

# PROGRESSIVE SWIM LESSONS AT THE BRYAN Y



## Spring 2023 Swim Lessons

### Session 2 – March 13<sup>th</sup> thru April 29<sup>th</sup>

(No Group Swim Lessons: April 7<sup>th</sup>–16<sup>th</sup> due to Guilford County School Spring Break)

(All Group Swim Lessons on Saturday, April 15<sup>th</sup> have been rescheduled to Saturday, May 6<sup>th</sup>)

#### SWIM STARTERS (Ages 6 mths. –3 years)

##### **Mondays**

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

#### **FEE:**

\$54 for Y Members

\$78 for Community Members

#### PRESCHOOL (Ages 3–5)

##### **Mondays**

Stage 1: 11:00–11:30am  
Stage 2: 11:30–12:00pm

##### **Tuesdays**

Stage 1: 5:00–5:30pm

##### **Thursdays**

Stage 1: 5:00–5:30pm  
Stage 2: 5:30–6:00pm

##### **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

#### **Y MEMBERS:**

**REGISTRATION FOR SESSION 2 OPENS MONDAY, FEBRUARY 27<sup>th</sup>, 2023 at 9:00am.**

Register Online at [YMCAGreensboro.org](http://YMCAGreensboro.org) or in-person at the BRYAN Y.

#### **COMMUNITY MEMBERS:**

**REGISTRATION FOR SESSION 2 OPENS WEDNESDAY, MARCH 1<sup>st</sup>, 2023 at 9:00am.**

Register Online at [YMCAGreensboro.org](http://YMCAGreensboro.org) or in-person at the BRYAN Y.

## LESSON SELECTION:

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

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

## SWIMMER INFORMATION:

Legal First Name: \_\_\_\_\_ Middle: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apartment: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Primary Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email Address: \_\_\_\_\_

Gender: Male Female Other      Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Circle one) (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      Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Circle one) (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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Bryan Y Swim Lesson  
Spring Session 2 2023