



# 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



## June-August 2023 Swim Lesson Session and Registration Dates

	Session Dates	Registration Dates	Session Length
June M/W	6/5-6/28	4/28-5/26	4-Weeks
June T/TH	6/6-6/29	4/28-5/26	4-Weeks
June Mon-Thurs 1	6/5-6/15	4/28-5/26	2-Weeks
June Mon-Thurs 2	6/19-6/29	5/29-6/15	2-Weeks
July M/W	7/10-7/26	6/1-6/30	3-Weeks
July T/TH	7/11-7/27	6/1-6/30	3-Weeks
July Mon-Thurs 1	7/10-7/20	6/1-6/30	2-Weeks
July Mon-Thurs 2	7/24-8/3	6/26-7/20	2-Weeks
August M/W	8/7-8/23	7/3-7/31	3-Weeks
August T/TH	8/8-8/24	7/3-7/31	3-Weeks
August Mon-Thurs 1	8/7-8/17	7/3-7/31	2-Weeks
Saturday 1	*6/3-7/15	4/28-5/26	6-Weeks
Saturday 2	7/22-8/26	6/12-7/17	6-Weeks

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

## Swim Lessons Registration Fees:

- Each 2-week Mon-Thurs session costs \$72 for YMCA members and \$104 for community guests
- Each 3-week Mon/Wed or Tues/Thurs session costs \$54 for YMCA members and \$78 for community guests
- Each 4-week Mon/Wed or Tues/Thurs session costs \$72 for YMCA members and \$104 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 4-week Monday/Wednesday session costs \$96 for YMCA members and \$120 for community guests
- Each 4-week Thursday only session costs \$48 for YMCA members and \$60 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 6:00pm-6:30pm	5:30-6:00pm 6:00pm-6:30pm	6:15-6:45pm			
Tues/Thurs Ages 5-12	5:30-6:00pm 6:00-6:30pm	6:00-6:30pm 6:30-7:00pm	6:30-7:00pm 7:00-7:30pm	6:40-7:20pm 7:00-7:40pm	6:00-6:40pm	6:00-6:40pm
Two-week Ages 3-5	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	5:00-5:40pm		
Two-week Ages 5-12	4:40-5:10pm	4:40-5:10pm	4:40-5:10pm	5:00-5:40pm	5:10-5:50pm	5:10-5:50pm
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	11:30am -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 or 9:30am-10:00am	9:00am-9:40am
Saturday Teen 13-17	10:00am-10:30am	12:00pm-12:40pm

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