



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!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



March-May 2023 Swim Lesson Session and Registration Dates

	Session Dates	Registration Dates	Session Length
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
April M/W	4/3-4/19	3/6-3/27	3-Weeks
April T/TH	4/4-4/20	3/6-3/27	3-Weeks
May M/W	5/1-5/17	4/3-4/24	3-Weeks
May T/TH	5/2-5/18	4/3-4/24	3-Weeks
Saturday 1	2/25-4/1	1/30-2/20	6-Weeks
Saturday 2	4/15-5/20	3/6-4/10	6-Weeks

Register at ymcagreensboro.org/swim-lessons

Swim Lessons Registration Fees:

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 Registration Fees:

Each 3-week Monday/Wednesday session costs \$72 for YMCA members and \$90 for community guests

Each 3-week Thursday only session costs \$36 for YMCA members and \$45 for community guests

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

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	10:30am-11:00am

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 Intorduction	Stage 5 Stroke Development	Stage 6 Stroke Mechanics
Mon/Wed Ages 3-5	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		
Mon/Wed Ages 5-12	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
Tues/Thurs Ages 3-5	5:30-6:00pm	5:45-6:15pm	6:15-6:45pm			
Tues/Thurs Ages 5-12	6:00-6:30pm	6:30-7:00pm	7:00-7:30pm	6:40-7:20pm	6:00-6:40pm	6:00-6:40pm
Saturday Ages 3-5	10:00-10:30am	10:00-10:30am	10:30-11:00am	11:30 - 12:10pm		
Saturday Ages 5-12	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

Porpoise Club — Swim team prep designed for children ages 5-14

Monday and Wednesday Evenings	6:10pm-7:10pm
Thursday Evenings	5:30pm-6:30pm
Saturday Mornings	11:00am-12:00pm

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

Stage	Swim Basics	Swim Strokes
Monday/Wednesday Adult 18+	7:10pm-7:40pm	7:10pm-7:50pm
Saturday Adult 18+	9:00am-9:30am	9:00am-9:40am
Saturday Teen 13-17	10:00am-10:30am	12:00pm-12:40pm

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