



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

BRYAN FAMILY YMCA: FALL SESSION 1

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!



Preschool (Ages 3–5)

Mondays & Wednesdays

September 11th – October 4th

Stage 1: 5:00pm–5:30pm

Stage 2: 5:40pm–6:10pm

Tuesdays & Thursdays

September 12th – October 5th

Stage 1: 5:40pm–6:10pm

Stage 2: 5:00pm–5:30pm

Fee (Member/Community Guest): \$54/\$78

Youth (Ages 5–12)

Mondays & Wednesdays

September 11th – October 4th

Stage 1: 5:00pm–5:30pm

Stage 2: 5:40pm–6:10pm & 6:20pm–6:50pm

Stage 3: 6:20pm–6:50pm

Tuesdays & Thursdays

September 12th – October 5th

Stage 1: 5:40pm–6:10pm & 6:20pm–6:50pm

Stage 2: 5:00pm–5:30pm

Stage 4: 6:20pm–6:50pm

Saturdays

September 16th – November 4th

Stage 3: 8:00am–8:30am

Stage 4: 8:40am–9:10am

Fee (Member/Community Guest): \$54/\$78

Registration Dates

August 21st – September 8th

Register at

ymcagreensboro.org/swim-lessons

The Bryan YMCA has received a grant to provide youth swim lessons FREE to our community. Use coupon code YUSASL at checkout to take advantage of this opportunity. This coupon code is only valid for youth swim lessons serving participants aged 5–12. Swim lessons serving 3–5 year olds are not included in this grant and the coupon code will not apply.

KATHLEEN PRICE BRYAN FAMILY YMCA

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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 a free swim evaluation.