



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

AT THE HAYES TAYLOR 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!**



March-May 2023 Swim Lesson Session and Registration Dates

| | Session Dates | Registration Dates | Session Length |
|------------|---------------|--------------------|----------------|
| March M/W | 3/6-3/22 | 2/10-3/5 | 3-Weeks |
| March T/TH | 3/7-3/23 | 2/10-3/5 | 3-Weeks |
| April M/W | 4/3-4/19 | 3/10-3/31 | 3-Weeks |
| April T/TH | 4/4-4/20 | 3/10-3/31 | 3-Weeks |
| May M/W | 5/8-5/24 | 4/10-4/24 | 3-Weeks |
| May T/TH | 5/9-5/25 | 4/10-4/24 | 3-Weeks |
| Saturday 1 | 2/18- 3/25 | 1/15-2/16 | 6-Weeks |
| Saturday 2 | 4/8-5/13 | 3/10-4/5 | 6-Weeks |

Register at 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

HAYES TAYLOR YMCA AQUATICS DEPARTMENT

2630 E. Florida Street Greensboro, NC 27401 Arianna.Hudson@ymcagreensboro.org

Choose Your Class



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

| | Stage A | Stage B |
|------------------|----------------|-----------------|
| Saturday morning | 9:30am-10:00am | 10:00am-10:30am |

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 |
|-------------------------|------------------------------|---------------------------|--------------------------|--------------------------------|-------------------------------|-----------------------------|
| Mon/Wed Ages 3-5 | 5:00 pm- 5:30 pm | 5:00 pm- 5:30 pm | 6:00pm-6:30pm | 6:00pm-6:30pm | | |
| Mon/Wed Ages 6-12 | 5:00 pm-5:30pm | 5:00 pm-5:30pm | 5:30pm-6:00pm | 5:30 pm -6:00 pm | 6:30 pm-7:00pm | 6:30 pm-7:00pm |
| Tues/Thurs Ages 3-5 | | | | | | |
| Tues/Thurs Ages 6-12 | 4:00 pm-4:30 pm | 4:00pm- 4:30pm | 4:30pm- 5:00pm | 4:30pm- 5:00pm | | |
| Saturday Ages 3-5 | | | | | | |
| Saturday Ages 6-12 | 9:30am-10:00am | 9:30am-10:00am | | | | |

Swim Basics and Swim Strokes for Teens and Adults Ages 13+

| Stage | Swim Basics | Swim Strokes |
|-----------------------------|-----------------------------|-------------------|
| Monday/Wednesday Adult 18+ | 4:00-4:30pm , 6:00pm-6:30pm | 4:30pm - 5:00pm |
| Tuesday/ Thursday Adult 18+ | 5:00pm-5:30pm | |
| Saturday Adult 18+ | 11:30am-12:00 pm | |
| Saturday Teen 13-17 | 10:30 am-11:00 am | 11:00am - 12:00pm |

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.