



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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!**



September-November 2023 Swim Lesson Session and Registration

	Session Dates	Registration Dates	Session Length
September Mon/Wed	9/11-9/27	8/7-9/3	3-Weeks
September T/TH	9/12-9/28	8/7-9/3	3-Weeks
October Mon/Wed	10/9-10/25	9/8-10/3	3-Weeks
October T/TH	10/10-10/26	9/8-10/3	3-Weeks
November Mon/Wed	11/6-11/27	10/9-11/1	3-Weeks
November T/TH	11/7-11/28	10/9-11/1	3-Weeks
Fall Saturday Session 1	9/16-10/21	8/7-9/12	6-Weeks
Fall Saturday Session 2 *	11/4-11/25	10/2-10/31	4-Weeks

Register at ymcagreensboro.org/swim-lessons

Swim Lessons Registration Fees: (Please note there are no swim lessons 11/22 and 11/23).

Each 3-week Mon/Wed or Tues/Thurs session costs \$54 for YMCA members and \$78 for community guests

Each 4-week Saturday session costs \$36 for YMCA members and \$52 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 Saturday 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



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	5:30pm-6pm 6:10pm-6:40pm	5:30pm-6pm 6:10pm-6:40pm	6pm-6:30pm	6pm-6:40pm		
Mon/Wed Ages 5-12	6:40pm-7:10pm 7:15pm-7:45pm	6:40pm-7:10pm 7:15pm-7:45pm	6:40pm-7:10pm 7:15pm-7:45pm	6pm-6:40pm 6:40-7:20pm	5:30pm-6:10pm 6:50pm-7:30pm	5:30pm-6:10pm 6:50pm-7:30pm
Tues/Thurs Ages 3-5	5:30pm-6pm	5:30pm-6pm	6pm-6:30pm			
Tues/Thurs Ages 5-12	6pm-6:30pm	6:30pm-7pm	6:30pm-7pm 7pm-7:30pm	6:40-7:20pm 7pm-7:40pm	6pm-6:40pm	6pm-6:40pm
Saturday Ages 3-5	10am-10:30am	10am-10:30am	10am-10:30am	11:20am-12pm		
Saturday Ages 5-12	10:40am-11:10am 12:10pm-12:40pm	10:40am-11:10am 12:10am-12:40pm	10:40am-11:10am 11:20am-11:50am 12:10pm-12:40pm	10:40am-11:20am 11:20am-12pm 12pm-12:40pm	12pm-12:40pm	12pm-12:40pm

Porpoise Club — Swim team prep designed for children ages 6-16	
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 Evenings Adult 18+	7:10pm-7:40pm	7:10pm-7:50pm
Saturday Mornings Adult 18+	9am-9:30am or 9:30am-10am	9am-9:40am
Saturday Mornings Teen 13-17	10am-10:30am	12pm-12:40pm