



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM LESSONS

## MARY PERRY RAGSDALE FAMILY YMCA

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



### January - March 2023 Swim Lesson Session and Registration Dates

	Session Dates	Registration Dates	Session Length
January M/W	1/9 - 1/25	12/5 - 1/4	3-Weeks
January T/TH	1/10 - 1/26	12/5 - 2/4	3-Weeks
February M/W	2/6 - 2/22	1/9 - 2/1	3-Weeks
February T/TH	2/7 - 2/23	1/9 - 2/1	3-Weeks
March M/W	3/6 - 3/22	2/6 - 3/1	3-Weeks
March T/TH	3/7 - 3/23	2/6 - 3/1	3-Weeks
Saturday 1	1/7 - 2/11	12/1 - 1/3	6-Weeks
Saturday 2	2/25 - 4/1	1/30 - 2/20	6-Weeks

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

### Cost:

Each 3-week Mon/Wed or Tues/Thurs session costs \$54 for YMCA members and \$78 for community guests

Each 6-week Saturday session costs \$54 for YMCA members and \$78 for community guests

### Porpoise Club Cost:

This program will only be offered on Saturday's starting in 2023. If you have any questions please contact Aquatics Director Justine Intiso at [justine.intiso@ymcagreensboro.org](mailto:justine.intiso@ymcagreensboro.org).

Each 6-week Saturday session costs \$72 for YMCA members and \$90 for community guests

RAGSDALE YMCA AQUATICS DEPARTMENT

900 Bonner Drive Jamestown NC 27282 [Justine.Intiso@ymcagreensboro.org](mailto:Justine.Intiso@ymcagreensboro.org)

# Choose Your Class



## Swim Starters - Stages A & B for Parent Child Participants Ages 3-36 months

\*Registration will be made available once we are able to offer Swim Starters classes again

Swim Basics & Swim Strokes - Stages 1-6 for Children Ages 3-12							
	Stage 1 Water Acclimation	Stage 2 Water Movement	Stage 3 Water Stamina	Stage 4 Stroke Introduction	Stage 5 Stroke Development	Stage 6 Stroke Mechanics	Porpoise Club
<b>Mon/Wed Ages 3-5</b>	5:30-6pm 6:10-6:40pm	5:30-6pm 6:10-6:40pm	5:30-6pm 6:00-6:30pm	6:00-6:40pm			
<b>Mon/Wed Ages 5-12</b>	6:40-7:10pm 7:15-7:45pm	6:40-7:10pm 7:15-7:45pm	6:40-7:10pm 7:15-7:45pm	6:00-6:40pm 6:40-7:20pm	5:30-6:10pm 6:50-7:30pm	5:30-6:10pm 6:50-7:30pm	
<b>Tues/Thurs Ages 3-5</b>	5:30-6:00pm	5:45-6:15pm	6:15-6:45pm				
<b>Tues/Thurs Ages 5-12</b>	6:00-6:30pm	6:30-7:00pm	7:00-7:30pm	6:40-7:20pm	6:00-6:40pm	6:00-6:40pm	
<b>Saturday Ages 3-5</b>	10:00-10:30am	10:00-10:30am	10:30-11:00am	11:30 - 12:10pm			
<b>Saturday Ages 5-12</b>	10:40-11:10am 12:10-12:40pm	10:40-11:10am 12:10-12:40pm	10:40-11:10am 11:20-11:50am 12:00-12:30pm	11:30 - 12:10pm 12:40-1:20pm	12:00-12:40pm	12:00-12:40pm	11am - 12pm
Swim Basics and Swim Strokes for Teens and Adults Ages 13+							
Stage	Swim Basics			Swim Strokes			
<b>Monday/Wednesday Adult 18+</b>	7:10pm-7:40pm			7:10pm-7:50pm			
<b>Saturday Adult 18+</b>	9:00am-9:30am			9:00am-9:40am			
<b>Saturday Teen 13-17</b>	10:00am-10:30am			12:00pm-12:40pm			
<b>Register at <a href="http://ymcagreensboro.org/swim-lessons">ymcagreensboro.org/swim-lessons</a></b>							

The Y is the nation's leading expert in water safety and swim instruction. Ys across the country have adopted a swim lesson curriculum that makes it easier for children and adults to become comfortable and safe in and around water. Lessons begin by developing basic self rescue skills and gaining confidence and ease in the water. From there, swimmers refine the strokes they have learned and progress their skills.