



SWIM LESSONS

Hayes-Taylor Family YMCA

At the Y, we believe that swimming is a **life skill**. The YMCA Swim 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**!



Jan-Mar 2024 | Swim Lesson Session and Registration

| | SESSION DATES | MEMBER REGISTRATION | COMMUNITY GUEST REGISTRATION | SESSION LENGTH |
|----------------------------|---------------|---------------------|------------------------------|----------------|
| January M/W | 01/08-01/24 | 12/10-01/03 | 12/13-01/03 | 3 Weeks |
| January T/Th | 01/09-01/25 | 12/10-01/03 | 12/13-01/03 | 3 Weeks |
| February M/W | 02/05-02/21 | 01/10-01/31 | 01/13-01/31 | 3 Weeks |
| February T/Th | 02/06-02/22 | 01/10-01/31 | 01/13-01/31 | 3 Weeks |
| March M/W | 03/04-03/20 | 02/10-02/28 | 02/13-02/28 | 3 Weeks |
| March T/Th | 03/05-03/21 | 02/10-02/28 | 02/13-02/28 | 3 Weeks |
| Winter Saturday Session 1* | 01/13-02/17 | 12/10-01/03 | 12/13-01/03 | 6 Weeks |
| Winter Saturday Session 2* | 03/02-04/06 | 02/10-02/28 | 02/13-02/28 | 6 Weeks |

| SWIM LESSON SESSION | MEMBER | COMMUNITY GUEST |
|---------------------------------|--------|-----------------|
| Each 3-week M/W or T/Th Session | \$72 | \$96 |
| Each 6-week Saturday Session | \$72 | \$96 |

» REGISTER



ymcagreensboro.org/swim-lessons

CHOOSE YOUR CLASS

Parent Child | Stages A & B for Children Ages 6 Months–3 Years

| | Stage A | Stage B |
|----------------------------------|---------------|----------------|
| M/W Ages 6 Months–3 Years | 5:30pm-6:00pm | 5:00pm-5:30pm |
| T/Th Ages 6 Months–3 Years | 5:00pm-5:30pm | |
| Saturday Ages 6 months–3 Years | 9:00am-9:30am | 9:30am-10:00am |

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 Introduction | Stage 5 Stroke Development | Stage 6 Stroke Mechanics |
|----------------------|---------------------------------|------------------------------|--------------------------|-----------------------------------|----------------------------------|--------------------------------|
| M/W Ages 3–5 | 6:00pm-6:30pm | 5:30pm-6:00pm | | | | |
| M/W Ages 5–12 | 6:30pm-7:00pm | 6:00pm-6:30pm | 6:30pm-7:00pm | 5:00pm-5:30pm | | |
| T/Th Ages 3–5 | 6:00pm-6:30pm | 6:30pm-7:00pm | | | | |
| Th/Th Ages 5–12 | 5:30pm-6:00pm | 5:30pm-6:00pm | 5:00pm-5:30pm | 6:00pm-6:30pm | | |
| Saturday Ages 3–5 | 10:00am-10:30am | 10:30am-11:00am | | | | |
| Saturday Ages 5–12 | 11:00am-11:30am | 11:30am-12:00pm | 12:00pm-12:30pm | 12:30pm-1:00pm | | |

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

| Stage | Swim Basics | Swim Strokes |
|--------------------------------|-------------------------------|-----------------|
| M/W Evenings Adult 18+ | 4:30pm-5:00pm | |
| M/W Evenings Teen 13–17 | | |
| T/Th Evenings Adult 18+ | 4:00pm-4:30pm 6:30pm-7:00pm | 4:30pm-5:00pm |
| T/Th Evenings Teen 13–17 | | |
| Saturday Mornings Adult 18+ | 9:30am-10:00am | 10:15am-10:45am |
| Saturday Mornings Teen 13–17 | 10:45am-11:15am | 11:30am-12:00pm |

POOL RULES

- Lifeguards ARE the authority in the pool area. What they say and enforce, GOES.
- All children under 13 must be accompanied by an adult (18+) ON the pool deck.
- All non-swimmers, life jackets included, must be accompanied by an adult in the water.
 - If the adult is not able to get in the water, the life jacketed individual must stay on the splash pad area.
- All children 13 and under must be swim tested PRIOR to getting into the pool
 - Lifeguards have the discretion to swim test anyone for safety precautions.
- All red banded individuals must wear a life jacket while in the pool or be within arms reach of a parent or guardian.
- Mermaid tails, full face snorkels, and pool swaddles for babies are prohibited due to safety hazards.
- All individuals utilizing the pool MUST wear crocs/sandals/slides/ and a BATHING SUIT. Gym shorts, cotton t-shirts, jeans, leggings, or any non bathing suit based material are prohibited.
- You MUST shower prior to enter the water.
- If utilizing the sauna, you MUST shower after using the sauna.