



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**!



### May -July 2023 Swim Lesson Session and Registration Dates

|            | Session Dates | Registration Dates | Session Length |
|------------|---------------|--------------------|----------------|
| 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        |
| June M/W   | 6/05-6/21     | 05/10-05/24        | 3-Weeks        |
| June T/TH  | 6/06-06/22    | 05/10-05/24        | 3-Weeks        |
| July M/W   | 07/03-07/19   | 06/10-06/24        | 3-Weeks        |
| July T/TH  | 07/04-07/20   | 06/10-6/24         | 3-Weeks        |
| Saturday 1 | 5/27-7/1      | 04/20-5/20         | 6-Weeks        |
| Saturday 2 | 7/8-8/12      | 06/10-06/24        | 6-Weeks        |

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

**The schedule listed below is subject to change. Please check with the monthly schedule for a more approximate time.**

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         |
|------------------|----------------|-----------------|
| Tuesday Evening  | 5:00pm-5:30pm  |                 |
| Saturday morning | 9:30am-10:00am | 10:00am-10:30am |

## Swim Basics & Swim Strokes - Stages 1-6 for Children Ages 3-12

|                         | Stage 1<br>Water Acclimation | Stage 2<br>Water Movement | Stage 3<br>Water Stamina | Stage 4<br>Stroke Introduction | Stage 5<br>Stroke Development | Stage 6<br>Mechanics |
|-------------------------|------------------------------|---------------------------|--------------------------|--------------------------------|-------------------------------|----------------------|
| Mon/Wed<br>Ages 3-5     | 6:00 pm-6:30 pm              | 6:00 pm-6:30 pm           |                          |                                |                               |                      |
| Mon/Wed<br>Ages 6-12    | 5:30 pm-6:00pm               | 5:30 pm-6:00pm            | 5:30pm-6:00pm            | 5:30 pm -6:00 pm               |                               |                      |
| Tues/Thurs<br>Ages 3-5  | 5:30pm-6:00pm                | 5:30pm-6:00pm             | 6:00pm-6:30pm            | 6:00pm-6:30pm                  |                               |                      |
| Tues/Thurs<br>Ages 6-12 | 6:30pm-7:00 pm               | 6:30pm-7:00 pm            |                          |                                |                               |                      |
| Saturday<br>Ages 3-5    | 10:30am-11:00am              | 10:30am-11:00am           | 11:00am-11:30am          |                                |                               |                      |
| Saturday<br>Ages 6-12   | 9:30am-10:00am               | 9:30am-10:00am            | 10:00am-10:30 am         | 10:00am-10:30 am               |                               |                      |

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

| Stage                       | Swim Basics                 | Swim Strokes  |
|-----------------------------|-----------------------------|---------------|
| Monday/Wednesday Adult 18+  | 4:00-4:30pm , 4:30-5:00 pm  | 6:00pm-6:30pm |
| Tuesday/ Thursday Adult 18+ | 9:30 am-10AM, 5:00pm-5:30pm |               |
| Saturday Adult 18+          |                             |               |
| Saturday Teen 13-17         |                             |               |

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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.



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# Clases de Natación

## EN LA HAYES-TAYLOR YMCA

En la Y, creemos que nadar es una **HABILIDAD PARA LA VIDA**. El programa de lecciones de la YMCA está diseñado para ofrecer instrucción de alta calidad en un entorno flexible, seguro y centrado en el estudiante. ¡En la Y, estamos **CONSTRUYENDO NATADORES FUERTES y NIÑOS SEGUROS!**



### Mayo- Julio de 2023 Sesión de lecciones de natación y fechas de registro

|            | Fechas de la sesión | Fechas de registro | Duración  |
|------------|---------------------|--------------------|-----------|
| Mayo M/W   | 5/8-5/24            | 4/10-4/24          | 3-Semanas |
| Mayo T/TH  | 5/9-5/25            | 4/10-4/24          | 3-Semanas |
| Junio M/W  | 6/05-6/21           | 05/10-05/24        | 3-Semanas |
| Junio T/TH | 6/06-06/22          | 05/10-05/24        | 3-Semanas |
| Julio M/W  | 07/03-07/19         | 06/10-06/24        | 3-Semanas |
| Julio T/TH | 07/04-07/20         | 06/10-6/24         | 3-Semanas |
| Sábado 1   | 5/27-7/1            | 04/20-5/20         | 6-Semanas |
| Sábado 2   | 7/8-8/12            | 06/10-06/24        | 6-Semanas |

