



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!**



## January-March 2024 Swim Lesson Session and Registration Dates

	Session Dates	Registration Dates	Session Length
January Mon/Wed	1/15-1/31	11/13-1/8	3-Weeks
January T/TH	1/16-2/1	11/13-1/8	3-Weeks
February Mon/Wed	2/5-2/21	1/15-2/1	3-Weeks
February T/TH	2/6-2/22	1/15-2/1	3-Weeks
March Mon/Wed	3/4-3/20	2/15-2/29	3-Weeks
March T/TH	3/5-3/21	2/15-2/29	3-Weeks
Saturday Session 1	1/20-2/24	11/25-1/15	6-Weeks
Saturday Session 2	3/2-4/13	11/25-1/15	6-Weeks

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

## Swim Lessons Registration Fees: (Please note there are no swim lessons 3/30).

Each 3-week Mon/Wed or Tues/Thurs session costs \$72 for YMCA members and \$96 for community guests

Each 6-week Saturday session costs \$72 for YMCA members and \$96 for community guests

## Porpoise Club Registration Fees:

Each 3-week Monday/Wednesday session costs \$90 for YMCA members and \$108 for community guests

Each 3-week Thursday only session costs \$45 for YMCA members and \$54 for community guests

Each 6-week Saturday session costs \$90 for YMCA members and \$108 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
<b>Mon/Wed Ages 3-5</b>	5:30pm-6pm 6:10pm-6:40pm	5:30pm-6pm 6:10pm-6:40pm	6pm-6:30pm	6pm-6:40pm		
<b>Mon/Wed Ages 5-12</b>	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
<b>Tues/Thurs Ages 3-5</b>	5:30pm-6pm	5:30pm-6pm	6pm-6:30pm			
<b>Tues/Thurs Ages 5-12</b>	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
<b>Saturday Ages 3-5</b>	10am-10:30am 12:45pm-1:15pm	10am-10:30am 12:45pm-1:15pm	10am-10:30am 12:45pm-1:15pm	11:20am-12pm		
<b>Saturday Ages 5-12</b>	10:40am-11:10am 12:10pm-12:40pm 12:45pm-1:15pm	10:40am-11:10am 12:10pm-12:40pm 12:45pm-1:15pm	10:40am-11:10am 11:20am-11:50am 12:10pm-12:40pm	10:40am-11:20am 11:20am-12pm 12pm-12:40pm	10am-10:40am 12pm-12:40pm	10am-10:40am 12pm-12:40pm

Porpoise Club — Swim team prep designed for children ages 6-16	
<b>Monday and Wednesday Evenings</b>	6:10pm-7:10pm
<b>Thursday Evenings</b>	5:30pm-6:30pm
<b>Saturday Mornings</b>	11:00am-12:00pm

Swim Basics and Swim Strokes for Teens and Adults Ages 13+		
Stage	Swim Basics	Swim Strokes
<b>Monday/Wednesday Evenings Adult 18+</b>	7:10pm-7:40pm	7:10pm-7:50pm
<b>Saturday Mornings Adult 18+</b>	9am-9:30am or 9:30am-10am	9am-9:40am
<b>Saturday Mornings Teen 13-17</b>	10am-10:30am	12pm-12:40pm