



SWIM LESSONS

Spears 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–March 2024 | Swim Lesson Session and Registration

Jan–March:	SESSION DATES	MEMBER REGISTRATION	COMMUNITY GUEST REGISTRATION	SESSION LENGTH
Jan: Mon/Wed	1/8–1/24	12/27	12/29	3 Weeks
Jan: Tues/Thurs	1/9–1/25	12/27	12/29	3 Weeks
Feb: Mon/Wed	2/5–2/21	1/31	2/2	3 Weeks
Feb: Tues/Thurs	2/6–2/22	1/31	2/2	3 Weeks
March: Mon/Wed	3/4–3/20	2/28	3/1	3 Weeks
March: Tues/Thurs	3/5–3/21	2/28	3/1	3 Weeks

» REGISTER



ymcagreensboro.org/swim-lessons

CHOOSE YOUR CLASS

Parent Child | Children Ages 6 Months–3 Years
T/TH at 1:00pm

Parents must get into the water with the child

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
Ages 3–5	4:00pm	4:30pm	5:00pm	Not Available	Not Available	Not Available
Ages 5–12	4:00pm	4:30pm	5:00pm	5:30pm	5:30pm	Not Available

Swim Lesson Pricing:

(Six Swim Lessons Included In Package)

Member: \$ 72

Community Guest: \$96

Swim Basics & Swim Strokes for Teens/Adults

Day/Time	Teens (Ages 13–18)	Adult (18+)
M/W	6:00pm	6:30pm
T/TH	6:00pm	6:30pm