

PROGRESSIVE SWIM LESSONS AT THE BRYAN Y



Spring 2023 Swim Lessons

Session 2 – March 13th thru April 29th

(No Group Swim Lessons: April 7th-16th due to Guilford County School Spring Break)

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

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 27th, 2023 at 9:00am.

Register Online at YMCAGreensboro.org or in-person at the BRYAN Y.

COMMUNITY MEMBERS:

REGISTRATION FOR SESSION 2 OPENS WEDNESDAY, MARCH 1st, 2023 at 9:00am.

Register Online at 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.