**Regístrese en [ymcagreensboro.org/swim-lessons](https://ymcagreensboro.org/swim-lessons)**

### Costo:

Cada sesión de 3 semanas de lunes/miércoles o martes/jueves cuesta \$54 para miembros de la YMCA y \$78 para invitados de la comunidad

Cada sesión de sábado de 6 semanas cuesta \$ 54 para miembros de YMCA y \$ 78 para invitados de la comunidades

**El horario que se detalla a continuación está sujeto a cambios. Por favor, consulte con el calendario mensual para un tiempo más aproximado**

**HAYES TAYLOR YMCA AQUATICS DEPARTMENT**

2630 E. Florida Street Greensboro, NC 27401 [Arianna.Hudson@ymcagreensboro.org](mailto:Arianna.Hudson@ymcagreensboro.org)





### Iniciadores de natación - Etapas A y B para padres e hijos participantes de 3 a 36 meses de edad

|                      | Nivel A        | Nivel B         |
|----------------------|----------------|-----------------|
| Martes en la mañana  | 9:00-am-9:30am |                 |
| Sábado por la mañana | 9:30am-10:00am | 10:00am-10:30am |

### Conceptos básicos de natación y brazadas de natación: etapas 1 a 6 para niños de 3 a 12 años

|                           | Nivel 1<br>Aclimatación al agua | Nivel 2 Movimiento<br>de Agua | Nivel 3<br>Resistencia al Agua | Nivel 4<br>Introducción al<br>trazo | Nivel 5<br>Desarrollo del<br>trazo | Nivel 6<br>Mecánica de<br>carrera |
|---------------------------|---------------------------------|-------------------------------|--------------------------------|-------------------------------------|------------------------------------|-----------------------------------|
| Lun/Mierc<br>Años 3-5     | 6:00 pm-6:30 pm                 | 6:00 pm-6:30 pm               |                                |                                     |                                    |                                   |
| Lun/Mierc<br>Años 6-12    | 5:30 pm-6:00pm                  | 5:30 pm-6:00pm                | 5:30pm-6:00pm                  | 5:30 pm -6:00 pm                    |                                    |                                   |
| Mart/ Jueves<br>Años 3-5  | 5:30pm-6:00pm                   | 5:30pm-6:00pm                 | 6:00pm-6:30pm                  | 6:00pm-6:30pm                       |                                    |                                   |
| Mart/ Jueves<br>Años 6-12 | 6:30pm-7:00 pm                  | 6:30pm-7:00 pm                |                                |                                     |                                    |                                   |
| Sábado<br>Años 3-5        | 10:30am-11:00am                 | 10:30am-11:00am               | 11:00am-11:30am                |                                     |                                    |                                   |
| Sábado<br>Años 6-12       | 9:30am-10:00am                  | 9:30am-10:00am                | 10:00am-10:30 am               | 10:00am-10:30 am                    |                                    |                                   |

### Conceptos básicos de natación y brazadas de natación para adolescentes y adultos mayores de 13 años

| Stage                     | Conceptos básicos de natación | Brazadas de nado |
|---------------------------|-------------------------------|------------------|
| Lunes/Miércoles Adult 18+ | 4:00-4:30pm , 4:30pm-5:00 pm  | 6:00pm-6:30 pm   |
| Martes / Jueves Adult 18+ | 9:30 am-10AM, 5:00pm-5:30pm   |                  |
| Sabado Adult 18+          |                               |                  |
| Sabado Teen 13-17         |                               |                  |

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La Y es el principal experto del país en seguridad acuática e instrucción de natación. Los Ys de todo el país han adoptado un plan de estudios de lecciones de natación que facilita que los niños y adultos se sientan cómodos y seguros dentro y alrededor del agua. Las lecciones comienzan con el desarrollo de habilidades básicas de auto rescate y ganando confianza y facilidad en el agua. A partir de ahí, los nadadores perfeccionan las brazadas que han aprendido y progresan en sus habilidades.