PROGRESSIVE SWIM LESSONS
AT THE BRYAN Y

Fall 2022 Swim Lessons

Session 2 – November 1st thru December 17th

**** Thanksgiving: No Classes November 22nd thru November 28th ****

SWIM STARTERS
(Ages 6 mths. -3 years)

Fridays
Stage A: 10:00-10:30am
Stage B: 10:30-11:00am

Saturdays
Stage A: 9:00-9:30am
Stage B: 9:30-10:00am

PRESCHOOL
(Ages 3-5)

Tuesdays
Stage 1: 5:00-5:30pm

Thursdays
Stage 1: 5:00-5:30pm
Stage 2: 5:30-6:00pm

Fridays
Stage 1: 11:00-11:30am
Stage 2: 11:30-12:00pm

Saturdays
Stage 1: 10:00-10:30am
Stage 1: 11:00-11:30am
Stage 2: 10:30-11:00am
Stage 2: 11:30-12:00pm

SCHOOL AGE
(Ages 6-12)

Tuesdays
Stage 1: 5:30-6:00pm
Stage 2: 6:00-6:30pm

Thursdays
Stage 1: 6:00-6:30pm
Stage 2: 6:30-7:00pm

Saturdays
Stage 1: 9:00-9:30am
Stage 1: 10:30-11:00am
Stage 2: 9:30-10:00am
Stage 3: 10:00-10:30am
Stage 4: 11:00-11:30am

TEEN/ADULT
(Ages 13+)

Tuesdays
Stage 1: 6:30-7:00pm

Saturdays
Stage 1: 11:30-12:00pm
Stage 2: 12:00-12:30pm

FEE:

$42 for Members

$66 for Potential Members

REGISTRATION FOR SESSION 2 OPENS MONDAY, October 17th, 2022 at 9:00am.
Register Online at YMCAGreensboro.org or in-person at the BRYAN Y.

YMCA SWIM LESSON PHILOSOPHY: At the Y, we believe that swimming is a LIFE SKILL. The Y 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!**

LESSON SELECTION:

Age: Swim Starters Ages: 6mths-3yrs (Circle one) Preschool Ages: 3-5 School Age Ages: 6-12 Teen/Adult Ages: 13+ Stage: A B 1 2 3 4 (Circle one)

Day: Mon Tues Wed Thur Fri Sat (Circle one) Time: _____:_____ am pm (Circle one)

SWIMMER INFORMATION:

Legal First Name:_____ Middle:_____ Last Name:_____

Address:_____ Apartment:_____

City:_____ State:_____ Zip Code:_____

Primary Phone: (_____) _____ - _____

Email Address:_____

Gender: Male Female Other (Circle one) Date of Birth: _____/_____/_____ (MM/DD/YYYY)

PAYER (ADULT) INFORMATION:

Legal First Name:_____ Middle:_____ Last Name:_____

Address:_____ Apartment:_____

City:_____ State:_____ Zip Code:_____

Primary Phone: (_____) _____ - _____

Email Address:_____

Gender: Male Female Other (Circle one) Date of Birth: _____/_____/_____ (MM/DD/YYYY)

Emergency Contact:_____ **Relationship:**_____

Emergency Phone Number: (_____) _____ - _____

Participant/Guardian Signature: _____ **Date:**_____/_____/_____

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months–3 years
PARENT* & CHILD: STAGES A–B

3 years–5 years
PRESCHOOL: STAGES 1–4

5 years–12 years
SCHOOL AGE: STAGES 1–6

12+ years
TEEN & ADULT: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

If you're having trouble deciding which stage is right for you, contact the Aquatics Department for assistance.

BRYAN Y AQUATICS DEPARTMENT
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