	6:40-7:10 pm	4:40-5:10 pm	5:20-5:50 pm	6:30-7:10 pm	5:45-6:25 pm	5:00-5:40 pm
Saturday   Ages 3-5	9:00-9:30 am	9:40-10:10 am	10:20-10:50 am			
Saturday   Ages 5-12	9:00-9:30 am	9:40-10:10 am	10:20-10:50 am	11:00-11:40 am	11:00-11:40 am	

### Saturday Class Offerings

Stage	Time
Parent and Child Class (6 months-3 years)	9:00am-9:30 am
Teen Beginner Class (Ages 13-18)	9:40am-10:10 am
Adult Beginner Class (18+)	10:20am-10:50 am
Adult Intermediate Class (18+)	11:00am-11:30 am

## WHAT IS THE Y'S SAFETY AROUND WATER PROGRAM?

Safety Around Water consists of six lessons designed to teach kids water safety skills that help reduce the risk of drowning and build their skills and confidence in and around water. **A typical session includes:**

- Exercises to help kids adjust to being in the water
- Instruction in two skill sets kids can use if they unexpectedly find themselves in the water: Jump, Push, Turn, Grab and Swim, Float, Swim.
- Safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

Affordable Safety Around Water Classes would not be possible without the generosity of our supporters and donors. Use code **FREESAW24** when registering for classes to register for free!

Visit [ymcagreensboro.org/saw](http://ymcagreensboro.org/saw) to learn more.