



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSONS FOR A LIFETIME

**Diverse Ability Swim Lessons
Reidsville Family YMCA**



YMCA SWIM LESSON PHILOSOPHY: 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!**

Diverse Abilities Swim Lessons: Personal instruction by our swim instructors is a great way to get started, stay motivated, learn new techniques and receive personal one-on-one attention. Using the evidence-based Y-USA Swim Lesson and Y-USA Safety Around Water curriculums, the YMCA Diverse Abilities Swim Lesson program is designed to reach children at risk of drowning and teach them basic water safety and swimming skills. Children will be placed in a skill and ability-specific program based on their needs. Learning to stay safe around water may begin at the Y, but it doesn't end there. That's why there is a Family Education Component that reinforces the learning at home and helps children progress more quickly.

AGES: 4-12 years old

COST:

6 – 25 minute lessons: \$40

Schedule will be set between parent/guardian and the instructor but should be completed within a month

How to Register:

Contact Cassy Velarde, Regional Program Director by email at cassy.velarde@ymcagreensboro.org to receive intake form and registration instructions.

For further questions, call (336)342-3307