

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!**

Summer 2022 Diverse Abilities One-on-One SWIM LESSON SESSION DATES:

May M/W	5/2-5/18	3-Week Session
May T/TH	5/3-5/19	3-Week Session
June M/W	6/2-6/29	4-Week Session
June T/TH	4/3-6/30	4-Week Session
July M/W	7/11-7/27	3-Week Session
July T/TH	7/12-7/28	3-Week Session
August M/W	8/8-8/24	3-Week Session
August T/TH	8/9-8/25	3-Week Session
Saturday	5/7-6/18	6-Week Session
• No classes	5/28	
Saturday	6/25-8/6	6-Week Session
• No classes	7/2	
Saturday	8/13-9/24	6-Week Session
• No Classes	9/3	

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. Cost for members \$45, non-members \$65. 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.

