

the  **LESSONS FOR
A LIFETIME**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Diverse Abilities Swim Lessons
Ragsdale YMCA**



YMCA SWIM LESSON PHILOSOPHY: At the Y, we believe that swimming is a LIFE SKILL. The **Diverse Abilities Swim Lesson Program** is designed to offer high-quality instruction in a safe, student-centered, and flexible environment. Lessons are offered in **group settings or 1:1 student to teacher ratio**; each lesson is 25 minutes in length for three or four weeks, followed by an off week. We use the off week for make-up days if needed. Saturday lessons run continuously, unless otherwise noted. The group lessons are offered on Monday/Wednesday and Tuesday/Thursday.

All Diverse Abilities Swim Lessons include water safety; swim basics swimming skills, swim strokes swimming skills, and all lessons are conducted in an inclusive environment. At the Y, we are **BUILDING STRONG SWIMMERS and CONFIDENT KIDS!**

Fall 2021 Diverse Abilities SWIM LESSON SESSION DATES:

September M/W	9/13-9/29	3-Week Session
September T/TH	9/14-9/30	3-Week Session
October M/W	10/4-10/20	3-Week Session
October T/TH	10/5-10/21	3-Week Session
November M/W	11/1-11/17	3-Week Session
November T/TH	11/2-11/18	3-Week Session
Saturday	8/21-10/2	6-Week Session
Saturday	10/16-11/20	6-Week Session

Days and Time: Lessons are offered Mon/Wed and T/TH between 4:00pm-7:00pm, and Saturday mornings 9:00am-1:00pm.

Cost and Registration: All registration is done with the Aquatics Director. Please email Justine Intiso to receive in-take and registration forms.

Contact Justine Intiso, Aquatics Director at 336.882.9622 or Justine.Intiso@ymcagreensboro.org for details